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Contributors

Heritage, Lizzie
Thudichum, J. L. W. (John Louis William), 1829-1901
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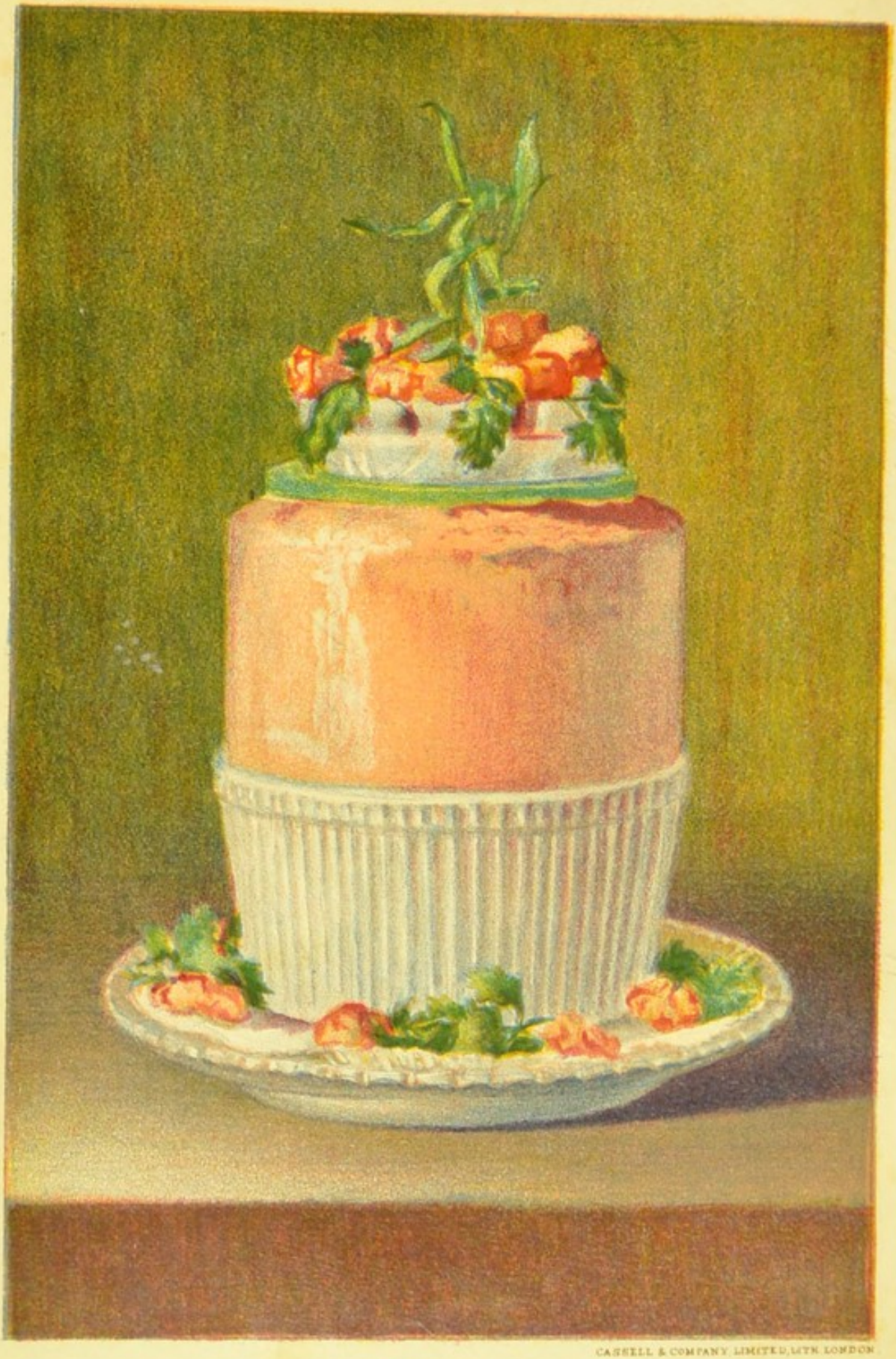
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CASSELL'S
UNIVERSAL COOKERY BOOK

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PLATE I.



CASSELL & COMPANY, LIMITED, LTD. LONDON

COLD SALMON SOUFFLÉ.

CASSELL'S

UNIVERSAL COOKERY BOOK

BY

LIZZIE HERITAGE

Holder of First-Class Diplomas in Cookery and Domestic Economy

WITH AN INTRODUCTION BY

J. L. W. THUDICHUM, M.D., F.R.C.P.

Author of "The Spirit of Cookery," etc.

INCLUDING

TWELVE COLOURED PLATES

(*Drawn from specially-prepared Dishes*)

AND ILLUSTRATIONS IN THE TEXT

CASSELL AND COMPANY, LIMITED

LONDON, PARIS, NEW YORK & MELBOURNE

1901

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is understood, than if only some venerable tradition be blindly obeyed. We see this more clearly when animal food is in question; for this, too, needs similar variety of treatment, and for lack of such knowledge of the principle involved, is often half wasted. Again, when by common consent certain articles of food are usually eaten together, there is almost always good reason for it; which, if rightly understood, is a hint for or against other combinations. A real principle is thus fruitful of suggestion or application; and one good recipe is, to an intelligent cook, a guide to many more. There is no need to tell such an one how other materials may be used in the same way, nor how the recipe may be elaborated for some special occasion, or simplified for economy or for lack of some ingredient; while another cook, good in a way, will have no idea whatever of departing from what is in the book.

Such a grasp of principles will, however, not only tell upon the digestibility and variety of our daily food, but has a direct bearing upon that *economy* which, though it may be carried beyond the bounds of reason, should always be studied, and must be studied in many cases from sheer necessity. It is still true, although there is less waste now than there used to be, that in many households the cook has yet to be taught—*if indeed the mistress herself knows*—how to convert unconsidered trifles and remnants into inviting dishes.

For the influence of *appearance* upon appetite is a point much better understood now than formerly. Dishes are expected to *look* tempting, as well as to please the palate. Such subtle connection between different senses becomes all the more important when appetite has become uncertain, or when diet has to be restricted on account of disease. But it always has to do with perfect enjoyment

of the simplest meal, and must therefore receive marked attention in any Cookery Book abreast of modern knowledge and ideas.

The present work has been written with conscientious endeavour to supply the above requirements, at small cost, and so arranged as to give the greatest facility for consultation. The arrangement, it is hoped, will speak for itself, as also must the performance: here it is only attempted to indicate those points which must distinguish any household treatise upon the Culinary Art, that shall meet the growing demands of the present day.

LÉONARD GRÜNENFELDER,
Chef, Grand Hotel, London.
(*Formerly Chef of the Reform Club.*)

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INTRODUCTION.

By J. L. W. THUDICHUM, M.D., F.R.C.P.

I.—THE ORIGIN OF COOKERY.

The history of the objects and results of cookery is intimately bound up with that of the entire civilisation or culture of man. In all parts of the earth cookery has arisen out of the necessities, and has had to be adapted most narrowly to the conditions, ages and fortunes, of men; as being at the same time an art and a science, it has to consider not merely the nutritive value of its products, but also what may be termed their *æsthetic value*, which may be defined as value arising from the honest pleasure which most persons endowed with refined senses derive from the use of well-prepared food. The cookery which a French writer has described as the *manly and elegant* kind may be termed cosmopolitan, for it has been accepted all over the world during the century just ended, after having taken ages for its elaboration. It is based upon the broadest foundation of common food resources, applying all which are available, without refusing refined delicacies, and without, on the other hand, attributing to them exaggerated importance.

In accordance with all this, we may give as the widest definition of the *objects* of cookery the preparation of food in such a manner *that man shall derive the greatest nutriment and æsthetic advantage from its consumption.* The earliest man must necessarily have been *a carnivore,* and may have eaten in the raw state the game and the fish which he killed. As soon as he had invented *the art of making fire* at will, accident or experiment would show him the advantages of *broiling meat* before the fire, particularly such meat as would require to be rescued from the frozen state. He would learn quickly how to *braise fish* upon hot ashes of a nearly extinct wood fire, without the intervention of any implement of stone or earthenware whatsoever. When he had advanced to the manufacture of *earthenware vessels,* man could *boil* and *fry* his meat, and add thereto such *vegetables* and *fruit* as experience would show him to be eatable. *Cereals* and *leguminosæ,* which palæontologists tell us were eaten by some early men, even pre-Saxon inhabitants of England, in the unshelled and uncooked state, would now be prepared by boiling, and, having been also broken by pounding instruments, stones, and wooden pestles, would yield *gruel. Rome was reared upon gruel,* said Cato of Utica.

The development of the culinary treatment of meat, on the one hand, would lead to the discovery or invention of *soups, stews,* and *sauces,* while that of the treatment of cereals would result in *bread,* first *unleavened,* afterwards *leavened,* ultimately *barmed,* lastly raised by *chemical* means, through mineral agents in the shape of so-called *baking powders.* The incidents of *roasting* would afford opportunities for the study of the use and management of *fat;* a similar

result would come out of the treatment of the *milk of cows*—namely, the knowledge of producing and using *butter* and *cheese;* the more southerly races would learn and practise the use of fat from the oil-yielding seeds, such as nuts, almonds, and more particularly *olives*.

To these main supporters of life the use of *green vegetables*, of *roots*, *rhizomes*, *bulbs*, *sprouts*, and *sweet* or *aromatic fruit* could have been added only very gradually, as they required to be educed from their original so-called wild condition by *horticultural art*, an art which presupposes stability of society and of property, and was rarely practised either by pastoral nomads or by the huntsmen of the forest. The discovery of *zests* and *spices* was one of the latest acquisitions of culinary science, and presupposes a great development of trade both by land and sea. The earliest universal *sweet principle* was *bee's honey*, while *sugar* from plants, particularly from the sugar-cane, was still an expensive curiosity in Roman imperial times, and did not become a staple article of trade and of culinary use until long after the discovery and conquest of America. *Fermented drinks* were the natural outcome of sweet juices from fruit—apples, grapes, and others, and from entire plants such as the sugar-cane or the maple; fermented drinks from *malted cereals* were probably discovered later, but have been known to all cereal-cultivating nations at all times of which we have any historical record. A fermented drink from mare's milk, the koumiss of the Khirgese of the Asiatic steppes, was described by the father of history, Herodotus, and remains a typical Khirgese product to this day.

II.—THE DECADENCE OF MODERN COOKERY.

MODERN cookery in England enjoys many advantages, particularly owing to the vast expansion of trade and to extended facilities of transport, which have almost cancelled the limitations imposed by the seasons; meat by shiploads, frozen by mechanical means, comes from transmarine, even from antipodal, lands to our markets. *Butcher's meat* and most kinds of flesh-food reach us much more quickly than they used to do, and remain in a better condition in consequence of the arrangements for keeping them cool, and diminishing their moisture by the expansion of compressed air. *Milk* is now so much more carefully treated, both by farmers and by dealers, that its qualities are better preserved; its adulteration has also to a large extent been checked. *Cream* can now be obtained as easily as butter, and in a sterilised condition.

Eggs, again, are procurable in a much fresher state, owing to systems of collection in the places of production which do credit to the organising efforts of traders. *Fish*, too, is much more easily obtainable, fresh, owing to the development of railway transport; and the use of salt and dried fish is diminished where the fresh article is accessible. The *butter market* receives supplies even from the Antipodes, which are preserved by cold, so as not to need any increase in weight and deterioration of quality by the addition of salt, and to exclude the admixture of *water*, which is the principal adulterant of modern butter.

Owing to the causes of which I have spoken, many food materials have become better and cheaper, others have become comparatively rarer and, there-

fore, dearer. *Oysters*, of which formerly so much use was made, are now five to seven times as dear as they were forty years ago, probably because railways carry them to many places where formerly they were not used. In the same way, *sea-fish* are much dearer than they used to be. In what may be called composite cookery, however, there is much improvement, by means of the conserves in tins which we receive from all parts of the world—some of the best from California and Canada.

In nothing, however, is so great an improvement observable as in the article of *bread;* it is beautifully white, of excellent taste, and generally comes out of the oven covered with a light brown crust, and not burnt at the bottom; the crumb is not doughy or grey, and has uniformly risen. This is mainly due to the employment by bakers of *extract of malt* in their dough, whereby there is communicated not only a certain amount of invert sugar, and of maltose, both being directly available for the yeast to ferment, but also a quantity of invertin, or diastase, being the ferment in malt whereby starch is transformed into fermentable sugar, slowly in the case of dough, but in a continuous manner, so as to maintain the process of fermentation by every new particle of sugar. *Flour* itself is much improved by the modern processes of agriculture and of milling. One of the advantages of present-day milling is that there is no longer an admixture of sand from the millstones, crushing by means of steel rollers being substituted for grinding, and the separation of the flour being effected by tubes of silk-tissue.

In spite, however, of the advantages it enjoys, modern cookery has little enough to boast of. The great advance in prosperity by trade and commerce has founded many new households, in which pro-

fessional cooks, male or female, practise their art. This has increased the demand for cooks, has raised the wages, and at the same time has deteriorated the culinary standard, for even well-to-do people, who can afford to pay good wages, must frequently consent to tolerate mediocre cooks in order to retain honest servants.

These and other influences, particularly the affectations of bad Gallicism, have reduced the general conception of cookery to a lower level. The art as practised in the great hotels in London has distinctly deteriorated. The table d'hôte of even some of the largest, and the menus of many occasional dinners or banquets, show a decrease of good taste. Londoners and their guests consume annually at such dinners alone two millions of quails, which are all taken in Egypt, and transported here by steamers. At the sixtieth anniversary of Queen Victoria's accession an extra million was consumed in the month of June, an anachronism which every sportsman must abhor. Such midsummer quails are worried and emaciated, and have none of the fine flavour which makes them in Spain, Italy, and the Levant, at the proper season, a highly valued delicacy.

But in no dish is the decadence of the good taste of society and of the art of cookery so painfully shown as in soups. These are now, on the affected menus, all called "consommés," while they actually are miserable, tasteless, watery liquids, which prove point blank that the cooks do not know what a *consommé* is; for a *consommé* is, according to French culinary art, a strong broth obtained by boiling meat and vegetables, and *concentrating the extract until it browns slightly.* It therefore corresponds to the soups of the middle of

the nineteenth century, or before, when *soups* were *expanded ragoûts*, and had, in some cases to be eaten with spoon, fork, and knife in succession. Add to this ignorance the stupidity and dishonesty which pretend to make nourishing as well as inviting soups from decoctions of bones, and the measure of offence against reasonable good taste is full.

The so-called highest—that is to say, the most luxurious—cookery, as practised for some time at Paris and illustrated in London exhibitions, became at last so complicated and overladen that it began to recall the absurdities of the Roman author Apicius. Products of art of this sort were called in Paris itself *à la Parisienne*, and were justly repugnant to good taste. Thus pheasants *à la Lucullus* tasted only of common boiled wine, of which several bottles to each pheasant gave the *restaurateur* one of his pretexts for a long bill. Luxury in all cookery is kept by natural laws within sharply drawn limits, beyond which money brings no advantage, money itself not being eatable.

Dumas relates an anecdote of a man who foolishly undertook to consume a value of five hundred francs at one dinner in eating and drinking. The mere consideration of the menu proved that the proposal could not possibly be carried out. The great banquet which fifty years or so ago was given to Prince Albert by the county of York had been handed over for execution to the French cook Soyer, who had then entered the literary arena as an author. He had received complete liberty as regards expenditure, and resolved to produce a dish to astonish all the world —something that had never been heard of, a dish the

principal qualification of which was to be that it should cost a hundred guineas. Soyer had read in Brillat-Savarin's book the story of the French spendthrift who, in order to obtain a number sufficient for a meal of the small, luscious bits from the back of the turkey which the French call "*le sot-l'y-laisse*," caused six turkeys to be roasted at the same time, and ate of each of them only these bits. Soyer arranged his 100-guinea dish after this precedent and with the same material. The ragoût was no doubt excellent, but it would be absurd to say that the value as expressed by cost was contained in it; the several hundred bits of "*le sot-l'y-laisse*" represented neither cost nor value. Happily such monstrosities are not perpetrated any longer.

Of soups we have already spoken. In ragoûts no progress over the seventeenth century is to be observed. Entrées are often dressed too much; and the use of fine farce is rare. Only rarely does one taste a good purée. Entremets are almost always quite vulgar, and prepared without art, *e.g.* green beans boiled in water, by which they are deprived of all their characteristic flavour.

One execrable innovation takes the form of small portions of mostly dry toast, on which a strong-tasting material like the soft roe of salted and smoked herring, *i.e.* bloater, or dried and smoked salmon, is laid. Such elementary and incongruous things they call "savouries," thus manifesting their total want of knowledge of true savour. I believe many of these atrocities are only served for the sake of the name; many guests do not eat them, but scrape off the top, poke a little at the dry toast, and cross the knife and fork over it.

The old English puddings have nearly disappeared from so-called high-class cookery, except in private houses with old traditions. Yet they are invaluable for invalids, all juveniles, and people with impaired digestive powers. Considering how small the number of practical recipes for puddings is (we do not here include *meat-puddings*, boiled or baked), they should be well maintained in practice. A real *cabinet-pudding* has attraction for many people, who have not been foolishly frightened by the absurd allegation that puddings produce gout, and other nonsense. *Pancakes* are almost a lost art. Instead of being thin, light, brown, and somewhat crisp, they are too often thick, doughy, and consequently heavy, and have too much substance for part of a dinner, however suitable a substantial pancake with fruit or vegetables may be for a short meal by itself. The idea of the *omelette* is frequently lost by the assimilation of its shape to that of a *pancake*, whereas the former ought to be *thick*, the latter *thin*. The omelette is further spoilt by its being *browned*, a process of which it may be said that it adorns the pancake but ruins the omelette.

In *pastry* generally there is not only no progress to be reported, but a retrogression to be deplored, particularly in the classical pie-crust, which in its application to meat or fruit lacks the finesse of former times. The flake-dough is avoided, and is too often supplanted by a short paste, which lacks the structure by which the entrance of steam into the paste is prevented. *Soufflés* are neglected, and in danger of becoming a lost art. In their case a distinction has to be made between such as are too artificial and delicate for ordinary service, and demand attention to which their importance does not entitle them, and the less elaborate ones; these should

be maintained, particularly as an article of diet for the sick and convalescent. They are always easily digestible, can be made tasty by sauce or fruit juices, and relieve the monotony with which patients are now confined to jellies and other starving diets. However, the philosopher must shudder when he reads of such monstrosities as *cold* and even *iced soufflés*. A soufflé owes its porous, raised condition and fine, blistery texture to the expanding power of steam by heat; a soufflé is therefore such only as long as its inner temperature is at or just above the boiling heat of water. Failing that, the soufflé collapses, and becomes not only unsightly, but also unattractive to the taste. A dish that was once a soufflé may be eaten cold in some cases, but is no longer what its original name purported. It is, therefore, incongruous to speak of cold soufflés, or of frozen or iced ones.

All cakes and all small bakings become daily worse; in most cases such products are now bought at the confectioner's. In Germany they have imitation confectionery, made by special operators, who presume to call themselves art-bakers (Kunst-Bäcker); in London and elsewhere this business is in the hands of Italians; all must be cheap, and yet look well, and so where there should be whipped cream you get white of egg, froth, etc. The Great Cakes, such as Brioche, Kugelhopf, Babas, are now vulgar doughs, coloured with saffron; nothing is genuine, not even the venerable Bath bun. The old Flemish waffles are miserable, tough leather-crumbles, sold only by a few Italians. The confectioners no longer know the appearance of a Dariole, a Fanchonnette, or a Madeleine, or even a Banbury cake. The last reminiscence of Darioles are the Maids of Honour of Richmond, which one is advised to put

in a paper bag, and to eat in company with young friends in Richmond Park or in Kew Gardens out of the paper. Carême has recorded that he tried long and often to invent a new cake, but failed, as many no doubt failed before and have failed after him. The Great Cakes have certainly a history of two thousand years behind them, and in this sense are monumental, as by quality they are immortal.

The *roasts*, on the whole, are maintained, but their exterior leaves a good deal to desire. A shoulder of mutton is nearly always better eating, to use a popular term, than a leg, perhaps owing to its flatter shape; legs of mutton are frequently underdone and uninviting, as the outside is not browned or frothed. The consequence is that every cut has to be skinned by dainty people, as has all badly roasted meat, and all fowl and game. Now in my judgment a fowl, turkey, or other bird which requires skinning to be enjoyable by the eater is badly roasted; and one can diagnose a cook from the aspect of the "volaille" he places on the table as "petits rôtis."

The preparation of *fish*, particularly that of flat fish, has been improved by the removal of the main bones after the frying has been effected. In one respect the service of fish has deteriorated, inasmuch as some caterers amuse ignorant foreigners or countryfolk with *whitebait* long after the season is over. Such fish is long, thin, tough, and has an oily taste, much like sprat, and should be avoided; it is probably unwholesome. Whitebait should, I think, be protected by a close time.

The *true chartreuse* was an attempt at an artistic representation of *vegetarianism*, but it has been so transformed as to be now an imposture. A chartreuse

of *farce* is a positive contradiction of the original dish.

The preparations of *cheese* are little understood and in the main neglected; we have seen little *fondues* in paper cases worthy of the name of *Savarins*. But the finer class of fondues is not understood, and only met with amongst connoisseurs. In *rôties* and *croûtons* cheese can be well employed. Even in sweet confectionery, *e.g.* Darioles, white cheese—that is, *pressed curds*—can be most effectually used, as it imparts moisture and smoothness to the whole by the contents of the cup, or as it was called, before it was made round, the "*coffin*."

Only in cooking for soldiers and sailors has anything like marked progress been made in modern times. Now for the first time in history are the Army and Navy physiologically fed. I have seen the cooks of the Guards transform even the ox-head into a pudding, called "brawn," of which two pounds cost three halfpence. With this, I thought, a great step was already taken towards the realisation of the dinners for the million at the price of a penny a-piece which the late Doctor Lotzky, of philanthropic memory, strove for during much of his life, but never succeeded in providing.

In the order of the service of the table much has been altered to the disadvantage of the art of eating, *e.g.* in the matter of increasing the number of relevés, in order to hand them round as later courses. The dishes, however, are no longer encumbered with elaborate ornaments. In Paris this overloading of dishes with external ornaments has almost become obsolete, and no one now sees such pâtés as Carême has represented in a volume of engravings of the inedible exteriors. At great

banquets in London, also, nothing of the kind is now observed: the tables carry only very few ornamented cold courses, which are handed about between the hot courses *à la Russe*.

The *hearths* and *ovens* in kitchens have everywhere been greatly improved in structure and detail, in the regulation of the draught of the fire, and in the consumption of fuel. In the simple apparatus generally used in workmen's cottages there are, however, serious deficiencies, such as the absence of bottom heat from the oven. Against this cardinal fault all householders should protest, for an oven without bottom heat is a source of much failure, and must be avoided.

III.—CONCERNING CHEAP COOKERY.

THE systematic elaboration of the cheap cookery of which so much is heard in these days leads to so-called *vegetarianism*, which when it becomes honest by the exclusion of milk and eggs, is illogical and physiologically injurious to its votaries, and particularly to their growing offspring. But more often it leads to *substitutions*, which may be knowingly made or admitted, and in the end to *adulteration*. Against any compromise with these frauds every housewife and cook must be warned. In cookery books written to advocate the principle of cheapness substitutes are recommended, beginning with *chicory* for *coffee*, which require the strongest condemnation. Thus we read of "Vegetable Plum Pudding," for the composing of which *cheap grapes* (meaning cheap raisins) are recommended, or at least allowed as admissible. The cheapest grapes are bad for the purpose, and dearer

than the best Valencia raisins, considered from the point of their gustatory and absolute food value. We now find a similar deterioration affecting recipes for "*mince-meat*," from which meat as well as suet is omitted, while cheap grapes are advised on the ground that they "will do." Amongst injurious substitutes are certain products from cereals—*e.g.* maize-starch, misnamed "corn-flour." This is, of course, much less nourishing than flour, and should not be used for any feeding purpose, but only as *starch*. It ought not to be allowed to bear the deceptive name of *flour*. Another misnomer of elementary cookery books is *force-meat*, which is mostly bread-sop, with not a particle of meat in it. Now force-meat or farce comes from the Latin *farcimen*, which means *meat-sausage*, and no stuffing should be called *farce* which does not consist mainly of *meat*.

But in nothing has the craze for cheapness worked more mischief than in the cookery of "scraps." Thus some modern culinary works profess to teach what they term *economical practices*, particularly by French methods. We like the effort, but decline the argument by which it is ushered in. It professes to arise from a wish to put a check on what they term the *fearful waste in English kitchens*. When we proceed to investigate the items of the alleged waste, we find them to consist of—lumps of stale bread, bacon-rind, and bare bones of boiled or roast joints! This lamenting of English "extravagance," and praising of French "thrift," has become a standing exercise of aspirants to culinary authorship, so that even a standing contributor to a foremost medical journal could write the following: "The French cook makes excellent and nutritious soup out of materials which the English housewife throws

away as useless, while her *pot-au-feu* is composed of stray scraps, carefully husbanded, which cost her nothing, but which, when skilfully combined, constitute a useful and inexpensive food."

This is the highest point of misrepresentation of "economical French cookery"—*pot-au-feu* of *stray scraps, costing nothing*. Such cookery of scraps is not only degrading but impossible. Even the simplest cookery requires, in the first place, *sound materials costing money*, and such only are worth the trouble of cooking and the expense of the fire; scraps are accidents to be taken care of, but the very last objects on which to bestow either expense or labour.

The French people know better than to attempt to make a *pot-au-feu* with scraps which cost nothing; to make the saucepan smile, "*faire sourire le pot-au-feu*," it is requisite to put a *good piece of meat into* it; this is the true explanation of the metaphor, though it is not contained in any dictionary. Even Alexandre Dumas did not apprehend the genius of his countrymen when he said that "*faire sourire le pot-au-feu*," the national cooking vessel, meant to keep it boiling slowly for seven hours; here, also, philosophical appreciation of a truly poetical expression is wanting.

The basis of all good cookery is *savour*. This quality does not generally exist ready-made in any article of food, but has to be evolved or potentialised to its highest active form by cookery. When we examine the varieties of nutritive materials for the purpose of finding those which are most conducive to the production of *savour*, we are surprised at the small number which they represent. They are practically only three, namely—*meat*, or the flesh of animals, and its soluble constituents; secondly, *cheese*, and in this also

the soluble ingredients; and thirdly, *mushrooms*. In all three the element of savour is confined to the soluble parts; the insoluble ones, such as the *fibres* in meat, the *fusible caseine* in cheese, and the *cellular tissue* in mushrooms, are by themselves quite tasteless. The savoury element in cheese can hardly be improved by the application of heat, but that in meat and mushrooms is not only altered but also strengthened thereby. This change is indicated to the eye by the change of colour. For whereas watery extract of flesh and of mushroom is quite colourless, when they have been subjected to heat at a certain degree of concentration they assume a brown colour, like sugar when it is transformed into caramel. The nature of this change, as analogous to that which yields brown caramel from white sugar, was well appreciated by cooks of the seventeenth century, who actually termed the browned extract of meat *caramel*. In the following century, when the term *osmazome* had been adopted to signify the savoury principles of meat and broth, we frequently meet with the expression "caramels of osmazome," the solution of which is, in fact, the brown gravy of roast meat. Brown gravy of roast meat is, therefore, not only potentialised by concentration, but also changed from beef-tea to gravy by the influence of a degree of heat surpassing that of boiling water, and approaching that of frying fat or browning bread-crust.

That the savour of meat was the basis of all cookery whatsoever, quite independently of national predilections, has long been recognised in literature. Thus we have Proust, and later Dumas, pronouncing in their aphorisms on bouillon that it was the main cause of the savour of French cookery. Of *oille*, the early French form of what later became the Spanish *olla*,

the brown colour was produced by letting the thick sauce *catch*, cautiously, without burning, at the bottom of the earthen pot. In his work, *Le Cuisinier Moderne* (vol. I., p. 41), La Chapelle describes a form of soup made without water, which is simply extract of meat in its earliest and most perfect form. This accomplished cook and author was quite aware of the principles and practice concerned in the production of portable "extract of meat;" it was obtained by the evaporation of "good bouillon," in tablettes which were easy to transport, and which kept perfectly during a year or longer time (*loc. cit.*, p. 84). He showed how the meat, beef, veal, or mutton had to be minced, boiled, and pressed, and receive an addition of some gelatine from raspings of hartshorn, to be boiled with it. This addition admitted of the tablettes being dried completely and losing all adhesiveness. The bones of the meat were to be removed from the boiler as soon as the flesh was detached. The theory and practice of preparing these tablettes of bouillon were therefore perfected in 1742, and are preferable to all later forms of meat extracts.

In 1821, the French chemist Louis Proust investigated the subject of the extraction of meat and preparation of condensed extracts, and prepared the mercantile extract as we now know it; it was more than thirty years later popularised by Liebig, and by his influence became an extensive manufacture. Before Proust, the French physicians, particularly Thouvenel, had already treated the subject scientifically, and it is from Thouvenel that we have received the name of *osmazome*, to denote the savoury principle. Cooks use the extract, of varying strength and flavour, under the name of Glace or Glaize, being a mixture of extract of meat, of vegetables and

spices, with gelatine to impart to it solidity. This glace could not be used in *brown gravies*, but it is suitable for many *soups* and *sauces*. Added to brown gravy, glace would impart a heterogeneous taste. It follows from this also that brown gravy is not a sauce properly so-called, although it is the basis of many sauces, and further, that a composite sauce should never be called a gravy, *brown* and *white gravy* being names properly limited to the white and brown juice issuing from meat under the influence of heat applied so as to produce the effect of *roasting*.

Soups and *sauces* are applications of savoury broths to particular forms of food, which derive their attractiveness for the palate mainly from their savoury quality. Any meat exhausted of savour becomes tasteless and uneatable, and even animals will consume such exhausted meat fibre only under the strongest compulsion of hunger.

IV.—COOKS AND COOKERY BOOKS.

IN the twentieth century the kitchens of all Courts, great houses, and hotels are in the hands of male cooks. This was not so in former ages, during which the gentle sex retained its sovereignty in the kitchen. A sympathetic correspondent once asked me whether men had finer tongues than women, or had they more accuracy and more authority over assistants? In considering this question it is necessary to remember that a married female cook would be liable to periodic interruptions of her calling, to provide for which special arrangements would be required. As regards gustatory power, I have always found that of instructed persons to be greatly superior to that of uneducated persons. An easy test

of the taste of persons can be applied in the case of *butter*. Fresh butter is easily deteriorated by mere keeping—the efflux of time; thus butter becomes quickly *rancid*, and to educated taste uneatable. Yet common people will term it *strong*, and there are classes who will eat butter only when it is thus tasting strong, and will *reject butter that is fresh*.

The sense of smell should be best developed amongst women, as they do not, as a rule, drink and smoke as men do. It is impossible to exaggerate the importance of this element of olfaction in connection with food. When a salesman of hams tests the ham to be sold by a skewer thrust into the dangerous part of the ham, he is, or should be, able to ascertain whether it is sound or not. A butterman bereft of his sense of smell is unable to carry on his business. The fine nose of a tea-taster is worth some hundreds a-year to him. This dependence upon the sense of smell affects hundreds of people. Thus cooks, housekeepers, chemists and druggists, all persons engaged in the provision trade, and every housewife, should take great care of, and periodically test, their sense of smell.

I find, as a rule, that cooks, both male and female, do not sufficiently test the materials and their products, either as to taste or smell, and that many lack the necessary sensibility.

Considering that the average attainments of female cooks are very slender, and are not based on any solid course of instruction in theory and practice, but are merely the result of empirical individual experience, it seems advisable to demand of persons who offer their services as cooks to families that they should give evidence of a certain degree of knowledge, both practical and theoretical. They should, therefore, be examined

Everyone has heard of another witty Frenchman's aphorism that the English have a hundred religions and only one sauce—namely, the flour and butter sauce, called "melted butter." This is entirely erroneous, as the English long ago possessed the best sauces, and possess them still; but they use them only little, just because they rely upon the juice which runs from the roasting meat, which, by being frequently poured over the meat in the process of basting, becomes concentrated and browned, and thus has the character of *gravy* imparted to it. Gravy is, in fact, the most tasty sauce there is; in comparison to it all other sauces, even those which contain gravy, must admit their inferiority. Gravy, as it must be liquid and thin, must also be concentrated, and can therefore not be served *ad libitum*. But, as folk nowadays no longer eat butter with their potatoes, but want to have them soaked with "gravy," they use a gravy diluted with broth; with this practice much of the beauty of roast meat and of gravy is at an end, and the products approach those of the boiling process.

The practice of washing the roast meat with hot water, to produce a large volume of gravy, is destructive of the quality of the product, and should not be countenanced. When more gravy than the meat easily yields is required, it must be obtained by roasting minced gravy-beef, or by frying extract of meat in fat at a temperature of 250° to 260° Fahrenheit.

Meat during the process of being roasted loses about half its constituent water, or, with the fat, about 32 per cent. of its weight; this includes the weight of the gravy which is collected under it. When the meat is left underdone, the loss is only about 21 per cent.; when well done, it rises to about 36 per cent. During

the process of being *boiled*, meat loses somewhat less in weight, the fat in particular being almost entirely retained in the connective tissue. Legs of mutton in boiling lose about 21 per cent. in weight.

That meat baked in ovens is frequently of bad taste is due to the fact that the cooks do not prevent the spirting of grease, whereby half-burned evil smelling and evil tasting products arise. When in the same ovens so-called pies of flesh or fruit are baked, the contents frequently run over; the spilled juices dry at the bottom of the oven, and are gradually carbonised. By such impurities not only the pies themselves, but also dishes subsequently baked, including cakes, not rarely acquire a disagreeable taste of burnt grease. It is, therefore, necessary in every household frequently to inspect ovens and make sure of their perfect cleanliness.

Baking is effected by exposing the meat in a suitable receptacle to a mixture of radiated and conducted heat in a closed space, which when large is called an *oven*, when small a *braising pan*. It follows from this that there is practically no difference between the processes of baking and braising, if properly conducted. When the baking is effected in a baker's oven, it differs slightly from that in a braisier, inasmuch as the oven is less moist, and the food is liable to lose more water and become shrivelled. Therefore, in all ovens, meat to be baked should be kept covered, even if only with buttered paper, but preferably with an iron cover fitted to the pan containing the meat.

In some cookery books it is laid down that meat intended to be baked should not be dredged with flour, and should not be basted. No reasons are alleged for this prohibition, which seems entirely arbitrary. No good baker would leave the roasts entrusted to his

care without basting if he could help it; he would certainly prefer to baste them, if his customers sent him, along with the joint or article to be baked, say a sucking pig or a goose, the butter necessary for basting (say a quarter of a pound). The dredging with flour is also a point of considerable importance. It makes a great difference in the appearance and taste of a leg of mutton or any other roast, whether it be dry, tough, and require the tendinous surface of membrane to be removed by the knife before the meat can be eaten, or whether the surface be well browned and frothed by dredging and the salamander, or by close approach to the roasting fire.

The material most suitable for *basting* is, of course, the juice which flows from the meat itself; next to that is some liquid fat, *e.g.* oiled butter, with which some joints are advantageously painted before the beginning of the roasting. The dredging of meat at the beginning of the roasting is not needed, although many joints arrive from the butcher already dredged.

The purpose of the *basting* is twofold. One object is the moistening of the parts of the meat which do not exude gravy, and which would be dry and uneatable if neglected; the other is to concentrate the gravy while it flows over the joint, to the point where it can be browned and assume the taste of *coloured osmazome*. It is, therefore, an error to prescribe *incessant* basting, as this would not attain the object of browning the gravy; the basting of the meat should take place at such intervals only as are suggested by the state of the surface of the meat, the colour of the gravy, and the degree of heat.

Frying in fat.—This process is best understood in Italy, but in England also the process is well executed

in the case of fish. It is, however, curious that the principal conditions of a good *friture* are but rarely observed. Thus one cannot convince a cook that the frying-pan, to give a good product, must be absolutely clean and polished like a mirror; mostly the frying-pan is allowed to assume and retain a black, crusted surface, to which many things adhere, so that food is only slowly and badly fried. In a similar manner a great number of English female cooks omit the frequent cleaning of the meat screen, which is intended to concentrate the rays of the fire upon the meat by refraction from the sides and back. In many cases these screens are black inside from carbonised fat and extract, and cannot serve as reflectors, even if they do not impart the bad flavour of their surface to the meat.

Frying has the advantage that it requires less time than any other mode of preparation, even grilling, but it furnishes no gravy or sauce, and if such be required it must be provided from extraneous sources. Or the fry may be strongly spiced, prepared for curry, or, if suitable, covered with butter, flavoured with savoury, anchovies, parsley, or mushrooms. The quality of the fry depends upon the object being *surprised*, that is suddenly immersed in fat so hot (410° to 428° F.) that its outside becomes at once encased in a hardened surface, soon to be lightly browned. Then the fat does not enter into the case thus formed, nor does the juice leave it, although it becomes concentrated by loss of steam. When the surprise has been effected on both sides, the heat must be moderated at once by moving the pan to a less hot part of the fire, or by damping the fire.

It is said that olive-oil does not bear to be heated so highly as butter, lard, and kidney fat, or suet, as

it acquires an objectionable flavour. The empirical character of cookery is illustrated by the fact that instead of using the thermometer to ascertain the temperature of frying fat, cooks are satisfied to know that the *very hot* fat is recognised by a little bread causing in it a slight ebullition and then becoming surrounded by large bubbles, while medium hot fat *(friture modérée)* causes small effervescence only, and no large bubbles. When the fat begins to be overheated, a more or less dense cloud of vapour appears over the surface, and spreads a disagreeable, penetrating, and adhesive odour, arising in the first place from the scorched *glycerine*, which yields *acroleine*, so named from its irritating qualities. The fatty acids bear an exposure to higher temperatures before being scorched much longer than does the glycerine. Mutton fat is objectionable to the taste of many people by reason of a peculiar flavour produced by a special fat called *hircin*. This is decomposed by heating to 302° F., when it forms *hircic* acid, which passes away. During the siege of Paris a considerable quantity of tallow candles made from mutton fat were thus purified, and the fat was used for food.

A cook should well study the varieties of objects to be fried; the small ones are called *fritters*, whereas large ones of the size of cotelettes are no longer so called. *Fritters* may include slices of meat, game, poultry (*e.g.* in the Tyrol young cocks are fried in pieces, and the product is termed "Back-hähnerl"), and fish; *croquettes*, or fritters made of mince or force meat, *e.g.* those made of curry and an addition of rice; *kromeskys*, bearing a Slavish name, being force-meat wrapped in cowl; *rissoles*, force-meat wrapped in nouilles or ravioli-paste; *rissolettes*, small portions of farce on little fried

crusts of bread; and *croûtons*, small dice of bread without any addition, to be given in soups and as garnish laid round ragoûts (sippets).

The Larding of Meat, Fowls, and Game.—Some cooks of repute avoid all larding; others, who have plenty of assistance, carry the practice a little too far. Dry kinds of meat, such as veal, or meat which has not much taste, like the fillet of beef or under-cut, are improved by the application of lardoons, particularly when the fat of the latter is mostly roasted away again, so that only the lardoons inside the flesh are seen. But larding is not favoured by most cooks at the present day, as it is a slow and laborious process, and the more so the finer the lardoons are cut, as for example, when they are to be inserted in sweetbread. In the time, however, of Simpson, the founder of the eating-house in the Strand, who flourished a century and a half ago, roast fowls were apparently always larded. Rump of beef and of veal were *daubed*, or had a kind of larding applied to them, which consisted in the application of thicker lardoons. Thus Beauvilliers describes a turkey which was larded with aromatised lardoons.

Stewing is more universal than roasting, or baking, or frying; it is most developed in the Spanish dish, the *olla*, and its forerunner, the *puchero*. While travelling in Spain the present writer found the *olla* always good, full of flavour, the meat tender, the vegetables attractive; so that this dish fully takes the place once held in England by brawn and mustard.

The Cooking of Potatoes.—There are very curious prescriptions contained in cookery books concerning the dressing of potatoes. The great *variety of potatoes*, which mostly require somewhat different treatment, is scarcely ever discussed. Now, it is clear that a large

Irish potato requires in boiling a very different treatment from a small Dutch. The first question with every potato is the use to which it is to be put in the special dressing. Is it to be peeled before being boiled, or not? The peeling involves labour and loss of substance. Not the labour, but the loss of substance, is avoided by scraping, such as is applicable to potatoes just dug out of the earth. The labour and loss of substance may also be avoided in part by first boiling and then peeling the potatoes; but such tubers require a second operation of frying, or saucing, or transforming them into salad, as they are mostly of what may be called flat taste, lacking the condiment introduced by boiling the peeled potato in suitable salt water. Persons accustomed to steamed potatoes will not miss the salt, while others will.

Another question treated of in cookery books is whether the potatoes should be put over the fire in *hot* or *cold* water; some even insist on *boiling* water. It is clear that this depends in the first instance upon the *size* of the potatoes. If, as ought to be always the practice, potatoes are of about equal size, it matters little what is the temperature of the water in which they are placed, but when any of them surmount the average size the larger ones must be cut in two, or into several pieces, to become cooked through with the rest. Large potatoes should always be boiled in water which is cold when put on, as then the tubers become warmed and heated gradually through their substance, and do not retain the underdone cores which are hard and uneatable. When potatoes are steamed, and then allowed to remain in the dry upper compartment of the steamer, they will be cooked through, even when large in size, and will, like the fine Irish potatoes, be delicious.

We have also noticed the assertion that doctors declared *baked* potatoes to be much more wholesome and digestible than those cooked otherwise. Of this, however, there is no scientific evidence whatever. The baked potato of the itinerant street vendor is an excellent article of food, and so are the tubers baked in the ashes of a rustic fire, or of a soldiers' camp-fire; but we have never known tubers boiled in a camp-kettle, and properly done, to be less digestible than others.

The amendment most wanted in the case of potatoes when they are to be the chief meal is *common salt*, chloride of sodium, for the reason that the tubers contain much *phosphate of potassium*, which is not so easily excreted from the body as *phosphate of sodium*. The addition of chloride of sodium allows an exchange of the two salts, so that they go away as *chloride of potassium* and *phosphate of sodium*, which is easier to the secreting organs. Mankind has instinctively learned this, so that millions add to their potatoes *salt herrings*, and even the street vendor gives to his customers a pinch of salt screwed up in paper to help him to effect this wholesome exchange.

For *baking*, even for *frying*, new under-ripe tubers have to be avoided, because they shrink by loss of the superfluous water contained in them. Such tubers are also not economical, and their price excludes them from competition with full-sized ripe tubers.

For frying, in the form called by the French *sauté*, by the English cooks *tossed*, most potatoes are equally suitable. A common fault is to fry them while the frying-pan is uncovered, a process which makes them dry and hard. This mistake is mostly made by cooks who have not learned the principles which underlie their art, and do not know that the effect of

braising—that is, the roasting in an atmosphere of steam—is to prevent the evaporation of water which is necessary to keep the roast object moist. The frying of *raw sliced potatoes* in seething fat is an art which has to be learned; the potatoes must be kept of pale colour in this process, and not allowed to get dark brown, as then the texture is liable to become dextrinised, fused, and hardened.

The Cooking of Pulse and Leguminous Seeds.—*Leguminous Seeds* are a food resource of man when he is not in command of true cereals, and meat has vanished far from his horizon. Peas and beans are always desirable raw articles of food, and obtainable at reasonable prices, compared with their ideal food value. *Haricot beans* are suitable for the use of all classes, and may be found upon the most select *menu;* we remember that the late Mr. Francatelli maintained them as a daily dish during the season when they are best, and his guests were always pleased with them. The large haricot beans and the coloured varieties are more difficult to cook, and are not obtainable in trade, as the small haricots are, of an almost unvarying quality. This problem is still greater in the matter of peas. Lentils, so frequently eaten in Southern countries, are very little used in the North of Europe; and this abstention is mostly due to the fact that the seeds require particular care in their preparation and cooking to be wholesome and digestible food.

The philanthropists of the "bouillon d'os" and "whole meal bread" denominations also lay hold of leguminous seeds to supply their clients with what they think to be a cheap substitute for meat. They have seen from books on vegetable analyses that peas contain a large amount of nitrogen, and hurry rashly to the inference

that peas would be better even than meat as a mainstay of rational diet. But they forget the difference *of the forms* in which that nitrogen is present in meat and in pulse, and therefore fail in their applications.

It is too often forgotten that peas and beans and lentils require to be soaked in soft water for at least twenty-four hours, or, speaking more definitely, for such a time as shall soften and swell their tissue towards the point when the germ begins to move and increase ready for sprouting. When this soaking is omitted the subsequent culinary boiling is liable to be imperfect. Moreover, *the water* in which the soaking is to be effected must be *soft*, or free from those mineral salts, like *carbonate of lime*, and particularly *sulphate of lime*, or gypsum, which have the undesirable quality of causing the albuminous matter of the seeds to become *hard* by combining with them, and thus impede not only their cooking, but also their digestion. Not only the water for soaking, but also that for the *boiling*, must be soft to obtain a good result. Some cooks, who cannot provide soft water, endeavour to improve their hard water, either by *boiling*, which removes chalk, or by adding sodium carbonate, commonly called soda. Both proceedings remove one kind of hardness—namely, that which arises from carbonate of lime—but do not affect the hardness arising from gypsum. Therefore, in the absence of pure, soft water, the haricots, for example, are always less tender and less digestible. Moreover, the seeds in the best case require longer boiling—that is to say, until they are thoroughly done, and, when compressed between two fingers, or finger and thumb, will lose their shape entirely and become a purée. Now it is because of the indigestibility produced by these conditions, which are so considerable and frequent, that the

classes which are intended to be benefited by the leguminous diets of our philanthropists are antagonistic to them, and prefer bread to the leguminous purée. Bread is easily had, requires no soaking to be comestible, is quickly moistened with milk, tea, or beer, and hardly ever causes any digestive trouble. But those who will bestow upon the leguminous foods the care and attention which we have indicated may use them with advantage as tasty variations. A dish of well-boiled lentils, with a little vinegar and an Italian chipolata cut up in it, which takes the place of force-meat balls, is an excellent dish; pea-soup, well boiled, with cubes of fat-fried bread in it, is also tasty fare; even the green fermented beans of Northern Europe, with the top dressing of haricot purée, are tasty and wholesome, and constitute a defence against scurvy for millions of inhabitants of the northern and north-eastern parts of Europe and Asia. In the cooking of all these products a certain amount of *savour from meat* should always be added, and a certain amount of *fat* never be omitted, and the process of ripening by heat should always be stewing; in the case of haricots particularly this mode of preparation is the only one leading to a perfect result.

With decoctions of leguminous seeds to serve as substitutes for broth and gravy, miscalled stock, we have no sympathy; such imitations are not nutritious, are by taste unattractive, or rather repulsive, and had better be omitted from any rational dietary.

Instead of holding to the digestible savour of meat and meat-extract, many cookery books advise too often the use of masses of onions to impart flavour to lentils and similar foods. In all recipes for dishes containing onions, cookery books should prescribe great

moderation in the use of these bulbs and the observance of all the rules for the mitigation of their strength. In this moderation consists much of the art of delicate yet well-flavoured cooking.

The Preparation of Green Vegetables.—The varieties of cabbage nearly all contain a peculiar soluble ingredient related to the acrid matter in onions, mustard, cress, and numerous allied plants and their leaves, stalks, roots (horse-radish) and seeds. To make the leaves of cabbages digestible, they must be boiled in water to attenuate or drive out the *sulphurised oil* which causes their strong flavour. They should not be overboiled, as is so frequently done by thoughtless and inexperienced cooks, who do not know, and do not ascertain for themselves, that when cabbages are overboiled, they again acquire in a disagreeable form the very taste of which it was sought to rid them. The boiling must not be continued until the softening of the tissues by the heat has attained almost the highest degree: there must be left a little rigidity in the tissue to prevent the boiled parts from falling to pieces. This caution is particularly necessary in the case of cauliflower and seakale; the latter is as tender as asparagus, and, like it, requires cautious boiling. Cabbages go well with white sauces, and cauliflower with Dutch; the green varieties are best appreciated with gravy of roast meat, or in soup with meat savour. *Savoy Cabbage* may be baked with force-meat, and served with some gravy or savoury sauce. *Red Cabbage* can only be made acceptable and digestible by stewing, and as pickle by repeated infusions of boiling vinegar. The German *Sauer-kraut*, an ancient preparation, well known to the Romans, is, like the fermented *green beans*, an important vegetable conserve, valued by many millions

of people, who have in cold climates and seasons hardly any herbaceous vegetables during the winter, except these two.

Spinach, a native of Persia, which became known to the West only some three centuries since, is perhaps the greenest of edible vegetables, and has apparently never required the aid of any of the agents which, since Roman times, have been used to maintain as far as possible the green colour of pot-herbs. It contains salt of sorrel, or potassium binoxalate, and the circumstance that this sour-tasting salt is present in large quantities in Sorrel, and in the varieties of Rumex, in Scottish popular language known as *Sourbite*, has led to these vegetables being combined with spinach.

The desire to maintain the green colour of vegetables when boiled has remained with all nations of our time, but is most practised by French and English. The agent most commonly used to fix the green colour is copper and its soluble salts. The easiest method consisted of boiling a copper coin with the vegetables. But the French manufacturing preservers steep the green vegetables, particularly green peas, green beans, gherkins, etc., and all the ingredients of the mixtures called macédoines, while fresh and before boiling, in a solution of copper sulphate, or blue vitriol. Of this, the vegetables absorb a small portion, the rest is removed before the objects are preserved in tin and glass vessels by the process of Appert. The objections to this method are urged with vehemence, and the practice is prosecuted as an adulteration. But no results injurious to health have hitherto been shown to follow its use. On the contrary, it has been shown by chemical research that the copper attaching to the vegetables is innocuously dismissed from the body as an insoluble

sulphide of copper. Considering that *copper* is a normal ingredient of the blood of many classes of the lower animals—snails, oysters, crustaceans like the lobster or crab, all of which are eaten without hesitation—and considering further the fact that the brains and other organs of vertebrates, including man, always contain some copper, we do not see how the copper treatment of vegetables can be justly prosecuted as an adulteration. We know a case in which a small tradesman was convicted at Marlborough Street police court for selling coppered green beans, while on the same evening, at a dinner of about twenty Fellows of the Royal College of Physicians at Willis's Rooms, they consumed *inter alia* a dish of sweetbread garnished with a macédoine of precisely the same brand! In the same way people have been prosecuted for selling fruit juices or drinks containing *salicylic acid*, and baking powders containing alum, and the most divergent and grotesque decisions have been pronounced. I must add, however, that in the art of cooking none of these questioned agents is really required.

The Management of Butter.—The treatment of the fat from milk is not sufficiently understood, or not attended to. As with all other things in domestic economy, butter should be bought in spring and summer, when it is cheapest, preserved, and clarified for use in the cold season. The great mass of butter from Ireland, Holland, Holstein, Switzerland, Normandy, America, and Australia comes to us in wooden vessels of barrel shape, mixed with salt. Of late years some butters have come in the fresh state, unsalted, but frozen. All kinds of butter contain a certain amount of *mechanically included water*, which can be partly removed by manipulation and pressure. But water is sometimes

artificially added in order to increase the weight of the butter, the process consisting in working the butter with and in water, by spreading and dabbing it with wooden bats.

Most mercantile butter, as I have already hinted, is preserved by *added salt*, by which the weight of the butter is increased. For some purposes the salted butter will be found useful, and many persons prefer salt to fresh butter even for eating with bread. But for preservation in the larder, and for best pastry, and for many forms of fine cookery, butter should neither be what is called fresh—namely, in a state of *mechanical saturation with water*—nor *salted*. Moreover, such descriptions of butter contain some *caseine*, which makes them less suitable for frying, because this principle of cheese causes the butter while being heated to become turbid, and the deposit, adhering to the bottom of the frying pan, produces or facilitates the phenomenon called *catching*. In these circumstances a fry easily becomes impure, and acquires a disagreeable taste. For this reason it is necessary to purify all such butter by the application of heat in order to make it suitable to the production of *puff-paste* and *short-paste* and other pastry of the most elegant kind. Unfortunately, however, the corrective treatment of butter by *its clarification by heat*, which would exclude both water and salt by necessity, and result in a uniform article, common on the Continent of Europe, and well known as an article of commerce in the East Indies under the name of *ghee*, has made no progress whatever in this country. And this omission is principally due to the fact that cooks and housewives, trade bakers and confectioners, and caterers of all kinds, are not sufficiently acquainted with the virtues and use of ghee.

Butter to be clarified is subjected in suitable vessels to the influence of bottom heat, until the butter is not only reduced to oil, but is heated to a temperature equal to that of the higher frying heat, called by French cooks *friture chaude,* namely, 420 degrees Fahrenheit, or 216 degrees above the boiling point of water. Under the influence of this high degree of heat, the butter evolves *water* with ebullition, then assumes a quiet surface, and gradually deposits its *salt,* if any, and its *caseine,* which adheres to the bottom and sides of the vessel. When the butter is quite clear and transparent, it has to be poured out of the vessel in which it has been clarified into another, and allowed to cool and crystallise therein. In these operations great care is necessary to prevent any accident by spilling or by the spirting of the hot fat, as this causes scalds which are difficult to heal. During the process of heating the butter it should not be stirred, as any mechanical commotion would prevent the salt and *caseine* from settling and adhering firmly to the vessel, and would make the decanting of the fluid clarified butter less easy and complete.

The Management of Dripping.—The various kinds and uses of dripping should be carefully studied by all cooks and housewives. Not all dripping requires clarification, and some is much better for not having undergone this process. To judge of its quality, it should always be tasted. When dripping from roasted meat is coloured brown, *e.g.* at the bottom of the congealed cake or in its substance, it contains *brown meat extract,* which gives it so good a taste that many prefer it to butter. Therefore clarification should only be effected upon tested specimens, that have been found to contain scorched materials, and for a distinct purpose. The fat which

has oozed out of a boiling ham, or that grilled out of the uneaten fat of a boiled ham, is very valuable, especially for frying, and should be carefully husbanded in every household.

The Fallacy of Whole Meal Bread.—While always keeping our mind open for the reception of new discoveries, we have to avoid certain innovations which are, in fact, retrogressions, and, from the fallacies involved in them and the eagerness with which they are pressed upon the attention of the public, belong to the class of fads promoted by benevolent but injudicious people. Such a fad is, or was, "*Whole Meal Bread*," bread from wheat with the bran left in it and ground to a fine powder, which was to be more nutritious than the white wheaten bread, and was to relieve at once poverty and want. Mankind have for ages used all their ingenuity to separate the siliceous, hard, indigestible rind of grain or corn, which in grinding becomes isolated as bran, because they have found that this very bran is indigestible to them, and not even safe for horses to eat, as has been proved by the intestinal calculi of millers' horses, due to the masses of bran which they were sometimes compelled to eat. And now all the advantages of the beautiful light, white wheaten bread are to be abandoned in order to humour a fallacy of chemical analysts, who are unacquainted with the physiological laws of nutrition! We give the fullest credit to the philanthropic sentiments of the ladies who move in this sort of national economy, but we are afraid that the adoption of bread containing the bran, falsely called whole meal bread, would not be to the advantage of the classes whose staff of life is bread.

The fallacy of "*whole meal bread*" has lately passed into a new phase. The wheat is now deprived of

"the outer bran," which is removed, whence it appears that two kinds or layers of bran are distinguished—an *outer* and an *inner*. Anyhow, the meal no longer includes the bran. So the "*whole meal bread*" of the new formula has lost its *raison d'être*.

Fresh versus *Stale*.—Many materials or products of culinary art either suffer from or are improved by keeping. Among the latter are many kinds of meat. Thus *beef* and *mutton* must be hung—that is, exposed to air, to undergo the chemical changes which make the meat tender to the teeth after it has been cooked. *Game* and *venison* may, or mostly must, be kept, until the flesh has attained a degree of flavour which in butchers' meat would be intolerable, and yet in them develops the highest degree of gustatory excellence. On the other hand, fish and shell-fish cannot be too fresh for immediate consumption; as regards a few fish this rule is relative, and depends on the purpose for which the material is wanted. Salmon, to be *crimped*, should be quite fresh; but if it is required to be tender when boiled, the form in which we usually get it, it must be kept for some time to undergo the necessary changes. *Most vegetables* lose flavour, crispness, and colour by being kept. *Asparagus* loses its tenderness in a few hours when exposed to light and air, and quickly becomes stringy and hard. The etiolated vegetables, which have been made colourless by the exclusion of light, such as endive, lettuce, celery, seakale, and others, must be protected from light up to the moment of immersion in boiling water, else they become at once coloured, stringy, hard, and deteriorated in taste. The greatest injury is inflicted upon potatoes, particularly freshly dug-up or newly grown, not quite ripe ones, by their being exposed to light; they then immediately form some *solanin* in

their substance, which gives them a raw, unpleasant taste, irremovable by cooking. All store potatoes should, therefore, be always kept in a dark cellar, and not exposed to light until the time has arrived for their culinary preparation.

Many dishes and kitchen products require to be eaten in the freshly cooked condition, or in a hot state re-established by warming or toasting, or other form of re-heating. This distinction applies to so many things that they can hardly be enumerated. Many people prefer warmed or toasted bread to the stale, or, as bakers call it, *the rough* condition. On the other hand, many consider *stale* bread more wholesome, at least, for themselves, *than fresh or newly baked bread*. Whatever may be the historical reasons for this preference, which originated in times when bread was generally made of rye, was baked once a week or a fortnight, and was kept in store until it had become set or rough, it is certain that with the wheaten bread now daily spreading more amongst mankind everywhere, no such inconveniences arise as were supposed to interdict the use of newly-baked rye bread. The beautiful light white bread of the English bakers, such as may be seen in perfection at the Bakery Exhibitions, is a real luxury, by its taste and digestibility, and with the addition of some milk, cheese, or beef-tea and meat, forms a most nutritious and enjoyable food.

The difference between newly-baked and stale products becomes emphasised in articles of *confectionery*. The consumer should always taste them before he purchases them, and ascertain the date of their confection. Many things get hard and dry, to the extent of endangering the teeth of those who venture to chew them, while articles such as ginger-nuts require to be kept in the

ambient air of the store-room to become soft and chewable.

Cassarip.—Among sauces with specific ingredients is *cassarip*, the condensed juice or extract of the tubers of the *manioc*, or *manihot* plant, termed by Linnæus *Iatropha*, a name expressive of the assumed healing and nourishing properties of the plant. It is supposed to have been brought by the negroes or the slave-traders from Africa to the West Indies, where it thrives, and nourishes a large population. Its tubers become very large, even of the size of a man's thigh; by comminution and drying it yields a material called *couaque*, which can be cooked like pulped potato; when its *starch* is partly washed out, the pulp becomes *cassava*, which is dried in cakes, and is edible after being cooked in puddings. The mere *starch* is called *moussache*, which, when dried on hot iron plates, becomes cooked and transformed into *tapioca*. When the tubers are rasped and pressed, they give out a milky juice which, while fresh, is poisonous to man and other animals, but loses its deleterious qualities in thirty-six hours. When this juice is condensed to a treacle-like extract it becomes *cassarip*.

Cassarip is probably a relatively late discovery. It is a brown, slightly sweet, aromatic, thick extract, which communicates an extraordinary savoury taste to meat-gravies or to broth which is not very strong in itself. It must be well sterilised before being bottled for transport, as it is liable to pass into slow alcoholic fermentation, burst the bottle, and become lost. The sterilised extract, or that which has been fermented, whereby it loses none of its agreeable properties for the production of sauce, will keep for an indefinite

period—according to my experience, more than ten years.

Pepper-pot.—In the West Indies and Central America, *e.g.* Cayenne, the Cassarip is used by all classes, particularly the white inhabitants, for the production of a dish called *pepper-pot*, which has many excellent nutritive and economical qualities. It can be prepared on its own merits and consumed like any ragoût, or it can be used to render palatable broken roast or boiled meat, even what in culinary phrase is called scraps, mutton excepted. The most suitable ingredients are roast, grilled or fried pork, veal, beef, fowl and game, rabbit and hare. The ingredients, chopped, with the addition of any bones that have flesh adhering to them, are placed in a deep saucepan, together with any residues of first gravy, and are then covered with a strong mixture of cassarip and broth, or water. To this are added some salt, a little sugar, and a number of the small pepper-pods called "chillies." The whole is then cautiously stewed, until the meat, well penetrated, is tender, and comes off the bones. The West Indians appoint a special saucepan for the dish, which, having served for one meal, can be added to by the introduction of almost any kind of meat, as described. It must be heated daily, and allowed to cool with the lid off for concentration; from time to time, the bones, *e.g.* of fowls, game or rabbit, are removed, and the sauce is strained through a tammy, and is then ready to receive further additions. It is a convenient dish, which may be warmed at any moment and made to form part of any meal. When served the ragoût is not taken out of the 'pot, but is dispensed directly from the pot, which is placed on the table.

Trassi.—Another specific material for addition to

sauces and soups, ragoûts and other dishes is *Trassi*, a preparation of universal use in Java, and probably in other Asiatic islands as well. It appears to me to be a direct analogue, perhaps the original or survival, of the *Garum* of the ancient Romans. With a view to the better appreciation of this ancient essence of sauce I will summarise the information about it as given in "The Spirit of Cookery":—*Garum* (of the Romans, as related by Pliny) was a celebrated *fish sauce* made *of fish*, and to be eaten *with fish*. According to Pliny it had originally for its basis the flesh of shrimps, which derives probability from the fact that the Greek name for shrimp is *garos*, the Latin *garus*. It always retained the name which recalled its origin. Pliny reports that the later makers of *garum* macerated the "intestines" of fish in water impregnated with salt, until putrefaction began to show itself; they then added parsley and vinegar.

A thick garum also was prepared, and was said to be obtained by allowing the entrails and other parts generally thrown away to liquefy in salt (brine ?). At the time of Pliny the fish termed *scomber* was said to be preferred; of this either the gills and "intestines" (probably the roe), or only the blood, taken directly the fish left the water, were alleged to be employed. The makers thus were said to obtain a precious liquid, which the further ingredients and treatment, and the care necessary for its production and preservation, rendered so dear, that eight pints of it cost from fifteen to twenty pounds sterling. The most esteemed garum was that from Antipolis and from Dalmatia. Horace praises that from Byzantium. Into this compound mushrooms greatly entered. An island near Carthagena was called Scombraria, because here many scombers were taken.

Here also a company was established which manufactured garum, and this was considered the best, and called *garum sociorum*. The word *scomber* has been variously interpreted—on the one side as mackerel, on the other as tunny. The vessel in which the ingredients were placed was opened at the expiration of two months, and the rich garum taken out. A garum was also made from anchovies—it is said from the livers, macerated in vinegar, pepper, salt, parsley, garlic, white wine, and sweet herbs. The livers of red mullet were also used in the making of garum. In this case not only the liver but the whole trail is employed, and a preparation similar to that from the trail of woodcocks and snipes is the result.

But without following further the literature of the varieties, imitations, and forgeries of garum, or the fables and evidently intentionally misleading statements regarding its manufacture, there remains the fact that the trassi of Java and the garum of Rome are identical, both being made, by a process of decomposition, etc., from shrimps, with the addition of other small fishes; and both being added as essence to cooked dishes. In the Levant the word garum still exists, and is used to signify a kind of pickle for fish. Bosc relates that "the inn-keepers of Constantinople (Byzantium) preserve in garum the cooked fish not consumed in the day."

Henry O. Forbes, in his work, "A Naturalist's Wanderings in the Eastern Archipelago," published in 1885, in describing his sojourn at Genteng, in Bantam, Java, speaks of "a vile odour which permeated the whole air within a wide area of the market place, attributed by many to the piles of salt and dried fish, but which really proceeded from a compound sold in round black balls, called trassi." He one day

observed it in and around his house, and searched everywhere for the cause of the odour, until he found it in his kitchen in the shape of a compact parcel done up in a banana leaf. The cook informed him it was trassi, good for eating in a stew, and that he, Forbes, had been eating it in his dishes. Forbes threw it away, but he had then to learn that with every dish, native or European, which he had eaten since his arrival, this "Extract of Decomposition," as he terms it, was mixed as a flavouring, and he adds that it would have been difficult to convince himself that he would come by-and-by knowingly to eat it daily without the slightest abhorrence. Dampier, who mentions trassi in his "Voyage," seems to have formed his acquaintance with it in a more philosophic spirit than Forbes, for he describes it as follows: "Trassi is a composition of a strong savour, yet a very delightsome dish to the natives. To make it they throw a mixture of shrimps and small fish into a sort of meat pickle made with salt and water, and put it into a tight earthen vessel. The pickle being thus weak, it keeps not the fish firm and hard, neither is it probably so designed, for the fish are never gutted. Therefore in a short time they turn all to mash in the vessel; and when they have lain thus a good while, so that the fish is reduced to a pulp, they then draw off the liquor into fresh jars and preserve it for use. The mashed fish that remains behind is called *trassi*. 'Tis rank scented; yet the taste is not altogether unpleasant, but rather savoury after one is a little used to it."

Spices.—A culinary study of spices and their use is of the greatest advantage to cooks. Their selection, appropriation, form, quality, require great experience; and it is especially important to determine whether they should be applied in the whole or ground state, or in

the state of extract and tincture. Too little attention is given to preservative herbs, such as the leaves of true laurel, or bay, dill, and tarragon, which impart an agreeable taste and flavour, as for instance to pure vinegar-preserved pickles, and counteract the destructive tendency of moulds, fungi, and yet lower organisms. Many cooks understand the management of pot-herbs so little that they boil their flavour away again, after having taken so much trouble to introduce them!

VI.—A SKETCH OF THE HISTORICAL LITERATURE OF COOKERY.

AN intelligible account of the *cooking of the ancients* can be collected only with difficulty from the classic writers of antiquity. Even works dealing solely with cookery frequently do not admit, in many parts, of easy interpretation. One of the earliest collections of cooking recipes is the appendix to the work on Rural Economy by Cato of Utica (*De Re Rusticâ*). Probably it comprises the notes collected by the author's female ancestors; it is interesting because it contains the earliest recipes of several cakes, such as the *placenta*, *i.e.* white curd cake, and the *scriblita*, a fried fermented dough, such as a beignet or a Belrin pancake is in the present day. Cato also describes the *fermented cabbage*, or "Sauer-kraut" of the Germans, and attributes to it extraordinary digestive qualities. When you have eaten a complete dinner, he says, and follow it with a plate full of "*crambe*," the stomach will digest its contents so quickly that you can immediately eat another dinner! A similar fable is related of some cheese digesting an oyster on the shell.

We find practical notes in later writers, such as Horace, Seneca, and others, but the earliest systematic work on cookery is entitled "Apicius," probably written by an African of the name of Cælius. On this the learned English physician Lister published a commentary in 1709. When "Apicius" was written, the art of cookery must have been greatly developed, but it is impossible to read many of the prescriptions in this book without coming to the conclusion that they are recipes in which the natural ingredients of food are so comminuted, confounded, and overlaid with flavours and spices that they could not by any means produce a pleasant impression on the palate, or be wholesome for the stomach. I hold all such unintelligible passages to be corruptions, partly by omission, partly by later additions effected by ignorant persons, principally copying clerks. It appears, too, that many of the prescriptions are alternatives which have been clumsily strung together as if they were parts of a single process. It is owing to this that experiments made at various periods to cook according to "Apicius" have failed.

Another Roman record concerning cookery has been preserved in the work of Athenæus, entitled "Deipnosophistai." This is a report, in fifteen books, of conversations on many matters concerning the table, luxury, and pleasure, which took place during a series of elegant dinners given by a rich and learned Roman of the name of Larensius, at which the author Ulpian, the physician Galenus, an unnamed cynic philosopher, and Athenæus were present. The cookery served at that table is likened by Athenæus to the simplicity of Homeric times, and rated far below that of "Apicius" as he knew it. There are many notes on food and

cookery in Pliny, but they do not enable us to form any general estimate of the state of the art.

In the times of the Roman emperors and in subsequent centuries Italian cookery upheld its love for frying in oil, making spiced minces, and maintaining the colour and shape of vegetables as much as possible; the colour of green vegetables, in particular, they were most anxious to preserve, or even to improve; and this tendency it is that, surviving to our time, has seized many French manufacturers, and has caused them to impregnate their fresh and tinned preserved green vegetables with copper.

The vast preparations which the Romans made towards the latter end of the Republic and in the first centuries of Imperial rule to fill cellar, larder, and kitchen with all the transportable delicacies of the known earth, and particularly the establishment of fish reservoirs, *piscinæ*, must have been accompanied with an adequate expansion of the art of cooking. Unfortunately the attention of authors of those times was mainly directed to the extravagances of the luxurious, and not to the methods of the prudent, or even of the generous and splendid, householders, and thus we are not able to obtain any account of the good and elegant dishes that were current in those times.

If the rolls of antiquity are very scanty as regards any information on the art of cookery, a study of the different phases of the Middle Ages up to the 14th century is even less productive. About this time English cookery arose to a large extent upon Teuton and Norman precedents, such as the Anglo-Saxons and the Normans brought with them and continued to practise and develop. This can be demonstrated by a consideration of the peculiarities, the processes, and

the names of materials and products; and the peculiarities of the mode of living of the higher strata of society confirm this proposition.

The oldest work on cookery which describes English art and practice, and is written in the English tongue, dates from the 14th century, and is a manuscript on parchment. Its main title is *The Roll of Cury*, where "cury" stands as an abbreviation for "cookery." The preface says that the work had been compiled with the assent and advice of the Masters of Physick (*i.e.* medicine) and Philosophy who resided at the Court of King Richard the Second, by the master-cooks of that monarch. It has an interesting history, which is partly inscribed on the MS. itself. According to this inscription, the MS. was presented to Queen Elizabeth by Edward Stafford, the grandson of the executed Duke of Buckingham. Of the whereabouts of the MS. during the first two centuries following its completion we have no information; it again disappears after its presentation to Queen Elizabeth, until it suddenly comes to light again amongst the MSS. of an Earl of Oxford which are to be sold at auction. On this occasion it was purchased by one James West, and at the death of this gentleman it came into the hands of the Curator of the British Museum, Gustavus Brander. It was James West who caused the learned Pegge to write an excellent commentary on the work, and then published the whole in print at his own expense.

To the printed pages of this Roll there is attached in Pegge's work a reproduction of an old MS. cookery book from A.D. 1381, which consists of two parts: the first describes the production of dishes in 58 "nyms," or, as we now say, "recipes"; the second describes the preparation of fish in 33 "nyms." The word "nym"

is a form of the imperative of the German "nehmen"—nimm, *i.e.* seize, take, or use. Although the subjects treated in the MS. are different, the hand-writing is uniform, and at the end of one of the "nyms" is the date "30 August, 1381, in the reign of Richard II." The language and orthography are appropriate to the time, and there can be no doubt that the collection of "nyms" belongs to the same period as that in which the Roll was made. The dishes described are intended mainly for use on the great tables of rich houses, or at social feasts and public dinners; this is clear from the recipes for the cooking of the sturgeon, and from the large quantities of game and venison to be prepared.

In the printed Roll, as well as in the MS., certain dishes are called "messes," which principally represent soups, potages, ragoûts, hashes, and as Pegge expresses himself, similar "hotches-potches." Pegge adds that entire joints, or entire animals, like fish or fowls, were never placed upon the table, but always divided into small coin-like disks, called *gobbets;* much meat was pounded in mortars, and some mixed dishes or messes received their names, such as "mortrews," or "morterelys," from such treatment.

The conclusion drawn by Pegge that because in the MS. no prescription was given for the treatment of entire large pieces of flesh, such as joints, legs, quarters, and loins, they were not served, does not seem tenable. Many books referring to housekeeping do not touch upon daily commonplace cookery, however important, and describe only dishes which, being either complicated, or made of rare materials, or dependent upon certain seasons, are seldom used.

Now, it appears from this MS. that the use of "broth" or beef-tea in the preparation of many dishes,

soups, sauces, ragoûts, was at that early date common among English cooks, and left nothing under this head for French cooks to discover. This beef-tea, always called *broth*, and apparently not made from other meat than beef, was simply produced by the boiling of large quantities of beef, which were eaten daily after the soup, or without it, as the first course; it was called *brawn*, and must be distinguished from the meat, gristle, and fat which nowadays bears that appellation. Boiled ox-beef with mustard, in the terms of the time "brawn with mustard," is mentioned in Russell's "Book of Nurture," which was written about fifty years after our MS., therefore about 1440, as the first course at every dinner. In England the boiled beef had gradually to yield before that which was roasted before the open fire, and now the broth had to be expressly made from additional meat called gravy beef. The Germans have maintained their beef after soup—which was common to all Teutonic nations during more than two thousand years—the longest; but are now also in process of changing it.

I have next to mention an English work which is of the greatest importance to the history of English cookery. Its title is "The Whole Duty of a Woman," London, 1737. It consists of two parts; the first one gives rules for the conduct of life, of housekeeping, personal demeanour, in the didactic style of the Pythagoreans in Lower Italy and Sicily, such as might have been written by the learned and distinguished wife of Pythagoras, Theano herself. The letters of Theano, some of which have been preserved to us, probably influenced the conception of this work. The rules belong, at all events, to a time different from our own; though beautifully conceived as to style, women

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I have next to mention an English work which is of the greatest importance to the history of English cookery. Its title is "The Whole Duty of a Woman," London, 1737. It consists of two parts; the first one gives rules for the conduct of life, of housekeeping, personal demeanour, in the didactic style of the Pythagoreans in Lower Italy and Sicily, such as might have been written by the learned and distinguished wife of Pythagoras, Theano herself. The letters of Theano, some of which have been preserved to us, probably influenced the conception of this work. The rules belong, at all events, to a time different from our own; though beautifully conceived as to style, women

of our days would be offended or bored by what they would consider as self-evident, and would lay the admonition aside as tedious. For our present purpose the second and larger part of the book is the more important. It counts more than seven hundred pages, small quarto, and is the best practical work of the kind, not only of the first half of the 18th century, but of all times. It is thoroughly English, but contains all characteristic dishes of the French kitchen of the 17th century; it is better and more complete than the best French works from the middle of the 18th century downwards.

The excellent mode of cooking described in this work is maintained to this day in many good houses, and in such a house in South Scotland it was that I found the book and the practice. This cookery is practised also in the best eating-houses in London, as, for example, at Simpson's, in the Strand, founded 150 years ago by a former cook (and author of a work on cookery) of the then Duke of Northumberland, and now belonging to a Company. Even Beauvilliers, the typical French restaurateur, in his work "L'Art du Cuisinier," becomes enthusiastic at the sight or remembrance of English rumpsteak, and declares it to be better than all the French arts, which he says can never effectively take the place of the fine English meat.

The culinary literature of what I may call the modern culture-world begins with the Renaissance in the 15th century, when the Italians extended their artistic strivings to the table; the dishes were to be not only of good taste, but also of artistic appearance. The æsthetic refinement of the older Italian cookery was carried by the princesses of the house of Medici to the Court of France. The condition of Italian cookery

is beautifully represented in the work of Bartolomeo Sacchi, who after an eventful life died as superintendent of the Vatican Library in 1480, a hundred years after the date of our "Roll of Cury."

After Sacchi wrote two physicians, Baptista Fiera (1490) and Baptista Massa (1471). This distinguished period closes with the works of Vincenzio Cervio (1581), Dominico Romoli (1560), and Bartolomeo Scappi, privy cook of Pope Pius V.

The Italian art of cookery travelled early into *Germany*, directly over the Alps, as is testified by the many cookery books published in Germany in the second half of the 16th century.

In *Spain* were published two editions of the cookery of Robert Nola, who was cook to King Ferdinand of Naples. France in the 16th century produced two remarkable works—that of Taillevant, the father of French sauces, 1500, and that of Pierre Pidoux, 1543.

In this century also were published a number of German cookery books—one especially for sick persons, by the physician Walter Ryff, 1564; one by Marx Rumpolt, 1564; and a third by Anna Wecker (1596), the wife of a physician at Bâle.

In the 17th century culinary art not only made practical progress, but began to be treated theoretically, as the publications concerning it lost to some extent the character of curiosities. The most celebrated cookery book then, and for some time afterwards, was that by François Pierre de la Varenne, equerry of the kitchen of the Marquis d'Uxelles, 1654 (many editions since 1699). At that time many chief cooks were, like Taillevant and Varenne, persons of rank, either by birth, or raised to it by their masters.

In the 18th century the French took the lead in

cookery, although perhaps as many works on the art were published in other countries as in France. The great literature begins with the work of La Chapelle (cook to the Prince of Orange and Nassau), "Le Cuisinier Moderne," 1742, in five volumes, the most instructive work on cookery in any language. This was followed by the anonymous work, "Dons de Comus," 1758, 3 vols., and this by another anonymous book, "Les Petits Soupers de la Cour." Upon this followed Antoine Beauvilliers' "L'Art de Cuisinier," 2 vols., 1814. In 1826 was published Brillat Savarin's "Physiologie du Gout," a *jeu d'esprit* which added nothing to culinary art, and was much overrated by would-be connoisseurs. The most sumptuous and elaborate system of cookery was that of Marie Antoine Carème, whose publications are scattered over many years, from 1815 to 1833, when he died. He was one of the *chefs* of George IV., and of other great personages. For English culinary literature he is important as the teacher of Francatelli.

England is rich in excellent cookery books, full of sound sense and free from extravagance. The most celebrated are those of Kitchiner, the "Cook's Oracle," 1833; Robinson, on the "Art of Curing, Pickling, and Smoking," 1846; and Wyvern (Colonel Kenneth), "Culinary Jottings for Madras," 1878. A modern French work is by Jules Gouffé, *chef* to the Paris Jockey Club, "Le Livre de Cuisine," 1867 and later editions. In Germany a work by Rottenhöfer, cook or house-master to the late King Ludwig of Bavaria, is considered to represent the higher festive style.

Of special publications we may mention that of Robert Warner, "Antiquitates Culinariæ," dealing with curious features of the cookery of the Old English. This work shows the almost coarse simplicity of the

mode of living in ancient times, and the extravagance of the high clergy. L. E. Ude's treatise, "The French Cook," 1829, was in its day a book of note. Of French works we have further to mention the dictionaries of M. de Courchamps, and that of Alex. Dumas. Of great importance was the treatise by François Appert on "The Art of Conserving." What is now called *tinning* was raised to a method by this man, although the mode of preserving by heating in closed vessels was known and practised before, but only empirically, not on a conscious systematic plan, such as Appert elaborated by experiments and in practice.

AUTHOR'S NOTE.

A WORD should be said as to the proper use of this book, and especially to the more inexperienced reader of it. Begin at the right end. Encounter the lesser difficulties first, and so climb the culinary ladder step by step. Let study and practical work go hand in hand; but strive always to grasp the real essence of the particular recipe, and the principles involved in preparing it. To attempt suddenly some elaborate dish, without having gone over this preliminary ground, is to sum up the result in failure. Make and bake a plain loaf, before attempting a rich cake. Try to send a boiled potato to table in perfect condition, before dealing with "dressed" vegetables. Learn to regulate the heat of the oven in cooking simple puddings, pies, and joints, before attempting puff pastry and *soufflés;* and leave elaborate "made dishes" alone until the sauces or gravies on which they largely depend have been mastered. In this way failures will be trivial and rare, and even these full of instruction.

The Author has given the approximate cost of recipes wherever such can be reasonably stated, which is in the majority of cases; no truly practical treatise can state the cost in all. Wherever the approximate cost is not given, it is either because such is almost *nil* beyond that of remnants used up in the dish, or because it depends upon ingredients the cost of which is highly variable. It is, however, to be borne in mind that in all recipes into which *stock* enters, in part or as the foundation, the cost is given exclusive of it. The reason for this is that very often the cost of stock is very trifling; while, if the dish is made from fresh meat purchased, the price of this can be easily added.

The Author desires to acknowledge her indebtedness to Messrs. Jones Brothers, of Down Street, W., for permission to reproduce in this work a selection from those Moulds, for various purposes, which they manufacture in such immense variety. The illustrations of moulds, &c., scattered through the following pages include several registered designs, and for a few of them her thanks are also due to other firms.

CASSELL'S NEW UNIVERSAL COOKERY BOOK.

KITCHEN PROCESSES.

GENERAL REMARKS.

We commence this work with a description of the cardinal processes of cookery, chiefly in their relation to animal food. Many details, as applied to various articles of diet, will be given under their respective headings; but we ask especial attention not only to the following paragraphs, but also to the introductory portions of all succeeding chapters. They embody those *general* hints which simplify recipes, and which cannot be given in them, save by much repetition.

No deviation from the *principles* enforced in the following pages should or need be made, however much the approximate time laid down for the cooking may vary according to the nature of the stove or other apparatus. For instance, everyone who has had any experience in cooking, knows how much ovens vary, and this is but a type of a thousand and one probable departures from any one precise standard. To be able to cope with such difficulties, should the necessity arise, is the duty of most women. Nothing will enable them to do so more certainly than a thorough knowledge of the *general* principles and methods, and the carrying out of these in the preparation of the homeliest meal.

Baking.—This operation is closely allied to roasting, and we may place it first in order of importance. It is, in fact, what is called "roasting" by the majority; for real roasting is dying out, at any rate in private houses of ordinary dimensions. It is a most convenient method of cooking, and if carefully performed there are few objections to it, either on the ground of flavour or economy. The chief conditions are a regular supply of heat from all parts of the oven, due ventilation, and a double baking-tin (Fig. 1), by which the decomposition and burning of the dripping are avoided. Some people assert that a baked joint always has an unpleasant taste, but when this is the case a dirty oven is the usual cause. Mr. Mattieu Williams, a high authority, contends, however, that a joint cooked in a clean

oven, and over water—*i.e.*, in a double pan—will compare very favourably with a "roast," however juicy; and he suggests a very fair test to the sceptical, viz., that a piece of meat be cut in two, the one half baked and the other roasted, the results to be noted with care.

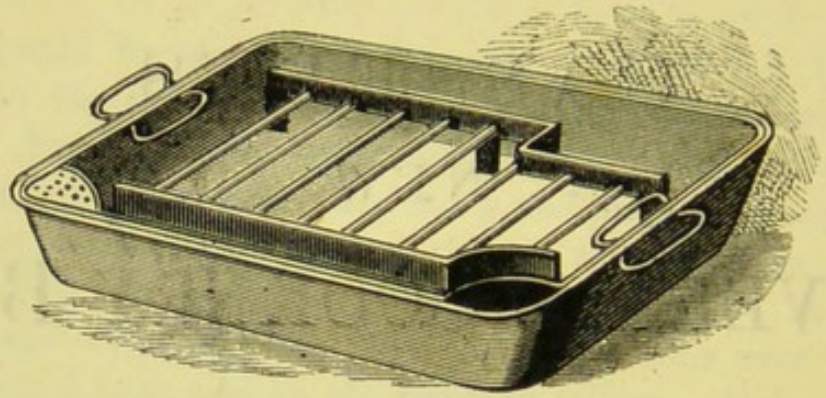


FIG. 1.—DOUBLE BAKING-TIN.

The double pan above referred to is best; but joints and other dishes can also be baked on a meat-stand with legs (Fig. 2), which can be used in an ordinary tin of sufficient depth to prevent the splashing over of the fat into the oven. In purchasing such a meat-stand, a good-sized one should be chosen, as it will be found useful when a number of small articles have to be baked.

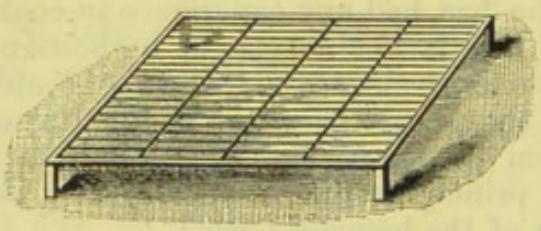


FIG. 2.—MEAT-STAND WITH LEGS.

That there are ovens and ovens goes without saying; but the ranges and kitcheners of the present day leave but little to be desired, so far as their baking powers are concerned. Most kinds have some peculiarity of construction, and in order that the "bakes" may turn out well, a thorough mastering of the flues is a desideratum in the first instance.

It is very important that the oven be large enough to take the joint comfortably; some ovens have a tendency to get very hot on one side, therefore frequent turning is needed to avoid burning, and frequent turning takes time; besides, every inrush of cold air lowers the heat. Then, many of the small stoves of a portable kind bake satisfactorily enough while shut up, but should the top be required for grilling or frying, the oven quickly loses heat. Therefore, a *fair-sized* stove-oven, for even a small family, where baking is a regular thing, will be most satisfactory, and in the long run the most economical.

The rules for baking are, *in principle*, identical with those for roasting (q.v.): viz., a large amount of heat at starting, gradual cooking afterwards, and plenty of basting. To ensure the first the oven must be hot. A joint put into a cold oven (we speak comparatively), and warmed through gradually before it *begins* to cook, is robbed of its flavour, and will be almost tasteless. Lay the meat fattest side uppermost; but, however fat, have in the tin some hot dripping, and baste thoroughly; a lump of dripping put into a cold tin, and left to melt with the joint, is not the same thing, and makes as much difference as does the cold oven.

The *average* time required is about the same as for roasting (q.v.), but ovens

vary too much to allow more than an approximate specification. In some, a joint would be done in less time than at an ordinary open fire; again, at the fire of a large grate in an hotel or a college, the same joint would be cooked more quickly than in a small oven with erratic tendencies. The main point is, get to know your particular oven and its workings, then treat it properly by keeping it clean inside; and in order that it may receive its due amount of heat, see that the flues are regularly and thoroughly swept.

A last hint: Do not, for the purpose of turning or dishing the meat, stick a fork into the leanest and best part; a couple of good-sized wooden spoons are useful, as they form a good support for a large piece; or a fork or wooden skewer may be used if the fat or skinny portion only is pierced. The thing to avoid is making holes in the juicy part, which, for some unexplained reason, always seems to be *the* part to suffer.

This is the age of invention; but, so far as we know, no one has brought out two handy articles for which we think there would be a ready sale. One is an automatic baster—*i.e.*, a receptacle for dripping to be suspended over the meat; and the second is a revolving meat-stand. The use of two such articles would certainly reduce considerably the time spent in attending to a baked joint, while the cooking process would be facilitated by the more evenly-regulated temperature.

Barding.—*See* LARDING.

Boiling.—Meat for boiling should be freshly killed: if hung as for roasting, the colour suffers, and if the least tainted the dish will be spoilt. The water should boil when the meat is put in, and be kept boiling for a few minutes to prevent the escape of the juices; a small quantity of cold water should then be added—from a gill to half a pint, according to the quantity of boiling water—in order to reduce the temperature; after which, simmering point should be maintained throughout. The scum should be most carefully removed; some kinds of meat, as heads and necks, often throw up a good deal, even after very careful washing, and require attention during the first part of the time; otherwise the lid should be kept on the pot, or there is much loss of flavour. Care, too, is necessary to prevent smoking over an open fire. A large quantity of water robs meat of much goodness, and only just enough to cover it should be used; while the vessel should be adapted, as far as possible, to the joint; one just large enough to hold it easily is better than one much too large.

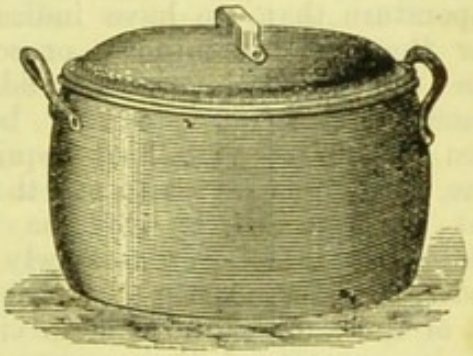


FIG. 3.—BOILING-POT.

In Fig. 3 is shown a boiling-pot of the ordinary shape; such are usually made of cast iron or wrought iron, and are very durable, but heavy. Block tin ones, of the same shape, preferably with a copper bottom,

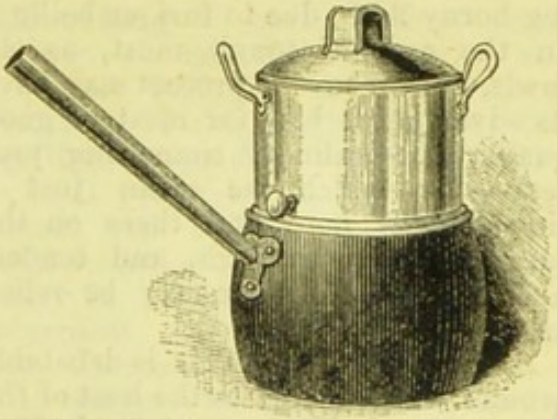


FIG. 4.—IRON SAUCEPAN, WITH TIN POTATO STEAMER.

answer the same purpose for close ranges, or gas or oil stoves. In Fig. 4

a common iron saucepan, with block-tin steamer (*see* STEAMING), is given, and for open fireplaces this is the most durable kind, and may be used for either boiling or steaming.

The time required must be regulated by the meat itself and its thickness (*see* ROASTING); the average for beef and mutton is fifteen or twenty minutes per pound, with fifteen or twenty minutes over.* Veal must have rather longer; pork needs from twenty to thirty minutes per pound, according to age and thickness; a leg from quite a young pig should have at least the last-named time.

Many leading scientists are of opinion that meat is better if kept at a lower temperature than we have indicated, after the first ten minutes or so, to form the outer layer of solidified albumen, from 190° to 200° being given as the average heat required. Some, too, go so far as to say that if meat boils at all, it may as well cook fast and furiously as slowly and steadily, pointing to the fact that the heat of the water is the same in either case in support of their arguments. True to an extent; but there *is* a difference in the result: for all are aware that in fast boiling the very knocking about of a joint, especially in too large a pan, will reduce it to rags; and most of us are painfully familiar with the bare bone, say, of a shank of mutton, and its accompanying horny flesh, due to furious boiling. In the case of tough meat, as old fowls, such a severe process may have its advantages; but for meat of good quality the ordinary simmering process — by which we mean just a tiny bubble here and there on the surface—is low enough, and tenderness and good flavour may be relied on.

Salt or no salt? This is debatable ground. Salt increases the heat of the water—*i.e.*, when put into boiling water it will reach several degrees above boiling point, according to the quantity put in; hence, it is sometimes recommended, in order that the increased heat may the more effectually prevent the escape of the juices by closing more completely the surface. Others contend that salt produces hardness, and that is our own opinion; we prefer to add it, in minute quantity only, near the end of the boiling.

Boiling is a wasteful process unless most carefully performed and use made in all cases of the pot liquor; not so much from loss of weight, for figures seem to prove less loss than by baking and roasting, but by reason of the escape of so much flavour and nutrition. We will now turn to a brief consideration of

Boiling Salted Meats.—Here the application of boiling water to seal up the surface pores is not practicable. In the first place, the meat, by salting, has already lost a large percentage of albumen and other nourishing elements. Then, as salting induces hardness, if put into boiling water the meat would become harder still, and by locking up, so to speak, the salt within the meat, it would be unpalatable. We may here remark that we are referring more particularly to lean joints of beef, ox-tongues, &c., which should, as a rule, be put into cold water; but smaller, fatter portions, as breasts of pork, that have been in pickle only a short time, may, after washing, be put on in tepid or warm water.

The time for boiling salted meats is chiefly regulated by the time it has been in salt and its thickness; to be wholesome, it must be cooked long and slowly, and nearly double the time for the same weight of fresh meat must be given in some instances. Frequent skimming is necessary; and if it is not required to be cut while hot, the meat will be more tender and of fuller flavour if left in the liquor until cool. Usually the pot liquor is too salt to be of much use, unless it can be diluted with fresh meat liquor or stock from bones or vegetables.

* Reckon the time from the first bubbling up after the cold water is put in.

Braising.—This is literally stewing in a covered pan in a small quantity of liquor, heat being applied from above as well as below by means of hot cinders, which are placed in the lid (hollowed for the purpose); and in the meat, or whatever may be braised, there is therefore the succulence of the best stews, with the appetising brown-

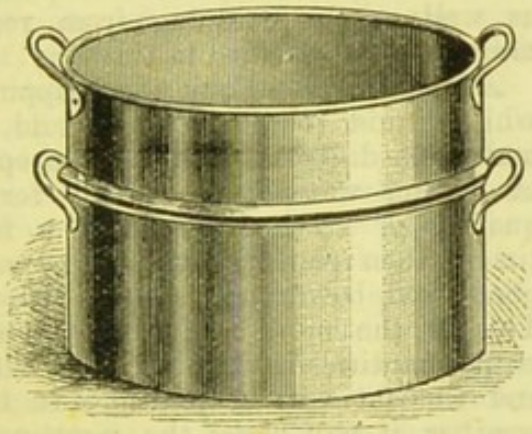


Fig. 5.—Braising-Pan.

ness and crispness of a roast. Fig. 5 shows the kind of pan required; they are usually of copper, with a tin drainer inside, and oval in form, from fourteen to twenty inches in length. The chief art consists in amalgamating the various ingredients—viz., vegetables, herbs, spices, stock, and sometimes wine, in suitable proportions; and with ordinary care a savoury dish, exquisitely tender, and not necessarily costly, may be made, while no method imparts to dry meats such sapidity and flavour. Braising requires but little attention, and all that has been said in favour of stewing applies with still greater force to this process. Braised meats are often larded, and ham or bacon is also added to the foundation. For meat, poultry, &c., various recipes will be found in subsequent chapters. But as the braising-pan is rarely met with in private houses of average dimensions, we think it well to add that a stew-pan or sauté-pan may be substituted for the proper article, and if care be taken to give a moderate and uniform degree of heat, the result will be but little inferior. To attain the requisite colour, one of two courses must be adopted. Either the meat must be lightly browned in hot fat before braising, or it can be finished off in a sharp oven after it is drained from the gravy. This is the better plan when it has been larded, as the object of larding is to improve dry meats, though the lardoons themselves, *i.e.*, the bacon used, need a final crisping. The dish is further improved both in flavour and appearance by brushing it over, last thing, with a little liquid glaze or good gravy in which a morsel of meat extract has been dissolved. The vegetables themselves are not served with the braise, but used to impart flavour; and when not at their best will answer the purpose, that is, when out of condition for the table. Trimmings of vegetables can also be used up, and odds and ends of many kinds, which might otherwise be wasted, can be relegated to the braising-pan when the principles are grasped, care being taken that the flavourings are harmonious. A veal bone or veal trimmings would furnish gelatinous material and improve the gravy while imparting no pronounced flavour to the most delicate dish; but to add game bones or scraps to any braise of white meat or poultry would spoil the whole.

Broiling is quite distinct from grilling, though the two terms are frequently regarded as synonymous. The result is also totally different, for a grill has a peculiar sweetness which no broil possesses (due mainly to the contact with the fire, and the consequent retention of the gravy), although it may be very good. Broiling is also convenient, and needs comparatively little attention; it is economical too, as it answers for small joints, birds, &c., less fire being needed than would suffice to heat a side oven for baking them. There are many varieties of hanging-broilers, or toasters; the best, for good-sized pieces of meat, are the

double ones, with a fitted tin pan underneath, as illustrated in Fig. 6.

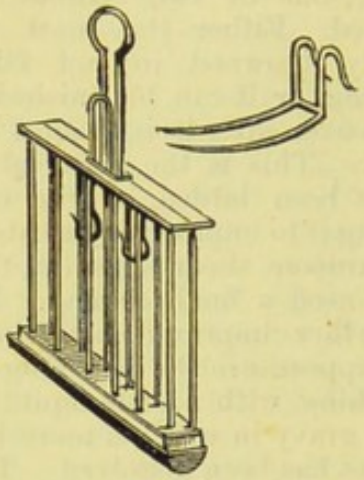


Fig. 6.—Hanging Broiler.

Dutch ovens and game ovens are very useful, and serve practically the same purpose, while their hood-like shape concentrates the heat in the same way as a meat screen. The *general principles* may be regarded as identical with grilling, therefore we refer to that paragraph for details of the process; and when a plain gravy is required it should be prepared in the same way as for a piece of roasted or baked meat.

Clarifying Fat.—The proper clarification of fat, dripping, &c., though simple, is of more importance and demands fuller treatment than is usually given to it. It is common to meet with the directions, "Take some clarified fat or dripping," &c. &c., although perhaps the method of clarification is passed over. It will be seen from the chapters on Pastry and Cakes, that many nice dishes may be made at little cost in houses where clarified fat is used regularly; and it is quite certain that the use of burnt or unclarified fat is the ruin of many a dish that would otherwise be wholesome and palatable. Clarified fat is also, in many families, the cheapest and best to use for frying purposes.

Dripping, to clarify.—A very simple way is to pour the dripping, while hot, into a basin containing cold water, to each quart of which a saltspoonful of bicarbonate of soda should be added. These quantities are enough for half a pint of liquid dripping. Stir for a few times, then set aside: when cold the dripping will be firm, and can be removed in a cake; any impurities must be scraped from the bottom. The skimmings from the liquor in which meat, bacon, or ham, has been boiled, as well as the dripping from roast meat, may be clarified in this way.

Another way.—Pour the dripping, while liquid (or leave until cold, it makes no difference), into a saucepan of boiling water; let it boil for a quarter of an hour, stirring a few times; then pour the whole out in a good-sized bowl, and finish as before. This is the more useful way, when large quantities have to be dealt with, and the fat will keep well. In hot weather it will assist the "setting" if the vessel containing the fat be set in a second vessel containing cold water, with a handful of salt to the half gallon. If wanted quickly set it on ice.

It is always important, if possible, to keep pork dripping in a separate vessel. Other drippings may be mixed, unless there is a special objection to mutton dripping, then that must be kept apart; but if treated as above, it will be found very useful, and with no disagreeable flavour.

Fat, to clarify.—The fat may be cooked or uncooked, or mixed; but if cooked fat is used it should be put in towards the end, not with the raw fat. Fat from beef, mutton, &c., can be clarified altogether. The trimmings of joints, chops, steaks, &c., skinny portions of suet, and all similar odds and ends, may be used up. See that not a particle is tainted, or any bits of lean left in. Cut all up small, about half an inch square. If the home supply runs short, fat can often be bought of the butcher for 5d. or 6d. per pound. Put all into an iron saucepan, and add enough water to create steam; half a pint will suffice

for four pounds. Boil gently with the lid off (mind it does not get smoked) for a couple of hours, or more; stir now and then. When done, the liquid portion will look clear, and the bits of fat will be brown, dry, and shrivelled looking. Let it cool a little, then strain it through an old hair sieve in which has been laid a piece of muslin; see that the jar or basin is dry; set it by until cold, when a solid cake of nice white fat will be the result of the task. This is some little trouble; for that reason it is well to prepare several pounds at a time. Use this for frying purposes generally, plain cakes, pastry, and the like; other uses for it are referred to in various parts of this work.

Fat, Frying, to clarify after using.—It is not necessary to clarify fat every time it is used, a good deal depends upon the nature of the article which has been fried in it; but, by clarifying it now and again, it may be kept a good colour for some time. After it is taken from the fire it must cool a while; it would be dangerous to deal with it in its heated condition. It should then be poured into a good-sized basin of water, as directed for the clarification of dripping, and finished as there described. Whether clarified or not, it always needs straining; if poured off carefully, a good deal of the sediment will be left behind in the frying kettle; this should be wiped out with a coarse cloth kept for the purpose, and placed where the air has free access to it. It must be kept dry, and wiped out, for fear of dust, every time it is used.

Goose Lard.—This is generally termed "goose grease." When the goose is drawn, strip the fat from the intestines and take the leaf of fat from the inside. Throw it into a bowl of cold water with a little salt; change the water a few times and leave until next day. Then cut the fat up and put it in a saucepan; add a few slices of raw apple or a chopped onion; melt over a slow fire, pour off through a hot strainer into a jar, add a pinch of salt, and tie down when quite cold. Store in a cool place. Sometimes only the leaf fat is used, not that from the intestines. This is a German recipe. The fat of geese is there used for basting and other culinary purposes. Some English readers who have hitherto used goose fat in other ways may like to make trial of it in the kitchen.

Lard.—Home-made lard is very superior to a good deal of the bought lard, and will keep almost indefinitely. Prepare it by taking the flead or inner fat of a pig, freshly killed. Clear it from all trace of skin and blood, and cut it up small. Put it in a dry stone jar, and set this in a pan of boiling water, over the fire; keep the water boiling gently, and as fast as the fat melts pour it off into small dry jars or bladders. If jars are used, they should be tied over with bladder before they are put away, and they must be stored in a dry, cool place. The last drainings of the fat will not be so clear or pale as the first. Sometimes rosemary and other flavourings are added to lard, but it is more generally useful when made as above directed. The flead is also used for pastry, cakes, &c., and may be kept in an unmelted state by rubbing it with salt and leaving it for a day, then putting it in brine made by boiling salt and water until strong enough to float an egg. When wanted for use, the flead must be wiped and put into cold water for an hour before it is cut up. In warm weather the brine must be renewed after a few days or the flead will not keep.

Marrow, clarified.—Prepared in this way, marrow may be kept for a long time—for some months in a cold place. It must be taken from the bones as soon as possible—this is of importance—then cut small and put in a jar, covered, and set in a saucepan of hot water to three-fourths its depth, and melted at a gentle heat. The water should just simmer. When all is melted, strain it through muslin into another vessel; let it settle for a few minutes, then pour it into small dry jars. When quite cold, tie or paste

some thick paper over, then cover with bladder or vegetable parchment, the same as JAMS and JELLIES are treated.

If more convenient, melt the marrow in a cool oven; the jar must be set in a tin of water, or the colour will not be so good.

Suet, to clarify.—Free the suet from skin, fibre, &c., chop it, or shred it thinly, and melt it as directed for lard. Or, put it in a large saucepan of boiling water; stir now and then until dissolved; then pour the whole into a shallow vessel, and, when cold, take off the cake of fat from the top; wipe the bottom quite dry. Again melt it, then strain it through muslin into jars for use. This can be used for frying, or for plain cakes or pastry, and other purposes.

If it is required to keep the suet, melt it as at first directed, pouring it off as soon as it melts into a pan of cold water. When hard, wipe the cake of fat; wrap it in grease-proof or vegetable parchment paper, then put it in a linen bag and hang it in a cool place. When required for use scrape it thinly; it can then be used as dripping. Fresh suet will keep for several days, if the veiny parts be removed, in plenty of flour, in a dry place.

Frying is, by some writers, compared with boiling, and spoken of as "boiling in fat." So far as the immersion of the food in liquid goes the simile is a fair one, but there it ends; for not only is the heat of hot fat greatly in excess of that of water, but it *varies* according to the nature of the food to be cooked; while anything cooked in boiling water (except where the temperature is chemically increased) is subject to a fixed degree of heat. As a rule, the smaller the article to be fried the greater the heat of the fat—whitebait, the tiniest of fish, is an instance of this.

But to fry, according to the preconceived ideas of the average English cook, consists in cooking, say, a sole, in a pan but little deeper than the sole itself, and with barely enough fat to keep it from sticking to the pan; probably cold fat is put in in little dabs from time to time, to make matters worse. The first thing to grasp, then, is that the fat must be plentiful. This is not really extravagant, as there is very little waste, for the fat reduces but little in the using, and will serve again and again so long as it is not allowed to burn; whereas, by the scrappy process above referred to, not only is the food spoiled, but the fat is burnt, and what little remains is thrown away.

It may, however, be asked, is it not possible to cook anything in a small quantity of fat? Certainly; many things are more conveniently cooked by what is know in this country as the "dry-frying" process, and a knowledge of the two methods and of their underlying principles will prevent failure. We will come to this dry-frying presently.

Meantime, the first thing in proper frying is to see that the fat is sweet, and care should be taken that it be allowed to heat slowly. The vessel should not be more than from half to three-parts filled. Attention to these rules may prevent accident; a pan of fat heated quickly is liable to "boil over," and as the temperature for ordinary purposes should reach about 350°, a splash of hot fat on the face or arms is an accident to be remembered. A great secret of success is to allow the fat to attain the proper degree of heat; generally speaking, it should be hot enough to at once slightly brown the surface, and form a coating sufficient to keep in the flavour and juices of the food itself, and prevent the entrance of the fat. If only half heated, the product of the pan must be greasy, sodden, and indigestible; for unless the food, whatever its nature, crisps at first, it will never crisp as it should do. To know when fat is hot, watch and listen. So long as a bubbling crackling sound can be heard it is only getting hot; when it becomes quite still, it *is* hot. Shortly a pale bluish vapour will be visible; it is then

hot enough for most purposes. Another test, more convenient sometimes, is to throw in a bit of bread: it will change to golden colour directly if the fat is ready; if it remains pale and soft, wait a little longer.

The frying medium may be "clarified fat" from cooked joints, or from fresh pieces bought purposely; good sweet dripping and pot skimmings, or lard; while oil is declared by some to be the only thing worth using. Olive oil is the best, but too expensive for general use; cotton-seed oil, if pure, is excellent, but it is often adulterated, and gives rise to an unpleasant odour; and for either kind great care is necessary in using it. For the majority, then, clarified fat is the best and safest thing, and the method of preparing it has been fully detailed in the preceding section. Mutton fat is sometimes said to impart a tallowy flavour to food, but that is when it is not hot enough; we do not recommend it singly, but it may certainly be mixed with other fats. Equal parts of beef suet, lard, and mutton fat, are a favourite mixture with some; and lard and beef dripping are preferred by others. Of lard itself, we can only say that it must be pure. Very much of the low-priced lard now sold is watery (due to a certain treatment with lime, by which it is made to absorb water). This is absolutely use-

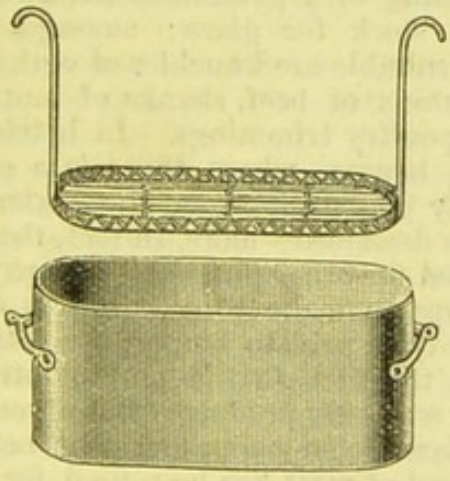


Fig. 7.—Fryer and Drainer.

less, and nothing fried in it will brown properly. But whatever is used must be perfectly free from taint, also from salt, as this retards browning. Butter is too costly for use in quantities; and if it were not, it would not be satisfactory—when heated up to a high point, it has many objectionable features.

And now a few words respecting the vessel. A proper frying-kettle as in Fig. 7 is deep, with a wire drainer fitted into it, which can be lifted in and out by the handles. But in many cases an ordinary saucepan will answer, or, better still, a stew-pan; from four to five inches deep, and nine to ten inches in diameter is a handy size; and if a frying-basket be bought to fit, it will serve for almost any purpose. The handle of the frying-

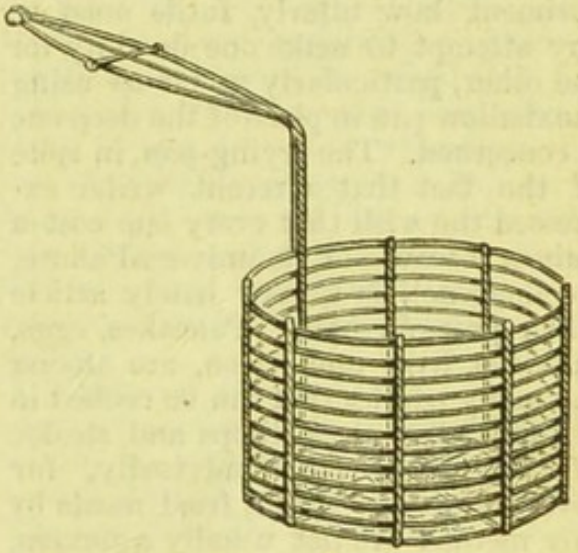


Fig. 8.—Frying-Basket.

basket should be bent as in Fig. 8, so that the basket may go to the very bottom of the saucepan. The best material is copper, next to that steel, heavily tinned; iron pans are also used, but unless of the very best quality are not satisfactory. After frying, the fat should be left to cool, then strained, and put away in jars for use, that for fish being kept apart from that used for general purposes. It must also be clarified when necessary (*see* page 7). The frying-kettle should be put away, not only clean, but thoroughly dry. A test of good frying is freedom from grease: to ensure this, lay the fish, or what-

ever it may be, on a clean cloth or sheet of kitchen paper near the fire for a few seconds, turning them a few times; but as greasiness is usually due to under-heated fat, it may be prevented, or reduced to a minimum.

The foregoing remarks will enable anyone to understand the leading *principles* of frying; and for detailed recipes for the treatment of the various kinds of food reference must be made to their respective headings.

Frying, Dry.—For this, the ordinary shallow frying-pan is used, and a small quantity of fat only is required; and the inexperienced cook would do well to prepare two dishes, one by each of the two frying processes, and prove by the practical experiment how utterly futile must be any attempt to make one do duty for the other, particularly so far as using the shallow pan in place of the deep one is concerned. The frying-pan, in spite of the fact that a recent writer expressed the wish that every one cost a guinea (because of its universal abuse, we imagine), is a very handy article when properly used. Pancakes, eggs, sausages, liver and bacon, are among the many edibles that can be cooked in it; and *at a pinch*, chops and steaks. We say at a pinch advisedly, for several reasons. First, fried meats by *this* method are not usually a success, and great care is needed to avoid toughness and loss of the juices, and we regard it as nothing short of barbarism to cook really good meat in a frying-pan* when other methods are practicable. But supposing a steak or chop to be required in a hurry, or a frying-pan to be the only handy utensil, much may be done by the application of a little simple science. First, take the common mode of procedure. What *must* happen if a cold chop, a cold pan, and a little dab of cold fat, are put over a fire, probably smoky as well as low, and allowed to become gradually heated together? Briefly, one of the most indigestible and horrible messes it is possible to produce. The juices of the meat will run out, the liquid fat will be absorbed, while as to flavour—this can be left to the imagination. But the right way is very simple. A clean pan and a clear fire for a start; hot fat, however small the quantity; a due closing of the pores on both sides, with more gradual cooking afterwards; in short, the aim should be to imitate as far as possible a grilled or broiled chop.

Glazing.—To glaze is to give a gloss or varnish to meat, game, or poultry, both hot and cold, by which a vast improvement is made in the appearance of the dish. As, however, the glazing process, or rather the kind and strength of the glaze, varies according to the nature of the dish, we will first describe glaze itself before detailing the ways of varying and using it.

Ordinary "glaze," then, is a strong stock, which should be clear and free from salt, boiled down to a thick, syrupy mass, rather like treacle, which eventually sets into a substance not unlike glue. In old cookery books recipes for glaze direct that enormous quantities of beef and veal be boiled down for the stock, which no doubt was very good, but which would be simply ruinous in the present day. Anything of a gelatinous nature will make stock for glaze; amongst the most suitable are knuckles of veal, legs and shins of beef, shanks of mutton, and poultry trimmings. In hotels or large houses, where there is a good supply of stock from the materials above described—more, in fact, than is wanted for other purposes—it "pays" perhaps to make glaze. But it does not pay in private houses, for setting aside the fact that a pint of strong stock will only produce about an ounce of glaze (even supposing that nearly a pound of meat has been used for it), it is very troublesome; indeed, glaze is one of those things that are much better when made on a large scale than

* We are not here referring to cutlets, &c., cooked in a sauté-pan.

a small one. First, a copper stewpan is an absolute necessity, as the heat must be uniform; in this the stock is boiled quickly until syrupy; it is then to be stirred until the exact point is reached when a little poured on a plate sets quickly. Experienced cooks can determine this by taking up a morsel on the point of a knife and twirling it in the air; but a novice would most likely be a second or two too late, and spoil the whole.

For private houses, then, we advise the purchase of glaze in skins, to be had of grocers everywhere. It keeps indefinitely, and the average price is about two shillings per pound. It is important to keep the glaze in a dry place. When wanted for use, remove the skin, and cut it in slices or small pieces, and to every ounce add a spoonful of water or pale clear stock, and melt it, either in a glaze pot (on the principle of a glue pot) or in a jar set into a saucepan of boiling water, on the *bain-marie* principle. There *must* be water round the vessel containing the glaze; if placed directly over the fire it would burn. Naturally, the less water added the darker will be the glaze, and at one time it was hardly possible to get it too dark. Now, paler glaze is the fashion — indeed, for certain dishes, aspic jelly has taken its place, but we will speak of that later—therefore, when what is termed "thin glaze" is required, simply add more water.

But there is another way of making glaze—or perhaps we ought to say a substitute—by a very quick and economical method, thanks to gelatine for the basis, and extract of meat, which gives the desired colour. Half an ounce of gelatine will make half a pint of strong glaze if a good teaspoonful of extract of meat be added. The gelatine is to be dissolved in the water before the extract is added. A few drops of liquid browning, or a little soy, will give a deeper colour if desired. For paler glaze, reduce the extract. This kind, we must add, is not intended to keep; it is to be made just as required; and the proportions of gelatine and water are to be regarded only as approximate. The strength of the gelatine and the state of the weather must be considered (*see* remarks on this subject in the chapter upon JELLIES, etc.). And this brings us to the use of aspic for glazing, for which reference must be made to ASPIC JELLY. We would add here, however, that dark glaze is still used for joints and tongues, though hams, as well as poultry, are thought to look better when coated with aspic. This, however, may be a passing fashion, and the use of either medium is a matter for individual decision. In some cases, a compromise is effected by using aspic with just a hint of extract of meat to give more colour; and this is a very satisfactory glazing medium, for it must be owned that, for cold dishes which are kept long in cut, there is one drawback attending the use of ordinary glaze—viz., the meat has a tendency to get dry on the surface, which makes the carving more difficult, and necessitates the outer portion of each slice being left on the plates.

Whatever the material used, the glaze is applied with a brush, which should be kept for the purpose, and always washed as soon as done with. The best kind are of badger hair with tin handles, but a little brush such as is used for glazing pastry will answer the purpose for occasional use. To ensure success, one or two points must be borne in mind. The meat must be perfectly cold before the glaze is applied, and if a second coating is wanted the first must be quite dry. The glaze itself must be warm and liquid, and it goes without saying that if the meat is not cold, or the weather is very hot, or a warm place be chosen for the operation, it will run off almost as fast as it is put on. The cellar is the best place to work in, and if many dishes are being glazed, and required to set quickly for further ornamentation, they should be put upon ice.

After the glazing, the various dishes

often undergo a further ornamental process (cold dishes, we mean); these are detailed in the chapter on GARNISHES.

For hot dishes, let the glaze be applied evenly, the colour being consistent with the kind of meat. Fillets of beef will take a darker glaze than sweetbreads.

In the foregoing directions we have referred to the use of glaze in connection with meat, game, and poultry; but a few words are necessary with respect to the finishing off of many other dishes by glazing. By way of example, croûtons, and various sorts of "borders" may be mentioned; but there are hosts of other dishes that may be so treated with advantage, to which reference is made under their respective headings in subsequent chapters. What we would here point out is the fact that in many instances something is sprinkled over the dish after glazing; the glaze, therefore, has two uses: it is in itself ornamental, and also serves the purpose of cementing, so to speak, the final garnish, which may be parsley, chopped eggs (first boiled hard), shredded ham or tongue, etc.

Then, glaze serves to enrich brown sauces, as will be seen from our recipes; and it may be useful to point out that it is well to dissolve the glaze separately before adding it, unless the sauce can be stirred all the time, and full time allowed for it to dissolve. But it often happens that when several dishes are on hand, a bit of glaze is found very useful at the last moment for a sauce or gravy that may appear to be not quite "up to the mark," either in colour or consistence. We recommend, therefore, that a supply of glaze be kept in liquid form, ready for any emergency.

Lastly, we must mention glaze in connection with rich, clear gravy, to which it is added just to give a stickiness and certain amount of body, without impairing its brightness, *i.e.*, in instances where a little very good gravy is wanted, such as is sometimes poured round savoury omelettes. Such gravies are further detailed in the recipes for the particular dish which they are intended to accompany.

Grilling.—This mode of cooking can only be carried out perfectly where forethought is the order of the day: a clear bright fire, a perfectly clean gridiron, and tender, well-hung meat, being the chief desiderata; with these, and close watchfulness, with judgment in taking up the meat at the right time, small dainty dishes may be cooked in a most digestible and appetising manner. The fire may be cleared by throwing on a handful of salt, and coke is useful for mixing with cinders, which should be put on in good time. The gridiron must be made hot, and then rubbed over with mutton suet or salad oil before the meat is laid on; or the meat itself may be brushed over with oil; a sprinkling of pepper may also be added, but salt never, it would harden the meat. The gridiron should be put near the fire in a slanting direction, and as soon as the pores of the meat are closed on one side, it should be turned, in order that the other side may be so treated, after which the gridiron may be slightly raised, and kept so until the meat is done. A pair of steak-tongs are employed by good cooks for turning the meat, but a spoon will answer the purpose, or a skewer may be passed into the fat part, but never into the lean, or the gravy will run out, and the meat be spoilt.

As to the turning of the meat, it is a disputed point whether once only during the process is correct, or whether very frequent turning is desirable. We recommend the latter method, once every minute, as the most generally successful.

The time must be regulated by the weather, the kind of meat, and its quality; the latter is important, for only good meat may safely be subjected to the fierce heat at starting necessary for the sealing-up of the juices, and the production of the rich dark brown

outside with the red juiciness of the interior, which betoken the perfect grill. For a beef-steak or a mutton chop, from eight to twenty minutes may be regarded as the approximate, but the latter would be enough for a very thick steak. For a mutton cutlet cut thinly a very few minutes is sufficient, because the thinner the meat the greater may be the heat from start to finish: that is to say, the grid need not be raised as it is for thicker pieces; and while beef and mutton are preferred underdone, it must be borne in mind that pork and veal must be thoroughly and more slowly cooked. A little experience will enable anyone to tell when the happy medium has been reached. The meat will be firm and free from flabbiness, without being hard, and the gravy will settle in a clot on the surface when ready for dishing; and then, the hottest of hot dishes and the quickest of quick service should give the finishing touches.

As to sauce, many contend that hunger is the best, but some prefer a spoonful of ketchup or store sauce poured on the dish, or a pat of MAÎTRE D'HÔTEL BUTTER is sometimes served with steaks. Many other sauces are also employed to give a distinctive character to the grill. A separate gridiron should be kept for fish, for however well it may be washed, the heat *will* bring out the flavour; and this, after a bloater has been cooked, is not calculated to improve a lamb chop!

So far, we have assumed the use of the plain single gridiron; there are many varieties, from wire ones, costing but a few pence, to the enamelled iron, with fluted bars and a well for the drippings—*not* the gravy, that should be kept in the meat. Then there are double gridirons, by the use of which the turning of the meat is dispensed with, it is only necessary to reverse the gridiron. The revolving gridiron is a very good one, and by just touching it the meat is moved without the aid of a skewer or fork, therefore there is no fear that the gravy will be lost.

A kidney or bird, split through the middle, should always be placed cut side down first. (For the grilling of fish—*see* FISH.)

Larding and Barding.—Larding is more difficult in theory than in practice; every woman who can use a needle ought to be able to lard, though it cannot be denied that

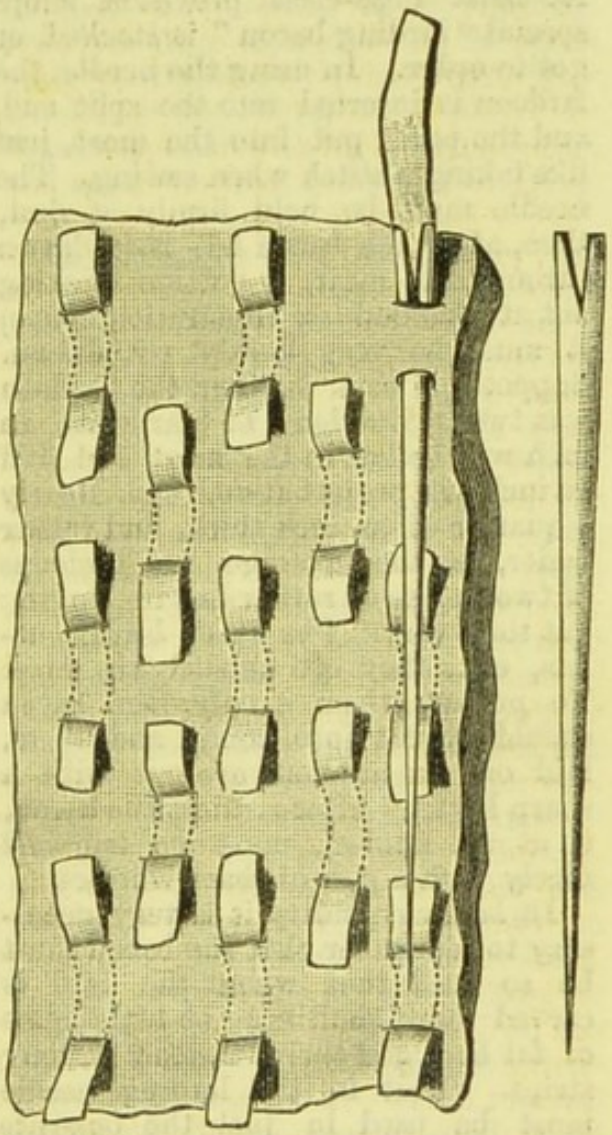


FIG. 9.—MEAT LARDED, AND LARDING PINS.

speed and neatness are attained only after a few experiments; success at first cannot be expected. In warm weather the bacon has a tendency to "run," and to obviate this the lardoons should be laid on a tin set upon ice as soon as cut. A cool hand is a desideratum. "Lardoons" is the term applied to the strips of bacon used,

and these vary in size according to the nature of the meat to be larded. The needles must therefore be sized to suit the meat; two or three are required in every kitchen where good cooking is done. The illustration above shows the shape; one end is split, and the other pointed. For white meats, bacon cured without saltpetre is required. At most high-class provision shops special "larding bacon" is stocked, or got to order. In using the needle, the lardoon is inserted into the split end, and the point put into the meat, just like taking a stitch when sewing. The needle must be held firmly at first, then, after the bacon has been drawn through the meat, a portion sticking out at each end (*see* illustration above) it must be very gently withdrawn. Supposing, that is, that the lardoon was two inches long to start with, an inch will be left in the meat, and half an inch will project at each end. Nearly a quarter of an inch thick, and rather wider, is the average for lardoons of two inches or rather less in length; but they vary. For small birds, cutlets, etc., they are smaller all ways. To prepare them evenly, the bacon should be cut into slices, and these, laid one on another, are cut with a sharp knife. After larding, the bacon, if at all uneven, must be trimmed nicely with a pair of sharp scissors.

In larding poultry it is very necessary to remember that the bacon must be so used that when the bird is carved there shall only be little spots of fat here and there, instead of long strips. That is, the larding needle must be used in just the opposite direction that will be taken later on by the carving knife, in order that each slice may contain a good number of these morsels of fat, as in the case of the breast of a turkey. On the other hand, if larded in the contrary direction, in cutting the bird there would be just here and there long strips of fat—very unsightly and disagreeable. Such errors as this are easily prevented, and arise usually from want of thought.

Another hint is necessary with respect to the appearance of larded meats. When cooked, it happens sometimes that the *lardoons* are too conspicuous, either from being too long at first, or from the cooking not having been sharp enough. These pieces of bacon, then, which have a partially melted appearance, must be crisped up, either at a good fire or by the aid of a salamander or hot shovel. Either of these latter methods is the safer for the novice, as there is less fear of the meat getting too dry or burning. After this drying a little glaze should be brushed over the meat to brighten it up. All sorts of game and many small birds are improved by larding (or barding, *see* later on), but we may especially instance the back and thighs of a hare, the breast of a turkey, a fricandeau of veal, and sweetbreads; in the case of hare, some cooks go so far as to say that if not larded it is not worth the trouble of cooking.

So far we have referred to what we may call surface larding. There is another way, that is to cut strips of bacon of good length, and thick in proportion, which will go right through the meat; if a steak of two inches thick the strips must be three inches long. For very thick meats, one side may be larded in this way, and the needle passed through, leaving most of the lardoons inside the meat. The other side is then treated in the same way. By this means any dry meat is greatly improved, and when the ordinary larding pins are not large enough, one called a dobing (or daubing) pin is substituted. These are very strong, and cost from two to four shillings each; larding pins may be got, in assorted sizes, at three to four shillings per dozen.

In addition to bacon, other materials are sometimes used for the purpose of adding flavour to meat; amongst others, truffles, anchovies, tongue, and gherkins; their insertion into the meat must be carefully performed to avoid breaking them, and a needle large

enough to take them easily should be used.

Barding.—This operation may be called a ready substitute for larding. To *barder* is to envelop the article—usually game or poultry—in bacon, the slice of bacon used being called the *barde;* in this, slits should be made in a crosswise direction, in either of the ways shown below, or some similar

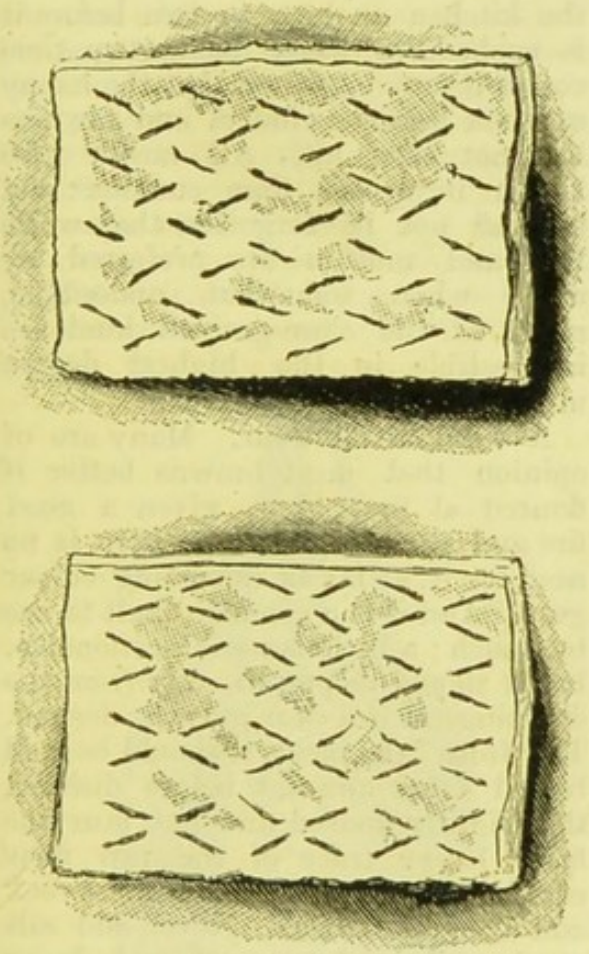


FIG. 10.—BARDES.

manner. Barding is much less trouble than larding, and many cooks favour it for that reason; and while it cannot be said to be quite the same in its effect as larding, it is at the same time very useful for dry meats, such as require almost constant basting, as it renders them proof against the dryness that will result if they are put down to the fire minus bacon in any form, especially if the basting be neglected at the start, as it often is, owing to the number of things that require attention at the same time. Pheasants, hares, guinea fowl, and small birds generally, may all be barded, and the sending the *barde* to table or removing it is optional. If served, as it frequently is, with a roasted pheasant, it should always be glazed. When *boiled* poultry is enveloped in bacon, that is always to be taken off. Precisely the same sort of bacon is required for barding as for larding, viz., free from saltpetre, and the slices must be thinly and evenly cut; after trimming the edges, they should be smoothed out with a palette knife, and kept very cool until ready for use.

Roasting.—We all know that a good roast of the old-fashioned kind is well-nigh obsolete, and not a few appear to regard it in the light of a national calamity. There is, however, much to be said on both sides. First, the advantages, which are briefly as follows:—It is easy to baste the meat, and assuming it to be well hung, tenderness is certain. The joint, being surrounded by air, has a flavour peculiarly its own, and the required degree of colour is easily attained. Roast meat is also very nourishing, as there is less dissipation of its nutritive juices than when cooked by other processes. Now for the disadvantages:—Cost, both of fuel and time. Discomfort, due to the large fire and the necessary close proximity thereto, on account of the almost incessant basting. Loss of weight, due to the melting of the fat and the evaporation of the water; though, as a set-off, the retention of the nutriment (which remains condensed in the cooked solid) must not be forgotten. On this point we know there is much controversy; some scientists contend that meat loses less in roasting than in baking; but the majority agree that there is greater loss in roasting than by any other method of cooking, though much depends on the degree of heat and quality and size of the joint.

To roast is to cook by exposing the meat to the direct action of the fire, the object being the retention of the

juices. The first consideration is the fire; it must be made up in time, in order to be bright, clear, and strong. The grate should be large enough to cover the joint, with an inch or two to spare at the sides. All dust must be removed from the bottom of the grate; small knobbly pieces of coal should be packed at the front, and cinders, mixed with a little damp coal-dust, behind. This helps to retain the heat, besides throwing it to the front, where it is wanted. Coal in small quantities should be added now and again, to avoid a thorough making-up of the fire during the roasting. Whatever the apparatus used it must be clean, and the hook should not be pushed through the prime, juicy part of the joint. The full perfection of a roast is due in a great measure to the amount of basting it receives, and to well-hung meat. Meat just killed is not suitable for roasting. Inattention to the basting will result in a dry horny surface and an unpleasant odour. The fat should be poured off as soon as it flows freely, only enough for the basting being kept in the pan. The greatest heat should be given at the outset, by putting the joint near the fire, to coagulate the outer albumen and keep in the gravy. Basting with hot fat at the start is a help in this direction. Then move it farther back, to cook gradually until done, when it has been down from five to ten minutes.

The average time required is fifteen minutes to the pound and fifteen minutes over for beef and mutton, and twenty minutes to the pound and twenty minutes over for young animals, as veal and lamb; while pork, if thick, may require from twenty to thirty minutes per pound. So much depends upon the thickness of the joint, the weather, and other circumstances, that the time given must only be regarded as an approximation. And the *shape* of a joint determines to a great extent the time required; and we specially mention this, as it is but seldom grasped, or even considered. To illustrate our meaning, supposing a neck or breast of mutton weighing four pounds were required: it would take but little more time than if divided and half or three-quarters were cooked; and why? Because the whole surface, assuming a sufficiently wide grate, would be exposed equally to the action of heat; hence a cut-and-dried rule of a certain time for a certain weight, even allowing for the difference in thickness, would in such a case be obviously non-applicable. In frosty weather meat should be brought into the kitchen an hour or two before it is cooked, or when dishing-up time comes it may be found that the happy medium between cinders and rawness has not been hit. All meats take longer in winter than summer: and it must not be forgotten that while beef and mutton are preferred by many when somewhat underdone, meats of the close-grained kind are indigestible in the highest degree unless well cooked.

A word about flour. Many are of opinion that meat browns better if floured at first; but, given a good fire and sufficient basting, there is no need for it, so far as imparting colour goes. And it is a common fault to use too much; a little is not objectionable, but it should be put on away from the dripping-tin if a *clear* gravy is desired. To "froth" the meat, it should be well basted a few minutes before dishing, then lightly floured, and put near the fire. Every trace of the raw flour must disappear—that is, it must cook and become brown. Never add salt at first, it hardens meat and draws out the gravy. A little may be sprinkled on last thing, after the dripping has been poured off. When the steam rises it is a proof that the joint is saturated with heat, and any unnecessary evaporation is a waste of the nutriment; and if the flesh yields readily to the pressure of the fingers it is a further sign that it is done.

A warning concerning the dripping may save much disappointment. It need not be separately put by for basting from the various kinds, but it is most important that only good

sweet dripping be used to baste a joint. To begrudge the trouble of clarification, to mix fresh with stale—perhaps in summer-time there may be a suspicion of putridity—or to use fat which has been poured from game, for meat, are all grave mistakes, which may be easily avoided by the exercise of a little common sense.

The usual method employed for roasting meat is to hang a bottle-jack on the movable bar placed for its reception on the front of the mantelshelf, to suspend the wheel from the jack, and to hang the meat by a hook from the wheel. A screen made of tin, or lined with it, is then put in front of the fire to keep in the heat (it serves too as a plate warmer), and the jack is wound up two or three times whilst a joint is being roasted. By a modern improvement the bar can be

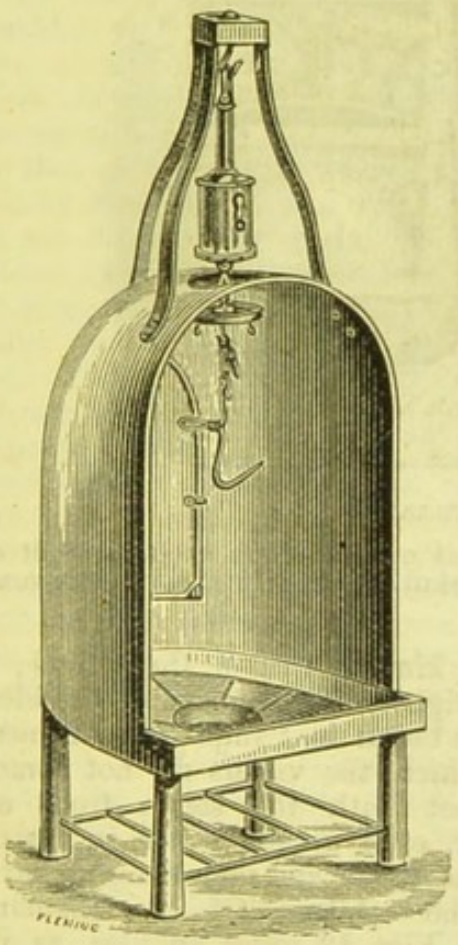


Fig. 11.—Bottle-Jack and Screen.

altogether dispensed with, and the jack fastened above the screen, which is so made that the heat will be condensed as much as possible (Fig. 11). Those who do not wish to go to the expense of a bottle-jack may find an economical substitute for the bottle-jack in the chimney screw-jack, which may be fastened upon any mantelshelf when wanted, and unscrewed when done with. It requires a little more watching than the ordinary bottle-jack, but if a key be hung upon the hook with six or seven thicknesses of worsted wound round it, one end of which is fastened to the meat-hook, the twisting and untwisting of the worsted cord will cause a rotary motion like that produced by the more expensive bottle-jack.

The Salamander and its Uses.—A very handy utensil, known as a salamander, is made of iron, and may be bought either with or without a stand. The article itself costs about four shillings, or, with the stand, nearly double that sum. In the latter form its utility is considerably increased, as it is only necessary to fix it in position over the dish which requires browning. The salamander must be made red-hot, and the length of time which is necessary to brown the dish, and the nearness of its proximity to the salamander, depend entirely upon the nature of the viand and the degree of brownness desired. In most cases a few seconds is long enough, and the dish must never be placed near enough to scorch.

A salamander is almost indispensable in houses where appearances are studied, for it will give just the one "finishing touch" to many dishes which raises them from the ordinary or commonplace to the artistic and high-class at no increased cost whatever save that of a minute's time and trouble. An old shovel may be used as a substitute, and is better than nothing at all; but it is hardly necessary to point out that shovels which are made red-hot very often will not last long, and a salamander will be found the cheapest in the long run.

To Sauter.—This is a French term, the corresponding English one is to "shake" or to "toss." The cutlet, kidney, &c., so cooked is put into a sauté-pan, and cooked in fat—butter usually—at a lower temperature than frying proper, and frequently shaken. The surface of the article is therefore less brown and crisp than when fried; and sometimes the cooking is only partially effected in the fat, that being poured off and gravy or sauce substituted for the finishing of the process.

To Sweat is a somewhat vulgar term applied to the semi-cooking or semi-frying, usually of vegetables intended for soups and purées, and will be fully explained under VEGETABLES.

Steaming.—This is a branch of the culinary art far less practised than it deserves to be, and is comparatively little known. This probably arises from the fact that many writers on cookery ignore it altogether, though it is difficult to understand why. The most familiar form of steamer is the ordinary one (*see* Fig. 4) used for potatoes (though the uses of this humble member of the family need not be confined to potatoes); next come the same kind in two or three tiers; but the highest development of the idea is to be found in "improved steamers," in which the viands do not come in contact with the steam from each other, each article being in its own compartment and imparting no flavour to the others. Of the last-named kind Fig. 12 gives an idea, as it is shown both in perspective and in section. The boiling water for the generation of the steam is in this apparatus put in at the spout of the bottom utensil A, and when any article

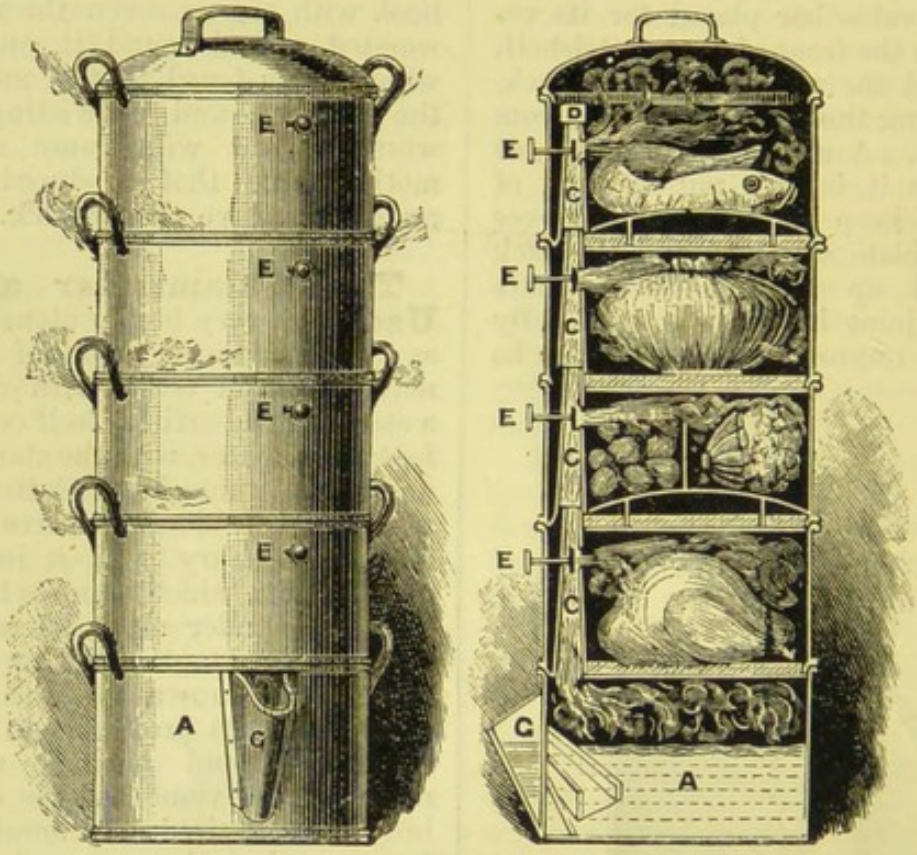


FIG. 12.—STEAMING APPARATUS.

A, Water vessel placed on stove, supplied by spout at G; C C C, Flues up the side of each steamer to convey the steam; E E, Valves to admit or shut off steam for each separate vessel.

is cooked enough, but has to be kept hot, it is only necessary to close the valve E. Such can be used on a close range or over a gas or oil stove with equal success. A compartment can be added or taken away, and some of these compound steamers are of sufficient magnitude to furnish a dinner of several courses for a dozen people. The chief advantages are economy of fuel and time, and of the food itself, both in bulk and weight. In the case of a leg of mutton, from half a pint to a pint of good gravy, which in the ordinary way would be lost by evaporation, will be forthcoming. Then the slow cooking and retention of the juices make the meat very tender and digestible, and particularly suitable for people of weak digestion. Last, but not least, space is economised, and "washing up" is reduced to a minimum.

Now, to use the potato steamer, or some equally simple kind, we will suppose that an experiment is about to be made by steaming a piece of meat. It will not do to put it into the steamer without further trouble; a dish or tin just large enough to hold it, and rather smaller than the steamer, should be used. This will preserve any liquor that may escape, and the meat should be turned a time or two. The water should boil fast all the time, and rather more time must be given for steaming than for boiling. Discretion must be exercised as to the boiling of anything in the water under the steamer. In such a case as we have referred to—*i.e.*, steaming of a small portion of meat—carrots or turnips might be cooked with it in the steamer round the dish holding the meat, while plain suet dumplings might be boiled underneath. It does not do to boil anything that would impart either a disagreeable taste or colour to the article steamed, but by the exercise of forethought the number of cooking utensils going at once might often be reduced. Thus, in boiling rice or macaroni, a pudding of the most delicate kind, in a mould with a lid, or covered with a sheet of paper, could be steamed over it; or, supposing the cooking of two puddings to be going on simultaneously, one of jam and one of fruit, both with a suet crust, the steam from one could not injure the other. Such instances might be multiplied indefinitely. But not the least of the steamer's uses is that of re-heating food, a good deal of which is wasted in the ordinary ways of re-warming; or, if not actually wasted, its nourishing properties are diminished, and it is rendered indigestible.

Stewing.—This is a mode much favoured by the French; and while there is much difference of opinion as to the wholesomeness of stews in general, there is no questioning the economy of the process, not only on account of the small quantity of fuel needed, but because food cooked in this way, even if coarse and hard in itself, may be rendered tender and palatable; while it is certain that a pound of meat stewed with plenty of vegetables and gravy will go farther in furnishing a meal for a given number than would the same weight of meat (of even the best quality) if cooked by any other process. Then there is absolutely no waste of nutriment. "But a stew boiled is a stew spoiled," and this is *the* stumbling-block. Stewing is often confounded with boiling, but a far lower temperature is desirable, particularly for gristly tough portions, and the toughest meat may be made tender by the addition of a little vinegar. In France a sour apple is sometimes substituted, the acid has a softening effect on animal fibres. The long slow cooking will drive off most of the acidity, so that there will be no unpleasant sourness. Among other advantages of a stew should be noted the fact that when vegetables are added, as they usually are in some form, much valuable saline matter is introduced into the system, which, in the case of plainly-boiled vegetables

eaten *apart from their liquor*, is lost; and herbs too are a wholesome addition. The temperature of the water (or better, stock, if only from bones) is not unimportant, and about this, again, the "doctors disagree." Now, most people know that cold water extracts the juices (if about to make beef-tea, where the meat itself is not to be used, this would be the plan of action); all admit this, and the meat, though tender, will lose its flavour and goodness. What matter, say some, you will have it in the gravy. Granted; but on the other hand, it is argued, and rightly, that such meat is stringy, and far less easy of digestion than when the juices are retained, if only partially; and so *boiling* water, or gravy, at starting, is pronounced by others *the* thing. True, this closes the pores, and leaves the meat with its full flavour, but unless it is of excellent quality—and inferior meat is usually employed—it will remain hard. Therefore, the practical solution of the difficulty lies in the adoption of the medium temperature; for it must not be forgotten that often very small pieces are used, and are thus utilised to the best advantage; but to expose so many cut surfaces to the action of cold or boiling liquid has equal and obvious disadvantages. The quality of the meat, too, must be considered. Briefly, we advise *cold* water for any tough, gristly parts; *warm* for meat such as steaks of medium quality; while for prime meats for choice *ragoûts* the temperature may be *nearly boiling point*. We quote from Mr. Buckmaster's "Hints on Stewing," as follows:—All the gristly parts—the feet, shanks, knuckles—should be stewed. There is no other way of cooking these parts to advantage. They require time, and this is often the difficulty and objection; but what is there to prevent a woman, when the family are all sitting round the fire in the evening, thinking about to-morrow's dinner? The fire which warms the children will also cook their dinner. The great vice of most women, not only among the poor, but among the middle classes, is that they never think of cooking till they feel hungry. Trimmings of all kinds of meat can sometimes be purchased cheaply. A woman who has but little to spend should watch her opportunities. Sheep's feet, the shank-bones of legs of mutton, and pieces of bone and gristle, are often thrown away as useless. People used formerly to send ox-tails to the tan-yard; and even now much goes there which could be turned to good account.

As to the best utensils* for making stew, a copper pan, for those who can afford it, is hard to beat, but it *must* be kept well-tinned. Steel is good and durable, and that or a well-tinned iron pan may be used for the most delicate dishes. Of earthenware, the best are the French fire-proof china, because they are non-absorbent; while the worst are those of an absorbent kind. Nothing cooked in such a vessel can have a fresh flavour, and to their use may be due, in a measure, the complaint made by some that "all stews taste alike." But this is the fault of the individual, and may easily be avoided. Again, such jars are often carelessly washed, and the thickening used for the gravy is perhaps allowed to "cake" on the bottom, with a most unpleasant result so far as the next stew made in it is concerned, for anything of a delicate flavour would be hopelessly ruined. A stew from fat meat or with a greasy gravy is an abomination; and such errors, together with those above indicated, may have called forth the assertion of a certain writer that a cook who can make a stew free from grease does not exist. This is sheer nonsense, and calculated to do mischief, by depriving those to whom money is an object of a host of savoury and economical meals.

* See final section on THE KITCHEN and COOKING UTENSILS for details of various cooking apparatus.

HORS D'ŒUVRES.

GENERAL REMARKS.

THE custom among Continental nations of commencing dinner with some savoury *plat*, which shall stimulate a jaded appetite or serve as a whet to the palate, is gaining ground, probably more in deference to fashion than from individual requirement. As to the wisdom of the practice, much difference of opinion exists. On the one hand, it is asserted that such dishes are injurious where appetite and digestion are lacking, and that given a good appetite, they are quite unnecessary; while on the other, it is urged that they are in many cases of real benefit. But between the two extremes—from the Russian habit of indulging in several varieties of highly-flavoured food, followed by strong liqueur or spirit, to the oyster served *au naturel*, declared by many to be *the hors d'œuvre par excellence* —there is ample scope for the introduction of little dishes, appetising and free from injurious properties.

It should be remembered that while over-elaboration should be guarded against, in such as precede a simple dinner, careless service is inexcusable. Dainty service and suitable garnish must not be neglected; tiny dishes of glass or white china, holding just enough for one person, are most suitable and effective for dotting about the table; though for less ceremonious occasions large dishes may be used, say two or three, each containing a distinct variety.

The following list will enable a selection to be made, and suggest many other combinations. The chief materials available are anchovies, anchovy paste or butter, beetroot, capers, cress, celery, chervil, cods' roe paste, cucumber, caviare, herring roes or fillets, marinaded herrings, lemons, lax (Norwegian salmon), mussels, olives plain or stuffed; oysters, pickles, smoked ham, sausages, tongue, &c.; tarragon, tomatoes; &c. &c. Various potted meats, fish pastes, and butters, play an important part in the garnishing of the dishes.

Many SMALL SAVOURIES which could also be served as Hors d'Œuvres will be found under that and other headings later on.

Details of the adjuncts of the following recipes, as anchovy butter, green butter, crayfish butter, aspic jelly, &c. &c., will be found in their appropriate chapters. (*See* INDEX.)

Anchovies (No. 1).—Wash the fish in milk, dry them, remove the bones, and fillet them as even in size as possible; put them in little dishes —shell-shaped, or anything small and pretty—with sliced cucumber and beetroot, and little heaps of cress and chervil, seasoned and daintily arranged. Guard against uniformity of arrangement; vary it as much as possible.

Anchovies (No. 2). — Lay the fillets, prepared as above, on strips of fried bread the same size; coat the fillets, some with hard-boiled yolk of egg, sieved; some with the white of an

egg, sieved; some with lobster butter; and the fourth part with cray-fish butter. Sprinkle small cress or chervil, shredded, over the pink; and over the yolk and white of egg put a little lobster coral. Arrange four of these, one of each sort, on small plates, placing them two and two cross-wise.

Bouchées de Harengs (*see* BOUCHÉES DE SARDINES).—Make a paste in the same way, using marinaded herrings in place of the sardines. After coating with the aspic, sprinkle with chopped capers or olives, in addition to the whites of eggs.

Bouchées de Harengs (No. 2).—Take a fillet of herring, lay on it an olive stuffed with anchovies or capers (these may be bought ready prepared), roll it up, and set it on a small plate on which has been laid a stamped-out slice of beetroot and one of cucumber (they should be cut with a crimped round cutter, and the cucumber should be rather smaller), seasoned with oil and vinegar. Put a little heap of mayonnaise on the top of the herring, and sprinkle it with lobster coral.

Bouchées de Saumon.—Cut some slices of brown bread-and-butter, divide them into strips three inches by one; spread them with crayfish butter, then cover with flakes of spiced or smoked salmon; garnish the tops with sieved egg-yolk, lobster coral, and chopped parsley, a row of each colour.

Bouchées de Sardines.—Mix two ounces each of boneless sardines, butter, hard-boiled yolk of egg, and chopped lax, a saltspoonful each of French mustard, lemon-juice, chopped parsley, and chopped gherkin. Pound all to a smooth paste, and rub through a hair sieve. Have ready some anchovy biscuit paste that has been baked in tiny round tins, fill with the mixture, and coat with chopped aspic jelly. Put each on a little plate, sprinkle the aspic with white of egg, boiled hard and chopped; and garnish with strips of beetroot and cucumber, and mustard and cress.

Bouchées de Sardines (No. 2).—Make some diamond-shaped croûtons; spread them with sardine butter, made by mixing sardine paste with an equal weight of fresh butter. Next put a coating of green mayonnaise. Down the centre, long-wise, place some smoked salmon, finely chopped, and garnish each side with white mayonnaise, sprinkled with chopped capers and parsley; the mayonnaise should be put on from a bag and pipe, and if liked, half of it can be coloured pink.

Caviare, Devilled.—Put some small pieces of Russian caviare on round croûtons, and sprinkle with lemon-juice and cayenne pepper. Serve the croûtons on small plates, and garnish with small salad, mixed, if liked, with chopped lax. Serve with cut lemons.

Canapés à la Premier.—Lay some rounds of aspic on little plates, and on each round put a little pile of cooked prawns cut into small pieces, leaving a hollow in the centre of the pile. Fill up the centre with green butter, and on the top put some cray-fish butter, using a bag and small pipe. Garnish round the canapés with anchovy biscuit paste cut into tiny diamonds or strips, rings, &c. This paste is useful for garnishing small sardines, and a dish of it may be left on through the dinner, as it is often liked in the cheese course.

Canapés d'Olives.—Cut some rounds of bread the size of a half-crown; fry them a golden brown, and when cold spread them with green butter, then with chopped aspic, next with chopped beetroot and cucumber, putting it on lightly. Sprinkle with oil and tarragon vinegar, then put on a stoned olive, and with a forcing-bag and plain pipe fill it with mayonnaise, seasoned rather highly. Cut some rounds of aspic jelly a quarter of an inch thick, and place each croûton on a separate plate on which a round of the jelly has been laid.

These should be prepared just before serving.

Croûtons à l'Alberta.—Prepare some square croûtons; lay across them a row of chopped lax, and another row in the opposite direction, leaving the four corners bare. In one corner put chopped beetroot, in the opposite one chopped tomato aspic, and in the two remaining corners put little heaps of green butter or green mayonnaise.

This is a very effective savoury, and will suggest other combinations, due regard being had to flavours as well as colours. Grated ham or tongue can be used instead of lax, or smoked sausage, cut up finely, can be substituted.

Sardines in Aspic.—Prepare the sardines by taking them from the tin, and cutting them into fillets, after draining them free of oil and drying them carefully. On each fillet put a morsel of chopped smoked salmon or lax, and roll it up. Pour some liquid aspic in a shallow dish or tin; when set, stamp out some small oblong pieces; put each fillet of sardine on one piece and lay it in the centre of a small plate. All round the sardine put some more aspic, coloured pink, and chopped finely; garnish with sprigs of cress and chervil, and on the top of the sardines arrange some strips of tomato, beetroot, and cucumber.

Shrimps à la Dorisa.—Cut some thin slices of brown bread-and-butter; divide them into strips of two inches by rather more than half an inch; spread them with a drop or two of anchovy essence and tomato sauce mixed, and roll them up. Cut some rounds of tomato—large sound ones must be chosen—very thinly, and lay on each a little pile of shrimps, whole ones, potted in butter; round the shrimps, on the tomato, put a ring of cucumber and pickled mango cut into tiny dice shapes. Round the whole put three or four of the little rolls of bread-and-butter.

For **Prawns à la Dorisa** substitute a couple of prawns for the shrimps. Fresh or tinned ones can be used.

Hors d'Œuvres Assortis.—Slice some lemons thinly, take out the pips, and lay each slice on one of beetroot, cut with a crimped cutter to the size; on the lemon put a slice of cucumber, very thinly cut; sprinkle with oil, tarragon vinegar, and a little salt and mignonette pepper. In the centre put an olive, plain or stuffed with capers or anchovies; roll up, and dish in a circle, the folded part down, and slightly overlapping. Here and there, between them, put shrimps and prawns, and some nicely-trimmed radishes. Fill up the centre of the dish with more radishes, celery cut into even-sized lengths, and strips of beetroot, with fillets of anchovy or sardine laid on them. Garnish the strips with capers, sprigs of chervil, small cress, &c. Small rounds of cucumber, with an olive on each, and a little mayonnaise on the top, can also be used instead of, or with, the strips of beetroot; if placed alternately, as a second ring, round the centre of the dish, they have a very good effect. But the exact arrangement of this dish cannot well be detailed; it is intended chiefly to suggest combinations. For a large party, two or three dishes should be placed about the table; or the same idea can be carried out by arranging single plates, one for each person.

STOCKS AND SOUPS.

STOCK, AND THE STOCK-POT.

STOCK is the basis of many soups, sauces, and gravies; and in houses where its manipulation and manufacture are unknown or neglected, good cooking and economy are practically *nil;* for besides the main uses of stock, as indicated above, the products of the stock-pot are the "making," so to speak, of the little dishes which afford ready methods of re-serving food in an appetising manner, and tend so largely to the prevention of waste. "Keep your eye on your stock-pot" is an old saying, and has a double meaning; and certainly, by keeping the stock-pot in her mind's eye, the housekeeper will learn how to put everything to the best use, and avoid waste all round.

The mention of stock alarms some people; they at once assume a great expenditure of time and money. Old-fashioned recipes, handed down through generations, have much to answer for in this respect; but it must be remembered that they were written in the days when meat was cheap and largely consumed, when beef and beer formed the standard English breakfast of many a hearty squire, and the food resources of the people were comparatively limited. But altered prices, combined with the changed dietetic habits of the people, have brought about a reform. Now we know that we can make stock without the huge quantities of meat and poultry demanded for the family soup tureen in the "good old days." In fact, with a clear understanding of the principles the rest is plain sailing, and the cost simply a matter of requirement and management.

From the homely stock of a single bone to the grand *consommé* of the palace there is naturally a wide range; and we shall best meet the requirements of middle-class households by dealing with the stock-pot of every-day life, and giving the method of preparing a foundation that shall serve not only for soups and sauces, but for a vast number of purposes for which water is frequently used because no stock is at hand.

We must explain at the outset that when a *high-class stock for clear soup* is wanted, it is only possible to get the requisite distinctive flavour by separate preparation of the meat, game, or poultry, as the case might be; and that a stock of mixed flavours, such as we are about to describe, would spoil the whole. Thus the stock-pot is capable of use or abuse. A great mistake is sometimes made in regarding it as a sort of culinary dust-bin, into which everything that has not a clearly-defined use is to be thrown. Incredible as it sounds, we *have* heard of cheese-parings being thus disposed of. Perhaps this may be set down as the chief abuse; the next is to keep the pot *always going*, adding from time to time fresh scraps. This gives a stale flavour, which no after treatment can eradicate, while the contents are very unequally cooked. To make our meaning clear:

The pot should be emptied every night, and dried in the air after washing; cleanliness in every detail is the first desideratum. Let each day's stock be complete in itself, that is, do not put it back into the pot next day (only bones and gristly meat may go on for further cooking). In Fig. 13 is shown a stock-pot of the best kind, as by means of the inside strainer and the tap which is fitted near the bottom the stock can be readily drawn off as required, and free from sediment. If no stock-pot is at hand, a stout saucepan, kept for the purpose, with a good-fitting lid, may be substituted. The lid and rim must be scrupulously clean, or the stock will "sour"; badly-washed saucepan lids have ruined thousands of gallons of stock.



Fig. 13.—Stock-Pot with Tap.

What *may* go into it? Scraps of meat, fresh or cooked; bits of gristle and skin; the bones of a roast or boiled joint; game and poultry bones and trimmings; a ham bone; scalded bacon-rind; a bit of milt or kidney; in fact, anything of the kind, if free from taint. Game, if high, should *not* go in, and pork bones also are better left out. They are very greasy, and should be kept for such soups—pea, lentil, &c.—as really are better cooked in greasy stock. Vegetables should be used in moderation; in hot weather they are better left out, especially turnips, being productive of fermentation; and in some houses there are not enough scraps and bones to make stock more than twice a week; then, as it has to be kept, it will *not* keep if made with vegetables. In warm weather, stock must be boiled up daily, and in winter every other day. Nothing prevents putrefaction so thoroughly as heat. Celery, leeks, onions, carrots, turnips, bay-leaves, thyme, and parsley, may go in in cool weather; parsnip, even in moderation, is sometimes objected to; otherwise, a little improves the stock. Celery-seed should take the place of the fresh vegetable when that is not to be had. Of seasoning, the less the better at starting; more can be added when the ultimate uses of the stock are determined. Just a few allspice berries and mixed peppercorns, and a clove or two stuck in the onions, with a little salt, will suffice. Fill up with cold water, that is, cover the contents, and an inch or two more; bring *slowly* to the boil (this makes a great difference to the goodness or otherwise of the liquid), and skim very carefully, just before it boils is the time; a pinch of salt and a spoonful of cold water added two or three times afterwards will throw up more scum, which must always be removed just before it again boils up. After the final skimming, boil steadily but continuously all day; do not stir the contents, and only remove the lid when more water is required; then, if by an open fire, remove the pot before taking off the lid: "the steam in, and the smoke out" is a good motto.

In recipes 1 and 2 we show how useful stocks may be got from such a foundation as the foregoing, though in no two houses will they be just alike, owing to the lack of definite proportions of the various

ingredients. They are practically the same, the only difference being in the consistence or brightness, but we have separately numbered them to facilitate reference in other recipes.

To extract all the goodness from bones in making stock, a *digester* is necessary, and will be found a most economical investment in institutions where cooking is done on a large scale and the bones are sufficient in quantity to justify their separate cooking. Few people realise the full measure of nutriment derivable from bones, because the time necessary to extract it is so seldom given; and it has been well said that it must be reckoned by days rather than hours. The reason is that the gelatine, which it is the object of the cook to extract, is so encased in its earthy covering that not only is long cooking needed, but the temperature should be high, and pressure is necessary, and only by the aid of a digester is all the soluble matter drawn out. Some care is necessary in the management of a digester—which is a kind of stock-pot with a lid which fits so tightly that the steam can only escape when its pressure is enough to lift a small weighted valve in the top—as it should never be more than half to three-parts filled. The bones should be chopped small; sometimes they are crushed and tied in a bag, as it is only through the fractured surfaces that the animal matter exudes, this is owing to the cellular structure, and applies to bones from some parts of an animal more than others. Cold water should be put to the bones, and salt added at first, with a renewal after boiling point is reached.



Fig. 14.—Digester.

When a bone looks dry, white, and full of holes, then, and only then, has it become useless for culinary purposes. These remarks may explain why cooking a bone for an hour or so in a haphazard fashion, with or without salt, at any temperature, the lid on or off the pan, just as it happens, is *not* a satisfactory culinary operation, and is quite certain to give rise to the opinion so often heard expressed—that there is "no goodness" in bones, and that they are not "worth the trouble of stewing." They are well worth it, but certainly not when stewed in such a fashion.

The following stocks are suitable for many kinds of gravies and sauces, as well as soups, and will meet ordinary requirements, both for plain and rich dishes. For high-class sauces it is sometimes necessary to make a special stock, such as those described in Nos. 16 and 17.

Stock (No. 1).—When the time comes for straining, draw off from the pot the stock prepared as described on p. 25, or if the stock-pot has no tap, ladle out as much as possible without disturbing the bed of bones, &c., at the bottom; pour it through a fine hair sieve or clean cloth into a basin, and set aside until cold. This will be fairly clear, without much colour or flavour. It is therefore useful for many purposes as a *foundation*, and

can be thickened and coloured as required. It should set into a jelly.

Stock (No. 2).—Have a second basin in readiness, into which put all the remaining liquid from the pot, pressing the *débris* well. This will look thicker than No. 1, and serve for thick sauces, gravies, &c. Put aside the bones and gelatinous pieces of meat for further cooking, and throw away the rest, *i.e.*, the vegetables.

Stock (No. 3).—This is called Second Stock. It takes its name from the fact that the bones and scraps used for it are cooked a second time. To prepare it, put on the bones from the previous day, with a fresh bone or two from veal or poultry if wanted strong and good; add a little salt, and nothing else, and cook all day. When cold, this should be very firm—firmer than stock made as above, because by the second cooking of the bones more gelatine is extracted. It is, however, comparatively flavourless and colourless. Supposing it is required for *meat pies*—say, by way of example, a chicken pie—all the odds and ends of the bird should go in; and to ensure its setting firmly when cold, in hot weather, a calf's foot, or part of one, will be found a good addition. The meat itself will furnish a separate dish, the bones being cooked for some hours longer. Or if the pie is a *raised* one, the bones of the bird, if boiled long enough, will furnish plenty of strong stock, which will set to a jelly when cold. If at any time the stock is found to be not stiff enough for any particular purpose, an ounce (or more, if required) of gelatine should be dissolved in each quart. *Sheet* gelatine will dissolve quickly, but "amber opaque gelatine" will be better for the purpose. There is a special kind, called "soup strengthener," cheaper than the finer sorts, which is excellent for giving body to stocks and soups.

Brown Stock (No. 4).—This is a very useful stock, and handy for all sorts of purposes; it is also very little trouble, and by no means expensive. Required, any bones from roast beef or other meat, or raw bones, or they can be mixed; odds and ends of cooked meat, game, or poultry, or bones and trimmings from raw birds. By way of example, say, the feet, necks, gizzards, and livers of fowls, the head and neck of a rabbit, any scraps of ham cooked or raw, some bacon-rind scalded, a morsel of kidney, or a bit of milt (butchers often call it *melt*), and vegetables and spices; a carrot, half a turnip, a bit of parsnip, a large onion, a bunch of mixed herbs, a score of mixed peppercorns, and two cloves, for each quart of water, the quantity of water being of course regulated by the amount of material for stock. Any liquor from boiled fresh meat or poultry should be used in place of water. A bit of mushroom, or even the peelings well washed, will improve the stock, but are not essential. The skin of an onion may be added to give colour. If no beef bones are handy, a bit of fresh gravy beef must be got. First, melt a little fat in the bottom of the pot, lay in all the ingredients, fry them a good brown all over, taking care not to burn, then add a little water, boil until nearly dried up, then add the requisite quantity, with salt; bring to the boil, and strain. Cook for six hours or longer, strain, and set aside until cold, then remove the fat, and use as required.

Brown Stock (No. 5).—Proceed as above, but use all bones and scraps from game and dark meats (that is, leave out white meats and poultry), about a pound to each quart of water, then add about four ounces of lean ham and the same weight of kidney, washed in vinegar and water, and the core removed. In addition to the ingredients given above, put in a few allspice berries, a sprig of basil and lemon-thyme, and increase the quantity of mushroom. Allow about a teaspoonful of salt to three pints of liquid. When this has had six to twelve hours' simmering, press the

débris well to extract all the goodness, then strain through a sieve, letting all go through except the meat and vegetables—that is, it does not matter how thick it looks. It ought to be strong both in colour and flavour. Both to this and No. 4 the outer stalks of celery should be added, or some celery-seed tied in muslin. We may mention that a very small quantity of liver, calf's or sheep's, is a good addition to stock of this sort, but it must not be sufficient to predominate. A few ounces would do for two to three pints of stock, and this, as well as the ham and kidney, should be fried with the rest of the meat, bones, &c.

Rich Stock (No. 6).—This is the foundation of good *clear* soup, and must be carefully made. Take equal weights of shin of beef and knuckle of veal. The beef gives colour and flavour, and the veal imparts the desired gelatinous matter. Remove all meat from the bones, and cut it into small pieces; then put it, with the bones chopped up, into cold water, allowing a pint for each pound; and, supposing four pounds of meat and bone, add a pint over to allow for boiling away. Bring gradually to boiling point, put in half a teaspoonful of salt, skim, and then add the following ingredients:—A large carrot, a medium-sized onion, a couple of leeks, half a small turnip, half a head of celery, a large bunch of parsley, with some thyme and a bay-leaf, a couple of cloves, and a score of mixed peppercorns, and, if the flavour is not disliked, a small piece of parsnip. All the vegetables must be well cleansed. The carrot should be brushed, then scraped, and only peeled if really necessary—the outside being the best—and the whole should boil not less than six hours, but not fast. Strain through a fine hair sieve, and leave in a cold place all night. This must always be made the day before it is wanted for use. Cost, from 2s. to 2s. 3d. per quart.

Now for the *clarification* of the above. Remove the fat from the surface by dipping a spoon in hot water, for any remaining specks use the corner of a cloth wrung out of hot water; take all impurities from the bottom of the stock, and put it into a perfectly clean saucepan; let it dissolve by gentle heat, then measure it, and to each quart add the whites of two eggs and their shells, washed and crushed up, and half a pound of lean, raw beef, chopped small, or passed through a mincer, with a few vegetables to revive the flavour; *no turnip;* a bit of carrot, celery, and onion, will suffice. The meat must be well mixed with the stock, and the whites of the eggs should be slightly whisked with a spoonful of cold water. Then whisk quickly until a scum forms, and leave the stock, partly uncovered, to simmer for an hour or more—it must barely bubble. There will be a thick scum on the top by this time: do not disturb it in any way, simply pass the soup through a cloth a second time, or even a third, if not clear. For this, a linen cloth or damask napkin is often used, but many prefer a tammy cloth, which is, we think, the best material, as, being of wool, it absorbs any grease left behind. It should be a finely-woven one, and kept very clean, never washed with soap. In using it, it can be tied round the rim of a basin, to hang, bag-like, in the basin, or a chair can be turned upside down on a second chair, and the corners of the cloth tied to the four legs, a basin being set underneath. Never press the cloth in any way; when the liquid is all through, first gather up the cloth, and remove it without squeezing the residue, or the whole will be thickened and spoilt. Instead of the cloth, a jelly bag is voted by some as indispensable, but the process is then more troublesome and lengthy, and if made as it should be, there is no need of it so far as increasing the brightness of the soup is concerned.

The soup is now ready for the garnish from which it takes its name. Remember to taste it before clarifying,

and if necessary boil a few peppercorns with it; no pepper, or anything which would cloud it, must be put in after the clearing.

To clarify game or poultry soups, proceed just as above, but use raw game or poultry in place of **half** the beef, of which neck or other coarse portions answer very well.

Rich Stock (No. 7). — The method of making this is similar to the last, but beef only is used. It may be all shin, or part shin and part from the neck. It gives a darker soup than the foregoing, and though not so generally used, paler soups being now fashionable, it is still preferred by some people. Cost, about 2s. per quart.

Medium Stock (No. 8).—Make it as No. 6 or 7, but use three pints of water to two pounds of meat and bone, which for ordinary purposes is sufficiently strong. Cost, about 1s. 6d. per quart.

This and the preceding stock may be clarified as No. 6, or by the following method, which is quicker. Use three eggs, whites and shells, for each quart of stock, whisk until it is just on the point of boiling, then stop instantly, and leave the stock, partially uncovered, for twenty minutes, then strain as directed; a lump of sugar will assist the brightness—put it in before the second straining. This is apparently a cheaper way, and many writers on the cuisine contend that clarification by the meat process is extravagant, since eggs alone answer the purpose. So it is, if the orthodox twenty minutes only be allowed for the simmering, but by giving an hour or more the nutriment is extracted from the added meat, and a wonderful change effected, the soup gaining in flavour; whereas, when eggs alone are used, it is robbed of flavour; and it must always be remembered that by clarification a soup *is* robbed of certain elements of nutrition, left behind in the scum; this is inevitable.

A soup clear enough for every-day use, though not actually bright, can be obtained by straining the stock (after freeing it from fat and sediment and dissolving it) through a cloth, without clarification of any sort; and will have in it more nourishment than if bright, while expense and trouble will be saved. For such a soup arrowroot is a suitable thickening.

White Stock (No. 9). — The foundation of this is veal. Knuckle is best, or half knuckle and half neck will do. The bones of a boiled chicken or rabbit, or *fresh* poultry bones, are an improvement, and the liquor used should be from boiled veal or poultry, if possible. For a *strong* stock, use meat in the proportion given in No. 6, or for *medium* stock use the same as No. 8. A small piece of calf's head with the skin on, or a calf's foot, together with a slice of lean ham to each half-gallon, will be found a further improvement. Add to each quart of liquid after it boils a small turnip, half a carrot, a couple of celery-stalks inner portion, a tiny bit of mace, half a dozen white peppercorns, a leek white part, or a button onion or two, and a saltspoonful of salt. This is all at this stage of the proceedings, as there are many uses for this, and various flavourings are added afterwards. The method of treatment is the same as already described. At least eight hours should be given. This cannot be made in a hurry. Cost, as Nos. 6 and 8.

White Stock (No. 10).—This is plain, and costs very little. To make it, take a quart of water in which mutton, veal, fowl, or rabbit, has boiled; add to it vegetables as above, sliced, and enough to fill a teacup. Season slightly, and boil down to half the quantity. This is for immediate use only, for plain soups, hashes, and minces of white meats, &c. Strain before using. If vegetables have been boiled with the meat, the stock can be first boiled down without further addition.

White Stock (No. 11).—This is a *purely vegetable* preparation, but if

made as directed, will be found very good. It has "body," and is nourishing and tasty. Take a couple of quarts of the liquor from boiled haricot beans, rice, or macaroni, or mix them if more convenient. Put in a large turnip, a carrot, and half a parsnip, all sliced. Wash in several waters an ounce of pearl barley, then scald it for a few minutes in boiling water, and add that to the rest. In another saucepan put an ounce of butter. Slice into it an onion, the white part of a leek, a tablespoonful of minced celery, and a couple of button mushrooms. A bunch of herbs and a few white peppercorns should also go in. Cook for ten minutes, covered, shaking often to *sweat* the vegetables without browning them. Then turn the whole into the first pan, and boil for two hours or longer, stirring often, that the barley may not burn. A little white sugar, a tiny lump, and half an ounce of salt should be put in just before the first boil-up, and any scum, however slight, should be taken off. Strain for use as required. This will not keep in summer. To those who think that there is no flavour in vegetables worth mention unless meat be added this will be a revelation.

Vegetable Stock (No. 12). — Omit the barley in this, and add to the vegetables above-mentioned a handful, mixed, of shredded lettuce, watercress, sorrel, and dandelion; and in sweating them altogether let them become slightly brown. Boil as above directed, using the same liquor for the foundation, and shortly before straining put in a little gravy salt to colour, a teaspoonful of mushroom or walnut ketchup, and a few drops of tarragon vinegar or a sprig of fresh tarragon can be boiled in the stock.

Fish Stock (No. 13).—This is a plain stock, suitable for sauces. Break up the bones of any white fish, fresh or cooked. The head, fins, tail, and bones from a sole that has been filleted yield flavour and nutriment, and are advantageously added to other kinds. To each pound put a quart of cold water, a dessertspoonful of white vinegar or lemon-juice, a tiny piece of mace, six white peppercorns, thyme and parsley a very small bunch, and a small teaspoonful of salt. Skim often, and boil gently for two or three hours. Strain through a very fine sieve or cloth. The lemon-juice whitens, and helps the scum to rise.

Fish Stock (No. 14).—This is useful for soups. The mode of making it is the same as the foregoing, but longer time must be allowed. Cods' heads, conger eels, fresh haddocks, and any cheap white fish, can be used for the foundation. A sliced onion and a bay-leaf should be added, and for a *good* stock a pint of water should be used for each pound of fish and bone.

Fish Stock (No. 15).—The shell of a lobster, with the heads and shells of shrimps or prawns, should be used for this, as it is a stock for "bisque" soups. Other fish, as above indicated, may be put with them. They should be just covered with the water (other flavourings as above), and allowed to cook for several hours. To this or the foregoing, oyster liquor or tinned oysters can be added with advantage; so can a pounded anchovy, which has the power of developing the flavour in a marvellous way; a little essence of anchovy answers the same purpose, but either must be used with caution, not in sufficient quantity to overpower the taste of all the rest.

Stock for good Gravies and Sauces (No. 16).—Required: two ounces of butter, a bunch of herbs, a carrot, a leek, an onion, the outside stalks of half a head of celery, a small teaspoonful of mixed peppercorns and allspice berries, a couple of chillies, a couple of cloves, a bit of mace, a large tomato, four ounces of lean ham, a mushroom or two, and a pound and three quarters of gravy beef. Fry the sliced vegetables, herbs, and spice, in

the butter with the ham and beef, after passing them through a mincing machine. When a rich brown, add, little by little, two pints and a half of cold water, with a pinch of salt; skim carefully, then cover and boil gently for three to four hours; then strain and leave until cold, and remove all the fat. Cost, about 2s. 6d. per quart.

Stock for good Gravies (No. 17).—This is richer than the preceding. Put the same weight of meat and ham in the pot, with vegetables, &c., as above, but omit the butter and the frying. Add a quart only of cold water, cover after skimming, and simmer as above; strain, and, while hot, add a teaspoonful of extract of meat or a bit of glaze. Cost, about 2s. 9d.

In straining both this and the preceding stocks, let all go through except the *débris* of meat and vegetables. The coarser the strainer the better; a fine one would keep back a great deal of the goodness of the meat.

SOUPS AND SOUP MAKING.

There is no branch of English cookery so imperfectly understood, as a whole, by the average Englishwoman, as the preparation of soup. The basis of most soups is stock in some form, and although directions will be found for the various kinds under their respective titles, we give here a few rules of universal application. And first, why should it be, or rather, why is it true that so many fail in preparing a good tureen of soup, even when they have the command of ample material? while as to concocting any out of homely materials, such as are, alas! too often thrown away, it would frequently mean a complete break-down. Perhaps the chief cause of failure is, as with STOCK, that tradition has handed down recipes of such a nature, that the idea that soup is of necessity very troublesome and expensive has gained so firm a footing that it will not be easily eradicated. For this reason recipes of an unnecessarily complicated nature have no place in this work.

We do not, however, wish to convey the impression that soup can be made without trouble; on the contrary, the preparation of some sorts involves a good deal, and time must not be begrudged. We refer rather to some methods which are practically almost obsolete, but still included in some modern works on cookery. For instance, the boiling down of the meat for drawing out the juices to form a glaze at starting, mainly advocated for imparting colour, can be dispensed with; for the process, though easy enough to an experienced cook, would lead the novice all astray in nineteen cases out of twenty; while we now have in "glaze" and "extract of meat" useful media for this and many other purposes. For particulars of their preparation and chief uses, also for recipes for the cooking of vegetables, croûtons, quenelles, and other *Garnishes* for soups, reference should be made to those headings in the *Index*. Then the apparent number of soups bewilders some people. "It has been estimated," says Sir Henry Thompson, "that the titles which denote these numerous varieties number altogether perhaps not less than five hundred, and proceeding on the principles on which they are produced there appears to be no reason why the present list should not be doubled in length. In reality, the number of species is very limited, but the slightest addition to a soup having been

held sufficient to confer upon it a distinctive name, the idea of complexity and number has been unnecessarily fostered." This is the fact in a nutshell.

In reality, there are but five leading bases, from which all other varieties spring: first, a decoction of meat, from the weak broth of the modest scrag end of a neck of mutton to the grandest *consommé* of the most accomplished French *chef*, made from a mixture of the choicest meats and poultry; second, a decoction of poultry; third, a decoction of game; fourth, fish soups; and fifth, a liquid, which is indebted to the vegetable world of grain, herbs, roots, and all allied substances. To take them in detail, we get from the first variety all the clear bright soups that owe their name to their garnish, and the slightly thickened specimens, which are a sort of link between clear soups and thick soups. The second and third class furnish us with all sorts, from chicken broth to thick game soups; and when the meat is passed through a sieve and added, the result is a purée. The fourth class furnishes many kinds, from fish souchet to purées; and from the fifth list we get a number of kinds, mostly purées, which take their name from the chief vegetable used in their manufacture.

Then there are, outside the list above given, a few distinct kinds, of which *thick ox-tail*, *mock* or *real turtle*, *giblet*, *mulligatawny*, and true *cock-a-leekie*, are specimens. Either is substantial enough for a meal, or the main part of one; for such, they are admirably adapted, but as the prelude to a good dinner they are decidedly out of place, and, with the exception of public dinners, are but little in vogue—much less, at any rate, than a few years ago.

Now, in dealing with what we have described above as a decoction of meat, it will be found that the homely broth or stock from greasy meat will give the most trouble. Grease varies; one form will harden and can be taken off in a cake, like the fat from a boiled leg of mutton; another is held in solution, like the fat of a pig's head; after removing all that comes to the surface, it will be found, if boiled up again, that there is still a good deal to remove, and skimming is the only remedy so long as there is plenty of grease on the surface. But when it gets into the speckly condition, and is only dotted over with the grease, then a piece of blotting paper, or "kitchen paper" of the rough kind, will remove it: pass it lightly over, and the grease will adhere to it. This is also a good way to remove specks of fat from small quantities of stock or soup, if time cannot be given for it to become cold.

Assuming care in the first stage, the ultimate success of a soup is certain if the seasonings are judiciously added. Much must be left to the discretion of the cook, but, as a rule, more seasoning, especially salt, is needed for thick than for clear soups; the latter are better without made sauces, ketchup of any kind, ground spices, or colourings. Wine is a matter of taste; it is added much less than it was. Clear soup should owe its chief flavour to the meat and vegetables used in making it. "Season to taste" are words that occur in many of our recipes; to lay down a fixed quantity is not possible. Not only do palates vary, but much depends upon the amount of salt, &c., used in making the stock; also, whether it has boiled down much or little; while the nature of the added

ingredients plays no small part in the matter. A purée of the strictly vegetable class will take almost double the salt required for a clear soup (clarified); from a teaspoonful per quart, to half the quantity, may be set down as the approximate amount for soups ranging from the one extreme to the other in consistency, and bearing in mind the points above indicated. Should an overdose of salt by chance be added, if it is not desirable to dilute it with more liquid, a turnip will have a nullifying tendency; a little more thickening, as roux, or an egg, or some cream, just according to the nature of the soup, will serve the same purpose. Pepper and other spices vary so much in strength, especially in the ground state, being often adulterated, that this must be left to the judgment of the cook; the best is always the cheapest, and the quantities may be more accurately gauged; soluble cayenne, the best of its kind, leaves no dregs, but it contains salt (it is sometimes called Indian salt), and this must be remembered in using it. Lemon juice is usually added to give a slight piquancy and blend the other flavours, not to give an actually sour taste; anyone interested in cookery will find out by experience the meaning of this remark.

Of purées, the chief point is to see that they *are* purées in the true sense of the word, by passing the compound through a sieve. No one who fights shy of the sieve or the tammy will ever become a cook of more than mediocre powers, for by these processes—viz., sieving and tammying—are smoothness, blended flavours, and digestibility alone ensured.

In conclusion, we decidedly join issue with some who are well able to speak with authority, in expressing the opinion that if the middle class and artisan population made soup a standing dish, not only would there be a decrease in the meat bills, but people would be better for the change; while as to the rural population, it is not too much to say that a knowledge and practice of the uses of the herbs and vegetables of their gardens and fields would be equal to a rise in their wages.

Of the recipes that follow, in addition to what have now become standard soups, there are many less known, but which are very wholesome, and have the merit of cheapness and all-round utility. We would again remind the reader that the stock is not included in our estimates of the probable cost, and that such estimates must, in all cases, be regarded as purely approximate. While people who have the run of a country garden may reckon the cost of some vegetable purées as almost *nil*, some dwellers in towns, where such things are expensive, may have to pay even more than the average which we have endeavoured to calculate. The same remark applies equally to the relative value of milk and cream.

COLOURINGS AND THICKENINGS FOR SOUPS AND SAUCES.

Brown Roux.—Required: some fine *dry* flour—say, half a pound—the same quantity of butter, an enamelled stewpan, a clear brisk fire, and an onion. First place the butter in the stewpan, and melt it till it runs to what cooks call oil. It will be found that there is a white scum at the top,

and a milky sediment at the bottom—recollect, melt the butter, but do not boil it. Skim the frothy top, and pour off what may be called the clarified butter, leaving the milky sediment in the pan. Now you have got rid of what is often called the milk in the butter. Next take the stewpan, and having wiped it clean, pour back the clarified butter into it, and gradually mix in the dried and sifted flour, this will make a sort of pudding, which will all cling together, and will not—or ought not if proper care has been taken to follow these directions—cling to the stewpan. Keep this over the fire, and keep stirring with an iron or wooden spoon till it begins to change colour—*i.e.*, it will gradually, from being almost white, turn to the colour of underdone pie-crust. As soon as the colour begins to change, redouble the stirring, and occasionally remove the stewpan from the fire for a few minutes altogether, in order that the flour should not be fried brown too quickly, for this is really all that is being done. It will be found that the butter and flour will go on boiling after it has been removed from the fire ten minutes or more, such is the power enamelled stewpans possess of retaining the heat. Have ready two slices out of the centre of a good-sized onion about a quarter of an inch thick. Keep stirring the butter and flour till it is of a *light* brown colour, then take the stewpan off the fire, and throw in the two slices of onion, which have the double advantage of slackening the heat and of imparting a rich flavour to the thickening. This will cause a spluttering, and care should be taken to avoid splashes on the backs of the hands. Keep stirring till all bubbling has ceased, and this will be longer than many would imagine. Pour off what will now be a rich brown fluid, which will assume the appearance of light chocolate when cold, into small jars for use. It will keep for months, and is always at hand; in the end it saves time and trouble, while the difference in the taste of a soup or sauce thickened with roux and one thickened with raw flour is incalculable.

Browned Flour.—This is useful for thickening plain brown soups, sauces, &c. It should be prepared when the oven is cool. Pass the flour through a sieve, spread it on a tin or old dish, and put it in the oven until a nice brown, like the crust of a well-baked loaf; it should be turned edges to middle during the process, that the outer part may not be burnt; when evenly coloured, put it through the sieve again, and store it, when cold, in canisters or bottles for use. Ordinary flour, of good quality, should be used for this—that is, no flour of the self-raising kind must be used, neither does whole-meal answer, as it must be quite finely ground.

Browning, Liquid.—Put two ounces of pounded loaf sugar in a small iron saucepan; let it melt, stirring with an iron spoon; when very dark, but it must not become black, add half a pint of hot water; let it boil up, and when cool bottle it. This requires a little care; if burnt much, it is very unpleasant, but if not burnt enough to take off the sweetness it will be sickly. A very few drops are required to colour a quart of liquid.

No. 2.—For this, equal weights of onions, vinegar, moist sugar, and water, are needed. Put the onions, sliced, in a stewpan of untinned iron, with the water; in a few minutes add the sugar, and boil until a very dark brown. Boil the vinegar separately, and add to the rest, then take from the fire, strain when cooled a little, and bottle for use when quite cold. This can only be used when an onion or an acid flavour may safely be added to the dish. It is quite unsuitable for delicate preparations, but for all kinds of plain savoury soups, &c., it is very useful.

No. 3.—This is simple, as it imparts no unpleasant taste. Put two ounces of the darkest chicory in a muslin bag; put it in a pint of water,

and boil to half a pint; strain and bottle when cold. More of this is required than of the others for the same proportion of liquid.

No. 4.—This is the most homely of all. It is favoured by vegetarians for browning soups. Toast a piece of crust of bread very carefully until well dried and dark, but unburnt; put it in the *cold* water or vegetable stock which is to be used for the soup; when sufficiently coloured take out the bread. It must not be put into *boiling* liquid, or it would break up.

Liaisons.—This is a French term, given to various thickening media—a liaison is really a support to the liquid; by its aid separation is prevented, and the ingredients are all amalgamated. The most commonly used materials are roux, arrowroot, ground rice, barley, &c. The same term is often applied to butter for enriching sauces, but this is a misnomer, as that does not thicken of itself. Eggs and cream furnish the liaison for rich soups, together with (in some cases) the French preparations of tapioca, sago, &c. The yolks of the eggs only are used; they should be beaten well, and blended with a little of the soup, somewhat cool, and added to the rest, always below boiling point. It must then be thoroughly heated, and this requires attention; if not hot enough, it will not "bind," and if too hot—should it happen to boil—it will curdle. Always strain the eggs after beating, that the "speck" may be removed. In using the dry materials, either kind, mix it first with a little cold liquid, then with some of the hot soup, and stir the whole well, while adding it to the contents of the soup pot: to guard against lumps, it is well to strain after mixing it, before putting it in the soup.

White Roux.—This is made in the same way as the brown, but it is removed from the fire before it has acquired colour; it wants cooking, without browning—that is, *just* before it begins to turn colour it should be taken from the fire. Between this and raw flour there is as distinct a difference as between unbaked dough and a crisply baked loaf, or raw and baked pie-crust. This is used for many kinds of white soups and sauces, and the quantity required varies from a teaspoonful to a tablespoonful to each pint of liquid; to the thick soups or purées the minimum quantity only is required; but it is well always to add it gradually, and a small quantity only at first.

MEAT, GAME, AND VEGETABLE SOUPS.

Almond Soup.—Required: one quart of stock (No. 9), one pint of milk, two eggs boiled hard, one ounce of almonds, two ounces of bread-crumbs, two ounces of cooked white meat or poultry, seasoning. Cost, about 9d.

Mince the meat, pound it in a mortar with the bread and the yolks of the eggs, moistening from time to time with a little hot stock; then add the almonds, sweet ones, finely ground; pour over the rest of the stock, and put into a clean saucepan. In another saucepan put the milk, with a blade of mace and half a dozen white peppercorns, bring it to the boil, then stir in the rice-flour blended with cold milk into a smooth paste; take out the spices and boil for ten or twelve minutes, stirring all the time. When the stock boils, mix the contents of the two pans together, adding salt to taste, but this should be delicately flavoured.

For richer soup, beat in a gill of cream last moment, and increase the quantity of meat. For a still more delicate almond flavour, soak some shredded almonds in a little milk until flavoured, then strain the milk to the rest of the liquid.

Apple Soup. — Required: one pound of good apples, rather tart ones, a pint and a half of stock (No. 2), salt and pepper, a pinch of ground cloves, ginger, and curry-powder, one ounce each of butter and flour. Cost, about 4d.

Make the stock hot, slice the apples into it without coring or peeling, put in the whole of the seasoning, and boil gently to a pulp, then pass through a sieve. Put it back in the pan with the flour mixed with cold water and the butter; boil up again for ten minutes, and dilute with a little more stock if preferred thinner.

Apple and Spinach Soup.— Boil the apples in the stock as above, then, after sieving, put it back in the saucepan with some boiled spinach, chopped finely, enough to fill a breakfast-cup; boil up, and put in part of a small lettuce, shredded, and some mixed herbs in powder; boil for a few minutes longer, then serve with egg-balls and fried bread in strips or dice.

This is very wholesome and palatable. Turnip-tops, Brussels sprouts, young cabbage, and many other varieties of "greens" may be served in the same way. If thickening is preferred, a little sago may be used, or rizine, florador, &c. For white soups or maigre soups, use milk and vegetable stock; the latter should be used to boil the apples in, and the milk put in afterwards.

Artichoke Purée.— Required: three pounds of Jerusalem artichokes, two ounces of butter, seasoning, herbs, a couple of ounces of minced celery and onions, a gill of cream, one pint of milk, and three pints of stock (No. 9). Cost, about 1s. 4d.

Peel and slice the artichokes, keeping them well under water while peeling, to preserve their colour; throw them into cold water with a few drops of lemon-juice in; drain them, and put them with the other vegetables and a little mignonette pepper in a stew-pan; cook for a quarter of an hour without colouring. Add the stock, boil to a pulp, then boil the milk and cream with an ounce of arrowroot. Pass the purée through a hair sieve, add the milk, &c., reboil, and season to taste. Add a drop or two of lemon-juice off the fire. Serve with dice-shaped croûtons.

Asparagus Purée.— Required: half a hundred heads of asparagus, one pint of stock (No. 9), half a pint of milk, a gill of cream, salt and pepper, two ounces of flour, two ounces of butter. Cost, about 2s.

Cut off the hard ends of the asparagus, wash the rest, and slice them (reserving the tips) half an inch or so in length, keeping them in cold water until wanted. Put in a pan the stock and sliced asparagus, boil until soft, then pass through a sieve. Melt the butter, add the flour and milk, and stir until it boils, then put in the stock and the asparagus tips well-drained from the water, simmer for ten minutes more, and serve. This should be delicately seasoned. It is a very quickly prepared soup. The tips *may* take rather longer, but care is needed to prevent their breaking. They should be distinct in the purée.

Asparagus Purée (from Tinned Asparagus).— This will make good soup. It must be taken carefully from the tin to prevent the points breaking; they should be cut off and laid aside. The asparagus, being cooked, can be passed through the sieve after a boil up in the stock, the points being added a minute or two before serving. For a plain soup, only the stalks need be used, the points can be kept for garnishing or other purposes. Both this and the above may be coloured slightly with green vegetable colouring.

Asparagus Soup, Clear. — Clear stock, made by the directions given in Nos. 6, 7, and 8, but with a very slight flavouring of vegetables and herbs, forms the foundation of this. It should be clarified and most

delicately seasoned. For a quart, allow a sixth or an eighth the measure of asparagus tips or points (they are called by either name); these should be boiled until tender in water, and put in the soup just before serving.

The water in which the asparagus is boiled may be put into vegetable soup of any kind.

A mixture of asparagus tips, green peas, and cucumber, cut with a "pea cutter," is a nice garnish for clear soups.

Austrian Bean Soup.—Required: a pint of *brown* haricots, a small carrot, an onion or two, half a turnip, and some outer stalks of celery, salt, and peppercorns, two ounces of dripping, a pinch of sugar, and two quarts of stock (No. 2). Cost, about 7d.

Soak the beans in the cold stock, bring it slowly to the boil, and add the sugar and peppercorns, with a clove. Slice the vegetables and fry them brown in the dripping; then add them, and boil the whole gently, with very frequent skimming, for three hours or more; then pass it through a coarse sieve, re-heat, and season to taste, and serve with croûtons.

This is very rich and nourishing. If liked, a glass of claret can be added.

"Barley Soups," says a writer, "are among the most valuable. The Scotch people, who use it (barley) abundantly, get from it both the thickening and blending element in the basis of their broths." Count Rumford wrote many years ago that "barley requires much management and long boiling, but *when* properly managed it gives a degree of richness which nothing else can give, and thickens a vast quantity of water." Barley-flour, a refined barley-meal, is very useful for thickening soups, as it requires much less boiling than pearl or Scotch barley. The last-named is more nutritious than pearl barley, but it takes longer to cook. When freed from husk, and rounded in the process of milling, Scotch or pot barley becomes pearl barley, which is often very dirty, and needs careful washing and scalding; or for delicate dishes it is better brought to the boil in water, and strained before using, as this ensures greater cleanliness.

Barley Grits Soup.—Groats, whole white ones, are required for this. (*See* Corn Grits Soup, and follow the directions, but allow from two to three hours for the cooking.) Much trouble may be saved by using a jar in the same way as for Corn Soup. The groats should be the best quality, the same as are used for white puddings; these are very nourishing for children. Water can be used in place of stock, then milk should be put in after the grain has become soft. A mixture of groats from oats, barley, and wheat, may be used. People with whom the old-fashioned dish known as frumenty, or furmenty, is popular, will enjoy all these soups, which are of German origin.

Beetroot Soup.—Required one quart of stock (No. 8), some beetroot and onions, seasoning, vinegar, and cold meat. Cost, about 1s.

Boil up the stock, then fry some small onions, finely chopped, a delicate brown in hot fat, with a pinch of sugar. About a couple of ounces should then be put into the stock, with a little seasoning of salt, pepper, and celery-seed tied in muslin, with a clove or two and some Jamaica peppercorns, about half a dozen. Boil and skim for a quarter of an hour; then take out the seasoning bag, and add a tablespoonful of vinegar, French or Italian red—or they may be mixed—and a teacupful or so of boiled beetroot in dice or any desired fancy shapes. Then put in some underdone cooked meat (beef is preferable), very finely minced; it must be quite free from fat and gristle. Cover, and leave to heat through for ten or fifteen

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minutes, but do not let it boil once after the meat is in. For a thick beetroot soup add a little brown roux, and pass the beetroot through a sieve after chopping it up.

About four ounces of meat will serve. Game or poultry can be used instead, if more convenient.

Bottled Soups. — These differ from the soups in tins. They are of better quality, and higher in price—from fifteenpence to two shillings is the average for the ordinary kinds. Turtle and rich concentrated preparations and invalid specialties are much higher—six or seven shillings per pint. Both French and English firms do a large trade in these soups. The clear and thick varieties are well represented, the former being beautifully bright, and worthy a place at any table. To those people who are always better satisfied when they see what they are buying, and who are of opinion that tinned goods always taste of the tin, these soups will commend themselves, the advantages of contact with so unobjectionable a material as glass being obvious. In most cases directions for use accompany the soups. Some are served with little dilution ; others bear a considerable quantity of water. One hint as to the re-heating may be useful. They should never, especially the clear kinds, be put into a saucepan that is not most scrupulously clean, for not only would the flavour suffer, but the brightness would be lost. Those who are acquainted with the process of clarification will not need this caution, but sometimes—indeed very often—these goods are bought for special occasions or for invalids, when appearances have to be carefully studied.

Brown Artichoke Soup.—Required : two pounds of artichokes (Jerusalem), two ounces of butter, a teaspoonful of extract of meat, a tablespoonful each of sliced carrots, celery, and turnips ; seasoning, a little brown roux. Cost, about 9d.

Prepare the vegetables as for Artichoke Purée ; fry them in the butter, add a spoonful of flour, and brown it, then the stock, from two to three pints. For a good soup use No. 8, for plainer soup No. 2 or 4. Boil until it can be sieved, then add the meat extract, roux, and seasoning, and a little more stock if needed ; skim carefully, and serve. Many other soups usually prepared with *white* stock are very good thus made. Turnip, marrow, parsnip, &c., are examples. Some vegetables, being very watery, require less stock. If at any time too much is added, more thickening must be put in, or the soup reduced by boiling it quickly for a few minutes.

Brown Liver Soup.—This will be liked by all lovers of game soups, of which it is an imitation. It is a very excellent soup of the savoury kind. First make the foundation as follows :—Put into a saucepan a bit of bacon, an onion, some cloves and black peppercorns, a pound of lean beef, minced, and an ounce of grated carrot ; fry for a minute, then pour in water to cover, and simmer until the moisture has nearly dried up ; then pour over three pints of stock, ordinary, from bones, &c., and cook gently for an hour or two ; press the meat from time to time, then strain the soup off, and put to it six ounces of calf's liver that has been fried and pounded, and seasoned with salt, black pepper, nutmeg, and powdered herbs, and rubbed through a sieve ; add a little brown roux, boil the whole up, and serve with strips from a French roll dipped in hot butter, and crisped in the oven. Cost, about 1s. 6d. per quart.

Another variation of this is made by frying the liver with the other ingredients at starting, and cooking with the rest. It is removed with the beef in this case, and a thickening of sago or other cereal is put into the soup with the roux. Both soups need careful skimming. The beef should go into the stock-pot.

Brown Onion Soup.—Required: two pounds of onions, two leeks, a dozen peppercorns, two cloves, a bay-leaf and sprig of thyme, two ounces of raw ham, two ounces of clarified fat, salt, sugar, two ounces of browned flour, two quarts of stock (No. 2), a morsel of *pastille de legumes* (SEASONINGS) or a pinch of browning salt, and a few slices of carrot. Cost, about 9d.

Put into a pan the fat and ham in strips; when hot, add the onions and leeks in slices, the carrots and sugar, stir until brown, then pour in the hot stock; boil up and skim, put in the spices and herbs, and boil down to a pulp. Pass through a sieve, and return it to the pan with the thickening, colouring, and salt to taste; add a little more stock if required, but it should be thick; boil up, and serve. Grated cheese may be served with this, if liked. If English onions are used, they should be first scalded; Spanish ones do not need this.

Brown Onion Soup (Rich).—Use stock (No. 4), and thicken with brown roux, taking care to skim well. Serve fried croûtons, cut into rounds the size of a shilling, with this.

Brown Rice Soup.—Required: a quart of stock (No. 2 or 4), a teaspoonful of pure mushroom catsup, a tablespoonful of tomato catsup, two ounces of browned rice, and a medium-sized onion; salt and pepper to taste. Cost, about 4d.

The rice should be Patna, boiled as for curry, but left until cold. Put it in a baking-tin with a little liquid butter; set it in the oven, and bake it until golden brown all over, and the butter absorbed. It must be turned about from time to time. Meanwhile, peel, mince, and fry an onion in a little more butter until nearly tender; drain it, and put in a pan, with the rice and all the other materials; boil until the onion is soft, and serve hot.

This is an American soup, very savoury and appetising. It is necessary that the rice be well rinsed in water after boiling, and well dried; otherwise, in baking it the grains will clog, instead of separating, as they should, for every grain to be distinct.

Brunoise Soup.—A good VEGETARIAN recipe.—Required: one quart of stock (No. 11), one pint of milk, one ounce of butter, one ounce of corn-flour, one ounce of fine sago, salt, pepper, and celery salt, a tablespoonful of chopped parsley, carrots, turnips, leeks, and onions, a few slices of cucumber, a bay-leaf, and tiny blade of mace. Cost, about 8d.

Prepare the vegetables by cleansing and cutting them into slices the third of an inch thick, then into dice shapes. Bring the stock to the boil, put in the carrots, and sprinkle in the sago; add the parsley, bay-leaf, and mace tied in muslin. In ten minutes put in the onions and leeks, then the cucumber and turnips; there should be enough vegetables mixed to fill a half-pint measure. Now boil, and stir gently until all are tender, then mix the corn-flour and milk, and boil them separately; remove the bag from the soup, squeezing it a little to give a green tinge; add the milk, season to taste, and serve.

Brunoise Soup, Brown.—This may be made from clear stock, clarified or not; if the former, boil the vegetables separately until quite done, and add them last thing, with a teaspoonful of sherry to a pint of soup. If the stock is not clarified, boil the vegetables until nearly done in water, then finish them in the soup. There should be about a sixth the measure of vegetables to stock; young vegetables should be chosen. To prepare them, wash them thoroughly, and cut them into slices of about the third of an inch, then into squares like tiny dice. The most suitable kinds are carrots, turnips, onions, cucumber, and celery, if obtainable; the outer part of carrots should be used, and turnips, unless young, are better omitted. French are useful, but they take longer to boil than English

turnips. Stocks Nos. 6, 7, and 8 are all suitable for this.

Calf's Feet Soup.—This resembles ox-foot soup, but is more delicate in flavour. A set of feet will make two quarts of very good soup, and then the bones will make good second stock. After cleansing and dividing the feet, put them on in cold water, with vegetables and a bunch of herbs; bring to the boil and skim, and cook until the bones will slip out if the feet are to be served *in* the soup, but if for a separate dish serve the feet as soon as they are tender. (*See* recipes for CALF'S FEET.) This soup is often served clear, in which case a small quantity of extract of meat should be put in, and, if liked, a spoonful of wine, with vegetables in shapes, or Italian paste, or anything which would be added to ordinary clear soups; if thickened, finish like MOCK TURTLE. Cost, about 1s. per quart.

This stock is also suitable for the foundation of any good white soup.

Calf's Feet Soup, Piquant.—After cooking the feet, leave the stock, after straining, until next day; then measure it; supposing two quarts, boil down to three pints, with a slice of lean ham and a fried onion; then strain and skim. Put in the following ingredients, and serve at once, after just bringing it to the boil again:—a teaspoonful of French vinegar, the same of tomato vinegar and vinegar from pickled cucumbers, a few grains of cayenne pepper, a dessert-spoonful of extract of meat, half an ounce of glaze dissolved in a glass of claret, salt to taste, and a teaspoonful each of very finely-chopped parsley and chervil, with a few shreds of fresh tarragon. Have the tureen ready heated, with three ounces of rice, boiled as for curry and browned (*see* BROWN RICE SOUP); pour the soup over, and cover at once; then serve.

This is a very delicious soup, and quite inexpensive. Cost, about 4d. per pint. The feet make a separate dish.

Calf's Head Soup.—*See* MOCK TURTLE.

Cauliflower and Cheese Soup.—This will furnish an illustration of what may be done with cold vegetables in the way of soups, and from other materials of the same nature an endless variety may be furnished. This is very delicious and nourishing. Required: one quart of bone or vegetable stock, one pint of milk, two ounces each of butter, rice-flour, and grated Parmesan cheese, some sprigs of cooked cauliflower the size of a shilling, and enough to fill a breakfast-cup, a couple of table-spoonfuls of boiled rice, semolina, or macaroni cut small, a little celery, salt, white pepper, and cayenne, and two eggs. Cost, about 10d. May be made in a quarter of an hour.

Boil the stock, add the cauliflower, and season it nicely; melt the butter, stir in the rice-flour, add the milk gradually, and boil up; stir in the grated cheese off the fire, and add the eggs singly, beating hard for a minute or two. Do not boil again: the steam will cook them. Stir in the rice or macaroni, mix well, then pour into the tureen, and add the boiling stock by degrees. When serving, hand round some more grated cheese.

Carrot Purée (Superlative).—Required: six carrots, a lump of sugar, one ounce of butter, one onion, one turnip, two celery stalks, two ounces of lean ham, two leeks, salt and peppercorns, one quart of stock (No. 8), and half an ounce of glaze. Cost, about 9d.

Wash and brush the carrots, take off the red part, and put it into a pan with the butter and the rest of the vegetables sliced; add the ham in dice, and a dozen of mixed peppercorns, a little salt, and the sugar. Sweat for fifteen minutes, pour in the stock boiling, and cook, with frequent skimming, for an hour and a half, or until the whole can be sieved; then return it to the pan, stir in the glaze, and serve as soon as it is hot. If no glaze is handy, use a tea-

spoonful of extract of meat with half an ounce of French sheet gelatine or "amber opaque gelatine"; but if the latter is used, it must be soaked in cold water for an hour or two before adding it.

The inner part of the carrots can be put into the stock-pot; the outer being used for the best dishes, both colour and flavour being superior.

Celery Cream Purée (a very good soup).—Required: four heads of celery, four leeks, two ounces of potato-flour (French), seasoning, two ounces of butter, a small slice of raw ham, one pint of milk, half a pint of cream, and two pints of medium stock (No. 9). Cost, about 2s. 3d.

Take off the root end from the leeks, and slice the white part into a delicately clean saucepan; take the root from the celery and all the outer stalks, then cut up the inner portions into shreds; put them in the pan, add the ham and butter, a pinch of salt, a few white peppercorns, and a bit of mace; cook without browning for a quarter of an hour, add the stock, and skim; then simmer for about an hour and a half to a pulp, pass through a hair sieve, then return it to the pan. Heat the milk and cream separately, mix them with the purée, and serve with dice-shaped croûtons.

The potato-flour should be very smoothly blended with a little cold milk, and added ten minutes before serving.

Cereal Cream Soup.—Required: two quarts of stock (No. 9), one ounce each of fine oatmeal, rice-flour, barley-flour and butter, salt and pepper, a gill of cream, and a grate of nutmeg. Cost, about 8d.

Melt the butter, blend the cereals with a little cold water, pour in with the butter, and stir well; add the stock by degrees, and stir until it boils, then simmer gently for an hour; season to taste, add the cream, bring to the boil again, and serve. This is a very nourishing and digestible preparation. For a *vegetarian* soup, use stock No. 10, or water and milk in equal parts.

Cereal Velvet Soup. — Required: a quart of milk, two eggs, salt, pepper, and a grate of nutmeg, two ounces of crushed tapioca or sago (French), one ounce of potato-flour, and one pint of medium stock (No. 9). Cost, about 9d.

Boil up the stock, season to taste, and sprinkle in the thickening; stir until done, or it will form into lumps; as soon as transparent it is ready. Mix the potato-flour and milk, boil up, and add the yolks of the eggs gradually; return to the fire to thicken, then pour into the tureen, and stir in the boiling soup. This is very nourishing, and quickly prepared. The French semolina can be used in the same way.

Chestnut Soup, Vegetarian.—Required: one pint each of milk and the water from boiled rice, three ounces of chestnut-flour, salt and pepper, a slice or two of onion, celery, and turnip. Cost, about 4d.

Boil the vegetables in the water for twenty minutes or more, strain off the water, make it up to a pint, season to taste, and add the boiling milk previously mixed with the chestnut-flour, and boiled for ten minutes; re-boil for ten minutes more, then serve.

The French chestnut-flour is not here referred to. (*See* CHESTNUT SAUCE.)

Clear Soup with Croûtons.—This is a very popular soup in Germany. Some clear stock is required; it should be boiled with enough mixed vegetables to impart a delicate flavour. The soup is then clarified (*see* STOCKS Nos. 6 and 8, pp. 24, 25), and at the moment of serving some croûtons prepared as follows are put in the tureen. Cut some thin slices from a light bread roll of a few days old, take off the crust, and stamp the crumb into rounds the size of a shilling or a little larger. Have some hot butter ready: it should be clarified; dip the croûtons in, then roll them in

grated Parmesan cheese, and bake them until a bright yellow and crisp. They take but a very short time.

Cock-a-Leekie. — *True* cock-a-leekie is fowl soup, served with the fowl in it, but for economy's sake it is very often served without the fowl, when it becomes *mock* cock-a-leekie. Required: a young fowl, two quarts of plain white stock from meat or bones, two large bundles of leeks, salt and pepper, and four ounces of rice. Cost, about 3s.

Boil the fowl in the stock until it is tender, then put it aside. Wash the leeks, about a dozen, take off the root end and the green ends, cut them up, after trimming, and put them, with the rice and seasoning, into the soup; cook gently for an hour, add more stock or water, but it should be quite thick, and then the fowl, cut into joints and again divided (the liver, gizzard, neck, and back may be left out) should be put in. Serve very hot.

Cock-a-Leekie, Mock.—Use the liquor from a boiled fowl, adding any bones or odds and ends to give increased flavour, or mix some plain stock with the fowl liquor; boil in it leeks and rice as above directed, but the quantity may be increased to make up for the lack of the fowl joints. Barley can be used instead of rice, or half of each.

Cocoa-nut Soup.—Required: a quart of medium white stock (No. 9), one ounce of fresh cocoa-nut, salt, a drop or two of essence of mace, and some cereal for thickening, a gill each of milk and cream, and a few drops of lemon-juice. Cost, about 6d.

Heat the stock, put in the cocoa-nut, having grated it on a clean grater, and boil gently until it is tender; strain, and return the soup to the pan, with more stock to make up the quantity; put in some cereal, as florador, rizine, or coralline, or sago or tapioca, about three ounces. When the grain is tender, season and serve. Add the boiling cream and milk last thing. For a plain soup use all milk.

Cocoa-nut Soup, Brown.—Use stock, &c., as above, but thicken with brown roux, and instead of the milk, add a glass of sherry and a gill of brown stock. Or brown stock may be used for the foundation; then a larger quantity of cocoa-nut will be needed, as it should be more strongly flavoured than the white soup.

Consommé à l'Italienne.—Required: two quarts of stock (No. 6 or 7), two ounces of grated cheese, four ounces of Italian paste, and a glass of sherry. Cost, about 8d.

Make the stock hot, parboil the paste in plain water, slightly salted, for five minutes, then drain it, and rinse in clean hot water, and finish the cooking in the soup. It is then ready for the sherry. Hand the grated cheese with it.

The paste called *cagliari*, in fancy shapes, may be used, or the *letter* paste, or some freshly-made *Nouilles* paste can be used. It may be cut into strips or any fancy shapes. Another variety of Italian paste (sold in half-inch lengths, and called *celery cut macaroni*) is also suitable. The consommé should take its name from the kind of paste used: thus, *Consommé à la Cagliari*, *Consommé aux Nouilles*, &c. Ordinary pipe macaroni, boiled until nearly done, and cut into half-inch pieces, is suitable. The paste referred to as "celery cut" is pipe-shaped, rather thicker than the other kinds, and ridged; hence its name, as it resembles celery. It is only to be bought at shops kept by Italians, as a rule.

Consommé à la Jardinière.—(*See* BRUNOISE SOUP, BROWN, for the method of making this, but the vegetables are differently cut). Carrots and turnips may be in strips; some green peas are needed, and some French beans; the latter are cut into diamonds usually. Lettuce finely shredded is also used, and cauliflower broken into small sprigs. This is a nice-looking soup, but some trouble to prepare, as the vegetables need separate boiling.

The carrots and turnips may go together, the carrots put in first, but the green vegetables must be cooked apart. Sometimes vegetables cut into *olives* are added to this, but a soup in which the vegetables are *all* in that form becomes NIVERNAISE.

Consommé à la Monaco.—Required: three pints of stock (No. 6), the bones of a raw chicken, and some quenelles made as below. Cost, about 3s. 9d.

Put the stock into a very clean pan, add to it the crushed chicken bones, and boil for two to three hours gradually, adding a little cold stock from time to time; when cooked, strain, and make up the quantity; set aside until cold, then clarify as the rich stock No. 6, p. 28, using half chicken and half beef for the purpose. The inferior parts of the bird will do for this. With the white meat make some quenelles (*see* CHICKEN QUENELLES in *Hot Entrées*), then divide the mixture into three parts. To one, add a tea-spoonful of chopped truffles; to another, the same measure of parsley, tarragon, and chervil (a very little tarragon only), finely chopped; and to the third, put a chopped button-mushroom or two, and enough carmine to make the quenelles a pale pink. Make them small—about the size of a common nut—and poach them in the usual way. Add them to the soup just before serving, and put in a table-spoonful of Madeira or good sherry.

Put the bones into the stock-pot.

Consommé à la Ranée.—Required: three pints of clear soup, from stock No. 6 or 7, a glass of Madeira, half an ounce of glaze, some pink savoury custard, a dozen and a half of quenelles, chicken or veal, half a tin of green haricot beans (flageolets), and a few drops of tarragon vinegar.

From the savoury custard cut leaves or stars, or any fancy shapes, about two dozen. Drain the beans from the liquor, and cut them into strips. Heat the soup, dissolve in it the glaze, add the wine and beans, cover for a few minutes, then put in the custard shapes, very carefully, just before serving. (*See* INDEX for recipes of the adjuncts above named.)

Consommé à la Remus.—Required: a quart of clear soup, from stock No. 6 or 7, a dozen and a half of croûtons, small round ones, cut with a crimped cutter, some cooked carrot, cucumber, and turnip, cut into olive shapes or with a "pea-cutter," a glass of sherry, some glaze, and some slices of tongue, braised or boiled, the shape of the croûtons.

Heat the soup, add the wine and vegetables; warm the tongue in a little soup, then prepare the croûtons, and lay a piece of tongue on each, after drying them as soon as removed from the soup; brush them over with glaze, and hand them on a dish covered with a lace paper.

Corn Soup.—Put a breakfast-cupful of whole wheat into a jar, with an ounce or two of butter; set it in the oven, and when the butter has melted add some cold broth or stock, a quart or more, with seasoning to taste—salt, pepper, grated nutmeg, chopped chives or shalots, parsley, fennel, thyme, &c., are the usual additions—and bake in a slow oven until tender, adding more stock from time to time. When ready for use, put the whole in a saucepan, and dilute it with more stock to the required consistence. For a superior soup put in some boiling cream or the yolks of a few raw eggs. This is a fast-day soup if made with water instead of stock.

Corn-grits Soup.—Required: any kind of broth or bone stock, some crushed or rolled wheat, salt and pepper, chives and parsley, nutmeg, and eggs. Cost, about 6d.

Boil three pints of broth, sprinkle in six ounces of wheat, and boil for half an hour; then add a handful of minced chives and chopped parsley and the seasoning, and boil for half an hour longer. Beat up three eggs in the soup-tureen with a gill of warm milk; stir the soup to them, and in a few

minutes, after thoroughly mixing and covering, serve. This is a German soup.

Cow-heel Soup.—This is very nourishing and cheap. The heels should be bought at a tripe-shop (they require scalding and cleansing, and to be freed from fat, and are troublesome to prepare at home), and *unboiled* ones asked for. Cut each into four parts, and cover with cold water and a little salt; boil slowly, and skim well, then add any vegetables and flavouring herbs, and cook until the meat falls from the bones; then strain it, and flavour and season to taste; thicken with rice or any other grain, or with any Italian paste—in fact, the finishing off is just a matter of taste. Each heel will make from a pint to a quart, according to the strength desired. The bones will make excellent *second stock*, while the meat will furnish a separate dish, with some suitable sauce. Parsley sauce is a usual accompaniment, but onion, caper, and others are equally good. Cost, a few pence per quart.

Cow-heel Soup (Brown).—Proceed as above, but after straining the liquor, put in a little sauce or ketchup, a spoonful of sherry, a few drops of lemon-juice, and enough brown roux to make it as thick as cream; add some of the meat, cut into small squares, and a soup very little inferior to *mock turtle* will be the result. A small slice of lean ham is an improvement to this.

Cream of Veal Soup.—Required: one pound of veal from the fillet, one pint of stock (No. 9), one pint of milk, one gill of cream, one ounce of sago, one egg, salt and pepper. Cost, about 1s. 8d.

Lay the meat on a board, and scrape it until there is nothing left but skin. Put the scraped meat into the stock, and keep it cooking, but under actual boiling-point, for forty minutes. Cook the sago and milk together while the meat is cooking. Then pass the meat and stock through a fine sieve, add the sago and milk, and season delicately. In the tureen, beat up the yolk of the egg, with the cream first warmed; add the soup by degrees, and serve with strips of dry toast.

This is suitable for delicate people. Mutton, rabbit, or fowl, can be used, and any other suitable thickening may take the place of sago—barley-flour, rice-flour, arrowroot, crushed tapioca, and the best semolina are all usable.

Cream Soup à la Wellington.—Required: a gill of cream, one quart of stock (No. 9), one quart of milk, the bones of a fowl, with any inferior joints and trimmings—say, from a boiled fowl, though a raw one is better—four ounces of rice, four ounces each of minced onion, celery, and carrot, two eggs, a blade of mace, a bay-leaf and sprig of thyme, salt and pepper, a small tin of button-mushrooms, and one ounce of butter. Cost, about 2s.

Butter the bottom of a stew-pan, put in the vegetables, bones—smashed up—and the spices; cook, covered, for a few minutes; add the stock by degrees, with a pinch of salt, bring slowly to the boil, and skim well; simmer for three hours, then add the rice, previously blanched, and cook for another hour. Mix the eggs with the milk, stir over the fire until the mixture thickens, then add the mushrooms, cut up small, cover, and leave by the fire, but it must not boil again. Take the bones from the soup, pass the rest through a sieve, re-boil it, and mix with the contents of the other saucepan. Have the cream whipped up in the tureen (first well heated), stir the soup to it, and serve at once.

This is a high-class soup. To make a plainer one use stock No. 3. All the skin and bits of fowl that do not go through the sieve should be put in the stock-pot.

Desiccated Soups.—There are now several makes of desiccated or dried soup before the public; some are of vegetables only, others are a mixture of meat and vegetables. They are in the form of a dry, coarse powder,

are very quickly cooked, and useful not only for soups, but for plain sauces and gravies, for hashes, stews, &c. Then there are portable soup-tablets, made both by English and foreign firms. These only require the addition of stock or water, and are a useful addition to the store-cupboard, as they furnish a ready means for the quick preparation of soup. Besides giving thickness or body, they give also a rich look to the soup; and, in the case of plain meat liquor or bone stock being handy, it may be made to do duty for a much better stock by the addition of these preparations, with a little suitable flavouring. We would strongly advise that tins be bought in preference to packets; in the latter form, the flavour and colour are impaired, but in tins, from four ounces upwards, the desiccated soup in powder keeps almost indefinitely.

Another form of desiccated soup, very highly concentrated and made into tiny cakes, is especially suitable for travellers, as it occupies but little space.

Family Soup.—Take the liquor from any meat or poultry, or bone stock, or ordinary liquor from the stock-pot. If the first named, boil it until reduced to half the quantity; to each quart allow a good teacupful or so of mixed vegetables, minced or sliced—celery, onions, leeks, turnips, carrots, and a bit of parsnip, some chopped parsley, and a little mixed herbs, dried, tied in muslin, or some fresh herbs, and a bay-leaf and parsley tied together. Boil these until the whole can be sieved or passed through a colander or potato-masher; return it to the pan, and thicken with either of the following:—Crushed French tapioca or sago—these will take fifteen minutes; ground rice or rice-flour, mixed with water to a paste—these will take ten minutes; corn-flour or potato-flour—five to ten minutes' boiling will be sufficient; or any *cooked* grain, rice, barley, &c., can be used, or cold macaroni cut into short lengths. These only want warming up, and the soup is ready. Where oatmeal porridge is a standing dish, some cooked oatmeal is a valuable thickening medium. Whole wheatmeal, too, is very nourishing, and may be added cooked or raw; if the latter, it will take nearly an hour. Raw oatmeal, coarse or medium, takes more than an hour. Barley-flour or fine oatmeal can be used with advantage in a soup of this kind, and ground haricot beans, though less smooth, are excellent for thickening purposes. (*See* also DESICCATED SOUP.) Cold potatoes can be used up in this way. For a brown soup add a little colouring, and, if convenient, fry the vegetables before adding; or if only an onion is fried and the rest of the vegetables used plainly the soup is much more savoury. In a white soup any remains of onion sauce, celery sauce, parsley sauce, or caper sauce (besides many others), may be used up, if made with meat liquor or milk (of course, if with fish liquor they would be unsuitable). We mention this because the scrapings of a sauce tureen are so often wasted; but in a subsequent chapter on SCRAP COOKERY we show how this may be easily avoided.

Flageolet Purée (Good).—Required: one pint of milk, one quart of stock (No. 9), three eggs, one tin of flageolets, herbs, vegetables, croûtons, and seasoning. Cost, about 1s. 8d.

Put the stock into a saucepan, with the flageolets (green haricot beans) and a pinch of sugar; add herbs as follows, tied together:—A sprig each of thyme and parsley, a bay-leaf, and a few leaves of spinach or beetroot tops; boil up, and pass through a sieve, after standing a time to extract the herb flavour. Put the liquor back into the saucepan, and add the milk, first boiled with two ounces of arrowroot. Beat the yolks of two eggs up in the tureen with a little of the hot milk, then add the soup gradually, and serve (after seasoning to taste) with croûtons prepared as follows:—Cut some

heart-shaped pieces of bread, fry them a light brown, and put on each a little pile of cooked vegetables prepared as for JULIENNE SOUP. Boil an egg hard, and sprinkle a little of the sieved yolk over each, and then a pinch of the white of the egg, also sieved. The soup should be coloured with a little vegetable green colouring.

Game Soup (Economical).—Supposing the remains of a pheasant, brace of partridges, or grouse, to be in the larder, break up the bones, and cover them with cold stock (No. 4 or 5), with a few vegetables in slices, and some herbs and spices, with a bit of ham in dice, if handy. Boil until the bones are dry and the meat can be rubbed through a sieve; after sieving, add some fine bread-crumbs, equal in bulk to the meat, and season with powdered herbs, salt, and pepper; then pound the whole to a paste. Add to it the soup, with more stock, until it looks as thick as cream, then boil it up with a few drops of lemon-juice, and add a dessert-spoonful or so of wine to a quart of soup; or the soup may be thickened and boiled up before the pounded meat is added. This makes the soup still more economical, as a little meat will then go a long way. A mixture of game, or part poultry with part game, can be used. Claret is sometimes used for game soups instead of sherry.

Before pounding the bread, soak it in a little stock for a while, and then squeeze it. It will be smoother if a little butter be added, but the soup must be skimmed quite clear of grease.

Game Soup (Good).—Any birds too old for roasting may be used; grouse and partridges, or others, may be mixed. Break up the bones, after frying or semi-roasting the birds—this gives a richer flavour—and put them on to boil in the stock with the meat, except breast and wings. Follow the directions for PHEASANT SOUP, or for GAME SOUP (Economical), and after sieving the soup, and as much meat as will pass through, it should be put back in the pan with the meat of the wings and breast, which may be cut into thin slices—*i.e.*, fillets, dice, or thin shreds; the latter, however, are more appropriate for garnishing clear game soups—or quenelles can be added, which see. Cost, very variable.

Game Soup (Good Clear).—Use cooked birds, or semi-cooked, for this. To each pound of meat and bone, well broken up, allow a quart of stock (No. 5, 6, or 7), with a good seasoning of herbs, some fresh vegetables, a few mushrooms, and a little salt, mignonette pepper, and a clove or two. Boil until reduced a third, then strain, and when cold, skim and clarify, using raw rabbit or hare instead of meat for the purpose. (*See* p. 28.) Add wine, and some quenelles of game or beef, and savoury custard as garnish. (*See* INDEX.)

Giblet Soup.—Required: two sets of goose giblets or four sets of duck giblets, two quarts of stock (No. 4), vegetables, herbs, and seasoning (*see* OX-TAIL SOUP), a slice of lean ham, a couple of ounces of dripping, salt and pepper, and a slice of bread. Cost, uncertain.

Prepare the giblets as for a pie (*see* RECIPE); cut the gizzards into half-inch squares, put them in a pan with the other ingredients, and fry a little; then add the stock, and boil slowly; remove the parts as they become tender, and keep hot in the tureen. When all are done, thicken the soup with brown flour or roux, add more salt to taste, and a little browning and mushroom ketchup; serve with the bread toasted and cut into squares or strips.

This is for a plain family soup. For richer kinds, remove the meat from the bones, and pound or sieve it. Or the soup may be clarified and flavoured with wine, and some of the best of the meat put in in small even-sized pieces. A soup made with giblets and an ox-tail is very savoury and good. This may be thick or clear. Both the tail and giblets should be served in it.

When a goose has been boiled the

giblets may be cooked in the liquor, but it must be left until next day, and very carefully freed from fat. A still better giblet soup is derivable from the liquid if stock instead of water be used for boiling the goose.

Golden Purée.—Required: two carrots, two tomatoes, one parsnip, two ounces of polenta, two ounces of butter, seasoning, one egg, three pints of stock (No. 1 or 2), and a teaspoonful of lemon-juice. Cost, about 10d.

Brush and scrape the carrots, peel the parsnip, slice them thinly, and break up the tomatoes; cook them in the butter for twenty minutes, add the stock and sugar, a little salt and pepper, and boil until they will pass readily through a fine wire sieve; then return the whole to the pan with the polenta (or golden maize meal), mixed smoothly with water or cold stock, and boil for twenty minutes more. Beat up the egg in the tureen, and add the boiling soup very gradually, beating all the time; stir in the lemon-juice, and serve at once.

If polenta is not handy, use yellow semolina, but it will take an hour to boil. It should be put in after the soup is sieved, and extra stock must be added to allow for the reduction by the long boiling.

It will be safer to beat up the egg with a spoonful or two of stock under boiling point, then to add half a pint or so of the soup before the whole is added, or, owing to the acidity of the tomatoes and lemon, it is apt to curdle.

Gravy Soup à la Don.—Required: a quart of stock (No. 5), a gill of fresh tomato pulp, a glass of port or good claret, a couple of sheep's kidneys, a dessert-spoonful of good chutney, the juice of half a lemon, salt and peppercorns, one onion, two cloves, and a teaspoonful of brown roux. Cost, about 1s. 2d.

Break up some ripe tomatoes, sieve them, and add the clear pulp to the stock, with the onion minced, the spice, chutney, and the kidneys very finely minced. Tomato conserve or catsup can be used instead of fresh ones. Boil gently for half to three-quarters of an hour, then pour the soup through a sieve; put it back in the pan, with the roux and seasoning, add the wine, boil for a few minutes, then serve.

A few drops of carmine colouring will give a rich brown colour to this; too much will make it red. The object is to deepen the brown shade.

Green Pea Purée.—Required: a quart of stock (No. 10), a pint of green peas (measured after shelling), a small lettuce, half a small cucumber, a few leaves of spinach, the shells of the peas, salt, sugar, pepper, and a sprig of mint. Cost, about 10d.

Break up the shells of the peas; wash them and the spinach; wash and shred the lettuce, and put them into the boiling stock, with the sugar and a teaspoonful of salt; boil until the lettuce and spinach are pulpy, then pass through a fine hair sieve. Boil the peas and cucumber in salted water, with a pinch of sugar, then pass the whole through a coarser sieve; mix with the first-named liquid, season to taste, boil up, and serve with fried bread in dice shapes. This is very cheap and good. In boiling the peas, only just enough water to cover them is needed, and they should boil fast.

Green Pea Soup.—This is richer than the foregoing. The ingredients are the same, but the peas are cooked in two ounces of butter, with a gill of boiling water, and a pinch of salt and sugar, for half an hour, or until tender; they must be shaken frequently. Part of them are sieved, and part reserved for adding whole, just before serving. Thicken this soup with two ounces of arrowroot mixed with cold water, and boil for five minutes. A few drops of vegetable-green colouring may be added. Cost, about 1s.

Haricot Purée, White.—Required: a quart of small white haricot beans, half a head of celery (inner part only), one medium-sized onion (Spanish

preferably), the white part of four leeks, a small teaspoonful of white peppercorns, three quarts of stock (No. 10), a pint of milk, and half a tablespoonful or more of salt. Cost, about 10d.

Soak the beans in cold water for twenty-four hours, throw away any discoloured or floating ones; put them in a pan with the cold stock, peppercorns, and sliced vegetables, and bring to the boil slowly. Simmer for three or four hours, then sieve the whole: a coarse wire sieve will do for this; add the salt, and milk separately heated, re-boil, and serve with fried bread. Add *no* salt to this until the beans are quite soft. "Giant haricots" may be used, but the skins are tougher, and they take longer to cook. Split haricots may be had; they take less time.

The foregoing is for a plain *purée*, but highly nourishing. For a richer one use stock No. 1, and add half a pint of single cream in place of half the milk. Or the water from boiled poultry or meat makes a good stock for this. A morsel of butter added assists the cooking of the beans.

Hare Soup.—This is very economical. Required: a hare, three quarts of cold water or stock (No. 2), one onion, one carrot, one turnip, a score of black peppercorns, salt, a tablespoonful each of mushroom ketchup and the dregs of a bottle of port, a large bunch of herbs (bay-leaf, thyme, marjoram, and parsley), a small slice of ham, three ounces of browned flour, one ounce of clarified fat. Cost, about 5s.

Wash and joint the hare as if for jugging, dry the pieces, and lay them, with the ham, vegetables, herbs, and clarified fat (first heated,) in a pan; stir until well browned. Put in the water or stock, stir all the time until it boils; skim well, add a little salt, and skim again; then cover, and boil until the hare is tender. Take out the back, shoulders, and legs, and put them aside. Continue the boiling until the meat and vegetables in the pan will pass through a coarse sieve. After this treatment return the whole to the pan, with the ketchup and seasoning; mix the flour with cold water, add it, and boil up for a few minutes, and put in the wine just before serving.

Put the bones and trimmings into the stock-pot. The back, shoulders, and legs will make a separate dish. (*See* Recipes under HARE.)

Hare Soup (Rich).—Proceed as above directed, but use a better stock—one similar to or made by the recipe for No. 5 is most suitable; or use a clear stock, and add a little roux or extract of meat. A quarter of an hour before serving cut up the meat from the joints of the hare that were set aside (*see* preceding recipe) into slices, then into strips, as equal in size as possible; put them in the soup, with a tablespoonful of tomato jelly or half the quantity of red-currant jelly, and a little fresh tomato pulp or conserve; these two flavours blended give a decided "tone" to hare soup. Then add wine (double the quantity above given), and some forcemeat-balls or game quenelles; cover, and leave for a few minutes, but do not boil again. The forcemeat-balls must be cooked in stock before adding them.

It is an open question whether the blood of the hare is an improvement. Some consider it the making of the soup, others shudder at the bare mention of it. When it *is* added, it should be stirred very gradually to the soup, after first mixing it with a spoonful or two *under boiling point*. After the mixing, the soup should stand at simmering point only, if it boils it will curdle.

Hotch-potch.—This is a recipe for use in warm weather. Take three quarts of mutton broth; when it boils, season a little, and slice into it a supply of young vegetables—carrots, turnips, onions, lettuce, or young cabbage, cauliflower in sprigs, and some chopped parsley—enough altogether to fill a quart measure. Boil for an hour and

a half, then put in some lean chops from lamb or tender mutton; in an hour add a pint of young green peas. As soon as the peas are done, serve, after seasoning. The meat should be freed from superfluous fat—about two to three pounds for this quantity of liquid, it may be from the neck, breast, or loin. If the vegetables are put in whole, which is sometimes preferred, they should be taken out and beaten to pulp before the soup is served. One of the nicest forms of *hotch-potch* is made from lamb previously boned; and besides the vegetables used with it, some more peas are cooked separately, and put in last thing.

Almost needless to add, such a dish as this takes the place both of meat and soup.

Hotch-potch, Winter.—Put a pound of dried green peas into water to soak the night before it is intended to make the hotch-potch. Take two pounds of the best end of the neck of mutton and two pounds of the shin of beef. Cut the mutton into neat cutlets, free from all superfluous fat, and the beef into small square pieces. Set them aside until wanted. Put four quarts of water into a stew-pan, with two sliced carrots, two sliced turnips, four onions, a teaspoonful of bruised celery-seed tied in muslin, the soaked peas, and a whole turnip and carrot. Add the beef, and cook gently for an hour; then put in the mutton, and cook for another hour and a half, or until the peas are soft. Take out the whole carrot and turnip, beat them to pulp, put them back in the pan with salt and pepper, and serve very hot. Haricot beans or lentils can be used in place of peas.

Iced Soup.—This is a modification of a soup popular in Russia and other countries. A decoction of sorrel, fennel, and young beetroot (just the green tops), is first made by boiling a handful of each in water until well flavoured. With a pint of the strained liquid mix a pint of good white stock and half a pint of cream, a delicate seasoning of salt and cayenne pepper, some chopped parsley, and the points of some boiled asparagus (about a score will do). The same number of pea-shaped pieces of cooked carrot are a further improvement. Set this on ice or in a refrigerator when cold, and just before serving put in some hard-boiled eggs cut in dice, and a dozen cooked prawns or double the number of shrimps.

In a subsequent chapter on Ices, full particulars are given of the various methods of icing soups.

Julienne Soup.—This, if well made, is delicious. Required: vegetables, some or all of the following—carrots, turnips, leeks or onions, celery, green peas, asparagus points, French beans, lettuce, sorrel, tarragon, chervil, butter, salt, sugar, pepper, and some clear stock. It is difficult to give any exact proportions for this, but the vegetables should be measured after they are cut up, and about six times the measure of stock will be wanted, or a larger proportion of vegetables will be preferred by some.

Cut the vegetables, after cleaning, into shreds as thick as a match, and an inch or rather more in length. For half a pint allow an ounce of butter; sweat the vegetables in this, with a little sugar, for ten to twenty minutes, according to the age of the vegetables: (shake often; they should acquire but little colour) then add the stock, and boil for an hour *very gently*. The French beans are preferable separately boiled, and put in near the end, with the lettuce shredded, a few sprigs of chervil, just divided into leaves; the tarragon leaves must be cut in long thin strips (a teaspoonful is enough for two quarts of soup.) Asparagus stalks, if used, may be cooked with the other vegetables; the points will take less time. French turnips take longer cooking than English.

Vegetables for Julienne are often cooked separately and put in the clear stock last thing. This method produces loss of flavour, in fact a total lack of the delicious *blended* taste which

is so characteristic of a true French Julienne as prepared in the foregoing way. Stock No. 8 is suitable for this soup.

For **Julienne Maigre**—a great favourite with some people—water or a vegetable stock may be used.

Julienne Soup (from dried vegetables).—The dried shredded vegetables, sold in packets, are useful for this when fresh ones are not forthcoming, or are too old for use. They are quite hard, and require soaking before boiling, and although not convertible into Julienne proper by the preliminary sweating process, an improvement is effected by parboiling them in water, and then draining them, then cooking them in a little butter, and adding them (with the water in which they were boiled) to the stock to finish them. For plain soups they may simply be boiled in the stock, after soaking. If possible, some shredded lettuce or other "green meat" should be added (purslain is a herb commonly used abroad). A drop of tarragon vinegar and a pinch of sugar will develop the flavour of the vegetables.

Kidney Soup.—Required: an ox kidney, a quart of stock (No. 4), a leek or small onion, a few slices of carrot and celery stalks, a bunch of herbs, salt, pepper, and a tablespoonful of sherry, a dessertspoonful of brown roux, a little fat or butter. Cost, about 1s. 3d.

Wash the kidney, take out the core, then slice the kidney; rinse quickly in vinegar and water, dry well, and put in a stew-pan, with the hot fat and the vegetables; brown all over, then put in the cold stock; take off the fat from the top, bring to the boil slowly, add salt, and skim well; then boil, covered, for an hour and a half. Strain the soup through a sieve, pressing the kidney; but it must not go through. Return the liquid to the saucepan, add the roux, boil, and skim well; then put in the sherry, and season to taste.

Kidney Soup (Clear).—Make it in the same way as the preceding, but use stock No. 8, and clarify the soup with eggs, or strain it through a tammy after the kidney is removed. This must be made the day before it is wanted, that the fat may be removed. Or if this is not convenient, cook the kidney and vegetables without the preliminary frying.

Kinross Soup.—Required: a gallon of water, eight ounces of pearl barley, a handful of watercress, a couple of bunches of *young* radishes, a bunch of *young* onions, salt and pepper, two ounces of butter, half a pint of canned tomatoes. Cost, about 9d.

Wash and scald the barley; soak it in the cold water for several hours, then put it on to boil with half the butter. Cook slowly for two hours, then put in another pan the tomatoes, rest of the butter, and the radishes and onions, washed and cut thinly; cook, with frequent stirring, to a pulp, rub it through a sieve, and add to the barley. Pick the cress from the stalks; add the leaves to the soup, with seasoning to taste: boil for a minute or two more, then serve.

The above is the recipe of a lecturer on vegetarian cookery, and a first-rate soup is the result. The radishes are somewhat of an innovation; the flavour is very agreeable, and cooked radishes will agree when they cannot be taken in the raw state. They can be used in all sorts of vegetable soups, if liked.

Lentil Soup.—Required: a gallon of cold water, one pound of split Egyptian lentils, a tablespoonful of chopped parsley, a small teaspoonful of peppercorns and a few allspice berries, mixed, a tablespoonful of salt, a teaspoonful of moist sugar, one ounce of dripping, one pint of milk, a head of celery, two carrots, two turnips, one parsnip, half a pound of onions, and two or three ounces of *broken* rice or other cereal. Cost, about 1s.

Wash the lentils well until the water comes away clean; put them to soak all night in the water, then bring them to the boil with the sugar and

dripping; skim well; prepare and slice the vegetables, add them, and boil for a couple of hours, stirring often; then put in the rice and parsley, season to taste, and cook for an hour or so longer. Pass through a coarse sieve or colander, put back in the pan with the milk, boiled separately, re-boil, and serve. Mint can be used instead of parsley.

If *whole* rice or other cereal, as oatmeal, hominy, or barley, is used, two hours must be allowed for the cooking. Sago and some other kinds will take less time. Pea-flour, maize-flour, or any other ground cereal, can be used instead of the whole grain, if more convenient. Never add salt until the lentils are soft, and do not stir with an iron spoon. These remarks apply equally to haricot beans—all the varieties—also to dried peas. Contact with the iron spoon tends to shrivel them.

Meg Merrilies' Soup.—A soup for the sportsman or country gentleman when game is abundant. In seasons of scarcity meat helps to form the basis or stock; but for the gourmet, boil down a rather old hare with the trimmings and inferior parts of venison and any game-bones; but all should be fresh. Use three quarts of water for three pounds of meat and bones, with a bunch of savoury herbs, parsley, two large turnips, two carrots, two middle-sized onions, each stuck with a clove, a dessertspoonful of whole pepper, and one of allspice. When boiled to a pulp, strain, and add to the stock as great a variety of game as can be procured—a young hare, or part of one (neatly jointed), black-cock, partridge, pheasant, grouse, &c.—all cut and well spiced, to be fried slightly, or not, according to taste, before being put into the strained stock. The blood of the hare must not be omitted. Mix a little broth with a good thickening of rice-flour, and add it to the rest. More seasoning will be required of allspice, pepper, and salt. When boiling, throw in a dozen button onions, two sticks of celery (cut into quarter-inch lengths), and the dregs of a bottle of port. Simmer gently until the game is tender, then serve, with a little more wine put in the last thing.

Milk Soup.—(Suitable for children.) Required: a pint each of milk, and water from boiled meat, a few potatoes baked in their skins, two ounces of hominy, salt and pepper, and some brown bread rubbed through a sieve or cut into small squares. Cost, about 5d.

Make the meat-water hot, mix it with the potatoes, then cook the hominy in the milk for an hour, as if for porridge; mix the contents of the two pans, and boil up, with seasoning to taste; pour the soup over the bread, and serve.

Before cooking the hominy it should be washed and soaked for a few hours in half a pint of cold water, and brought to the boil *in* the water before the milk is added. This is a very nutritious soup.

Semolina can be used instead of hominy. It is equally nourishing, and takes rather less time to cook.

Mock Giblet Soup.—Take a quart of any plain brown stock, thicken and season it, and put in some powdered herbs and a heaping tablespoonful of apple-sauce, and sage and onion stuffing from roast pork or other meat.

The sauce and stuffing are sometimes added also to Giblet Soup. The compound is a very savoury one, although it is not suited to every one's palate. It affords a convenient method of utilising any scraps of the kind. If more convenient, some small forcemeat-balls, seasoned with sage and onions, may be added to the soup, together with a large apple, grated.

Mock Hare Soup.—This is a *vegetarian* recipe. Required: three quarts of water or stock (No. 11), a pint of brown lentils and red haricots, mixed, half a pound of mushrooms, a large onion, a bunch of herbs, a small teaspoonful of celery-salt, one ounce

each of butter and flour, a tablespoonful of tomato pulp and red currant jelly. Cost, about 1s.

Wash and soak the beans and lentils, boil them with the butter, mushrooms, and onions (the herbs and spices tied in muslin), until the whole can be sieved easily; then add the flour, tomato pulp, jelly, and salt; boil up, and give ten minutes more simmering. This is a most excellent soup. If liked, small savoury balls can be served with it; they are made by mixing brown bread-crumbs, say a teacupful, with an ounce each of butter and boiled rice, a good seasoning of herbs, pepper and salt, two raw eggs, and a little milk; the mixture should be quite stiff. It is then shaped the size of small walnuts, and boiled separately in a little stock for twenty minutes, or they can be cooked in a steamer; they would not cook so well in the thick soup. Cost, about 5d.

Mock Turtle Soup.—This is the staple soup of English life, to be met with in most of the dining-rooms and hotels, not only in London, but almost everywhere in Great Britain. As its name implies, it is an imitation of turtle soup, introduced to us by our navigators about one hundred years since. The essential point in mock turtle must, therefore, be the "lumpy delight" furnished by calf's head; and the choice of the head should be a matter of some importance. It should be large, firm, and fat, full of brain, with good tongue and cheeks. The preparation of this soup will take a good deal of time, and the recipe and instructions are necessarily lengthy; but if carefully followed a soup almost equal to real turtle may be had at considerably less cost; indeed, it is often preferred to the real thing. Many cooks, however, spoil mock turtle by using water instead of stock and by careless flavouring, that is, by insufficient flavouring; whereas, if it is in any way to resemble the preparation from which it takes its name, attention in this respect is particularly necessary; for everyone knows that a calf's head in itself is a most insipid thing; it will only furnish *body* to the soup. We would also call attention to a common mistake—a serious one, for it involves waste—that is, to boil the head in water until tender, then to *throw away the water*, and add stock. Those of our readers who have followed our directions for stock making will at once see the folly of this proceeding, and the fact that these directions are sometimes found in cookery books furnishes ample proof that the propounders of such recipes were ignorant of the first principles of the art of cooking. Before giving any recipes for the soup we will describe the preparation of the head. It must be from a freshly-killed calf, and should be bought of the butcher unskinned: that is, the hair should be all removed, but the skin left on. It will, however, be necessary to give the head an additional scrape to free it from all trace of hair. It should be put into water nearly boiling for a few minutes, then taken out and scraped with a blunt knife, the process being repeated if necessary. It must then be put into cold water and well washed, all the cavities being cleansed with the fingers (the soft part round the nose to be thrown away—*i.e.*, the soft bony part which can be pulled away with the fingers; we do not mean that anything is to be cut); a little salt helps to remove any offensive matter; then take out the brains, put them in a basin of cold water; lay the head in cold water and salt for twelve hours, renewing it several times, or, better still, leave it under a running tap for some hours. When ready for use, take it from the water and dry it. This treatment is needed for calf's head cooked in any way.

Mock Turtle Soup (Good).—Required: a calf's head, a gallon of stock (No. 8), herbs, spices, vegetables, &c. Cost, about 4s. For a richer soup use stock No. 6 or 7.

Put the head, prepared as above,

into the *cold* stock, with a little salt; bring to the boil and skim: boil until the meat can be removed from the bones—from three to four hours; it should be tender, but not over-done; remove it carefully, and press it between two dishes, the under one upside down; skin the tongue, and put it by to cool. Return the bones to the saucepan with a little more salt, and go on boiling. In a clean saucepan put a slice of ham, cut up, one ounce of butter, herbs as for TURTLE SOUP, a carrot, a turnip, half a parsnip, or less, a few leeks, white part only, or an onion or two stuck with a few cloves, a score of white peppercorns or some mignonette pepper, a few allspice berries, and if handy, a couple of ounces of button mushrooms; fry these for twenty minutes, then add a pint of *cold* stock, and boil for an hour or more, to half the quantity. Remove the bones, and strain the contents of the second saucepan to the first. Add some brown roux, letting it boil up well until as thick as cream; skim carefully, put in salt to taste, the juice of half a lemon, a little *soluble* cayenne pepper, and, if no mushrooms were used, a dash of good ketchup. Cut up the meat into squares of an inch and a half or so; it will not all be required: the thickest should be chosen; cut the tongue into cubes, and add them, with a gill, or nearly, of sherry or Madeira; boil for a few minutes, then serve. Add, if liked, brain-balls, egg-balls, or quenelles (*see* INDEX for Recipes), and hand cut lemon in quarters, and cayenne, with the soup.

Mock Turtle Soup.—This is very inexpensive. It would be more appropriately entitled CALF'S HEAD SOUP. We will suppose that a calf's head has been boiled for dinner. If it is desired to convert the remnants into soup, proceed as follows:—Into the water used in boiling put the bones of the head, a slice of ham, and some vegetables, herbs, &c., and boil it steadily for a few hours, until there remains only a couple or three pints. Then strain it, put it in a saucepan with thickening, as before, or plain flour, if browned, will do; add a little colouring and ketchup, or store sauce, a squeeze of lemon-juice, and seasoning to taste; cut up the remains of the meat as even in size as possible; boil for a few minutes, and serve. A spoonful of wine may be added or not.

This is very little trouble. Naturally the soup is less rich than the first one, and paler—the non-frying of the vegetables makes a great difference in this respect, and a much better soup may be had from these materials by following the mode given in the previous recipe. As this soup costs so little, the extra trouble is well bestowed.

In both these soups, or any others in which dried herbs are recommended, it must be remembered that they are not given in preference to fresh ones. Should the soup be made when fresh herbs can be had, they should always be used, a less quantity suffices.

Mock Turtle Soup (made with Pig's Head).—Take half a pig's head from a young pig, scald it thoroughly, and put it into a saucepan with three quarts of good, nicely-flavoured stock (Nos. 4 or 8 are most suitable). Let it simmer gently for an hour and a half; take it up, let it partially cool, cut the meat into neat squares, and lay these between two dishes, the bottom one being placed upside down, to keep the meat from curling. Put the bones and trimmings of the head back into the saucepan, and let them simmer an hour longer, with a couple of bay-leaves, fresh vegetables, thyme, and parsley, and a little more seasoning should the stock require it, and be very careful to remove the scum as it rises. Pour out the soup, let it remain until the next day, and then take the cake of fat from the top. Thicken with brown thickening, and after it has boiled let it simmer by the side of the fire, and as the fat is thrown up, remove it. When no more rises, put in the pieces of meat. Let them boil gently till tender, add a glassful of sherry and

a pinch of cayenne, and serve very hot. Cost, about 6d. per quart.

Mock turtle soup made with pig's head is objected to very often because it so frequently tastes greasy. Consequently, great care should be taken to get rid of the fat. This can only be done by making the soup the day before it is wanted, so that it can be poured out, and when cold the cake of fat can be taken from the top. As even after this a great deal of fat may be held in solution in the soup, the liquor should be boiled again in a covered saucepan, and afterwards simmered gently by the side of the fire, and the fat removed as it is thrown up. Finish this off as directed for MOCK TURTLE. If it can be had, a calf's foot is an improvement to this, the meat being cut up and served in the soup; then less of the head is needed. In any case, use only a portion of it, as it is very rich.

Another good soup of the kind can be obtained from a set of pig's feet and ears. The latter must be boiled for a very long time; they will enrich the soup and furnish a separate dish. (*See* recipes for PIG'S FEET, various ways.)

Mushroom Soup. — Required: half a pound of flap mushrooms, a quart of stock (No. 4), salt, pepper, lemon-juice, and chopped parsley, an ounce and a half of butter, two ounces of browned flour. Cost, about 9d.

Peel and stalk the mushrooms, break them up, and put them into a small stew-pan with the butter, lemon-juice, and parsley — a dessert-spoonful of each; cover, and leave them cooking gently until they can be rubbed through a sieve. Wash the stalks and peelings, tie them in muslin, and simmer them in the stock for a short time to draw out the flavour, then remove them; add the flour, mixed with cold water, and the mushroom mixture, boil for ten or fifteen minutes, season, and serve. Skim during the boiling.

For a superior soup use stock No. 7, add a couple of ounces of minced ham to the mushrooms, and serve fried croûtons with the soup. When the flavour is not disliked, a morsel of chopped shalot may be mixed with the mushrooms.

Mushroom Soup (White). — Substitute medium white stock for the above, and thicken it with a white mushroom purée (*see* DRESSED VEGETABLES) until as thick as good cream; add salt, cayenne, a grate of nutmeg, and a gill of hot cream. Serve as hot as possible.

Mutton Broth.—Required: two quarts of the pot liquor from boiled mutton, two ounces of pearl barley, a carrot, a turnip, half a dozen small onions, a couple of leeks, salt and pepper, and a tablespoonful of chopped parsley.

Take the fat from the liquor when cold; re-boil it, and add the vegetables, cleansed and sliced or cut into strips or dice. The leeks should be freed from the root, dark green leaves, and ends, but the green stalk should be left on. The barley needs washing and scalding, and at least two hours' boiling. The carrots and other vegetables need not be fresh; any left over from the previous day can be used up. Add the parsley a few minutes before serving, and season delicately.

Mutton Broth (No. 2).—This is more nourishing. Allow a pound and a half of fresh lean meat—scrag-end of the neck will do—to the above quantity of liquid, either water or liquor from boiled mutton; wash the meat well, and add the water cold; bring to the boil with a little salt, skim well, and cook for a couple of hours. Add vegetables, &c., as above. Cut the meat into squares and serve in the broth, and put the bones into the stock-pot. Rice can be used instead of barley.

Okra Soup.— Required: a tin of okra (or gumbo), salt, pepper, and herbs, an onion, a stalk of celery, a tablespoonful of tomato catsup, two quarts of stock (No. 4), half a pound of cooked meat, a slice of raw ham,

and one ounce of corn-flour. Cost, about 2s. 2d.

Put the ham (or bacon will do) into a pan, with the celery and onion shredded very finely, the tomato catsup and seasoning, with a good bunch of herbs, and let them cook slowly, covered, for twenty minutes. Then add the stock, bring to the boil, and skim well; take out the ham, put in the okra, and cook for half an hour slowly, skimming often. Then stir in the corn-flour, mixed with cold stock to a paste, and more salt and pepper, as this soup requires to be rather highly seasoned; boil up, then put in the meat—it may be beef or mutton—minced as finely as possible and freed from every particle of fat, skin, and gristle. If possible, pass it through a mincing machine in preference to mincing by hand. Now put on the cover and leave for ten minutes, but do not boil again; the meat should only become heated through.

For a richer soup, use stock No. 7, and add the yolks of a couple or three eggs, and a gill of cream just before serving.

Okra and Tomatoes may also be bought in tins. Use it as above, but omit the tomato catsup. For light soups use stock No. 9, and add a little cream or the yolks of some raw eggs.

Onion and Gniocchi Soup.—Required: a quart of medium white stock (No. 9), half a pound of small onions, one pint of milk, one ounce of semolina, seasoning, and cheese, two ounces each of Parmesan and good English, and one ounce of butter. Cost, about 7d.

Melt the butter in a saucepan; stir in a couple of ounces of fine flour, cook for a minute, then add the stock and boil up. Peel the onions, shred them, and cook them in the stock, with frequent skimming. While this is going on, prepare the *gniocchi* by putting the semolina and half the milk into a saucepan, and cooking for an hour, with salt, pepper, a dust of cayenne, and a bit of butter. When soft, turn out on a dish, and when cold and set, cut it into squares with a sharp knife. Put these into the tureen with the cheese, pour the hot soup over, and add the other half pint of milk separately boiled.

The Parmesan cheese should be grated, the other may be thinly sliced. It should not be dry. If possible, the *gniocchi* should be made over-night, and put in the soup just long enough to heat through.

Onion Soup, with Cheese.—Required: one pound of Spanish onions, two ounces of cheese—Parmesan or Gruyère—salt and cayenne, one ounce of butter, half a pint of milk, one ounce of flour, and one quart of stock (No. 1). Cost, about 6d.

Slice the onions, pour boiling water over, cover them, and leave for a few minutes; then pour the water off. Make the stock hot, put in the onions, and cook until tender enough to sieve. In the saucepan melt the butter, stir in the flour, add the onion purée and the milk; bring all to the boil, add a little seasoning and the grated cheese, and serve very hot.

Onion Soup, with Dumplings (a German recipe).—Required: two quarts of boiling water, a large onion, an ounce and a half of flour, a tablespoonful of butter, the root end of a head of celery, and salt and pepper to taste. Cost, about 7d.

First mince the onion and brown it in the butter, add the flour, stir until brown, and the water by degrees; then put in the celery root, cut into thin shreds, and boil until nearly done. For the dumplings, beat an egg with a gill of milk, add these to four ounces of flour and a seasoning of salt, pepper, and nutmeg; beat hard for ten minutes; then stir in some bread-crumbs, to make the mixture just firm enough to be shaped into little balls the size of a small walnut. Put these into the soup and boil for twenty minutes, then season, and serve as hot as possible.

For another variety of dumplings, take dough made as for household bread, work into it a little seasoning of salt, pepper, and powdered herbs; shape, and cook as above.

Ox Cheek Soup.—Required: an ox cheek, a gallon of cold water or weak stock, a good assortment of herbs, vegetables, &c. (*see* POT AU FEU), and some thickening. Cost, about 2s.

The cheek must be washed in salt and water, then soaked for some hours, and wiped dry. Fry the vegetables in a little hot dripping, add the cheek and the water, boil up and skim, then cook very gently for several hours (four or five), and strain the soup; thicken with brown flour or roux, and season to taste, and if liked, put in some of the cheek cut into squares, or some rice or other cereal, or fried bread can be served in the soup, with or without any vegetables. The meat can be served while hot with a nice sauce or gravy, or may be converted into a good breakfast dish. (*See* OX CHEEK, POTTED, and OX CHEEK, BONED AND ROLLED.) A slice of ham will enrich the soup considerably, and a few mushrooms or tomatoes are a good addition. Button onions, fried lightly, and finished off by boiling them in the soup, are sometimes served in it.

Ox Tail Soup (Economical).—Required: one ox tail, three quarts of stock (No. 2), herbs, vegetables, &c., as for HARE SOUP, one ounce of good dripping, two ounces of ham, a tablespoonful of tomato pulp, two ounces of rice-flour or corn-flour, and a little browning. Cost, uncertain; ox tails vary much in price.

First wash the tail, joint it, and divide the large joints again; put it in warm water, bring it to the boil, then drain it, and lay it in a pan with the hot fat and ham in dice; put in the vegetables, fry lightly, then pour in the cold stock; this will throw up the fat, which must be removed, and after skimming well (as sometimes tails throw up much scum), cover, and boil for three or four hours until the tail is tender, but not "raggy." Take out the pieces carefully, add the thickening, and boil up; put in the thin pieces of tail only (keep the thick end for a separate dish), and if liked, some of the vegetables, sieved or cut into shapes; or a carrot and turnip may be cooked separately, and cut as for *Julienne* or *Brunoise Soup*.

For richer soup, put in a little sherry and use a better stock (as No. 8).

Palestine Purée.—(A very good *vegetarian* recipe.) Required: four pounds of artichokes, six small onions, or the white part of the same number of leeks, three turnips thickly peeled, one pint of milk, three pints of water, salt, sugar, and pepper, and a teaspoonful of celery salt. Cost, about 1s. 1d.

In preparing the vegetables, keep them well under water until the last moment, in order to preserve their colour; slice them all, and put them in an enamelled pan, with the celery salt, a pinch of white sugar, some white peppercorns, and the butter; cover and sweat for a few minutes, then add the boiling water, and cook to a complete pulp; add the boiling milk, with seasoning to taste; remove the peppercorns, and serve with fried bread cut into dice. A spoonful or two of onion or celery sauce can be used for flavouring this, and it may be thickened a little with roux or corn-flour. For a better soup, stock No. 11 is useful, or the water from boiled rice or macaroni.

Pancake Soup.—This is a German soup. Required: two pints of clear stock (No. 8) and two good-sized pancakes, made with a plain batter, seasoned with salt, pepper, and herbs, and fried in as little fat as possible. Cost, about 4d.

Have the stock ready boiling. After frying the pancakes, drain them between a couple of sheets of paper, then cut them into strips, squares, diamonds, or with a small round cutter. Slip them into the soup, and boil fast for five minutes. Serve at once.

Parsnip Purée.—Any of the recipes for other vegetable purées may be followed for this, but a soup of parsnips alone is seldom liked; generally a mixture of potatoes, carrots, turnips, or vegetable marrow, is preferred; an onion and some herbs should also be added. The parsnips should be cooked in stock, and boiling milk added after the purée is sieved. To counteract the sweetness of parsnip soup, a little tomato sauce is useful, or a few drops of some flavoured vinegar: tarragon or cucumber may be used with advantage. Tomato vinegar is also good for imparting piquancy.

Peas Soup.—Required: a gallon of stock, one pound of split peas, vegetables as for Lentil Soup, salt, pepper, herbs, and dripping. Cost, about 6d.

After washing the peas, soak them all night in the stock (that from boiled pork is suitable, or bone or other plain stock will do); put them on to boil, with a bit of dripping or the pot skimmings; fry the vegetables in a little more fat (reserving a carrot), add these when the liquid boils; skim well, and cook for about three hours, until the soup can be passed through a sieve or colander. Put it back in the pan with the remaining carrot grated and any desired thickening, sago gives a very pleasant smoothness; boil half an hour longer, then season to taste, and serve with dried mint or sage, and fried or toasted bread. A teaspoonful or more of curry-powder to each quart is a good addition to peas soup.

Peas Soup (Superior).—Boil the peas as above directed, but use medium white stock (No. 9), and add a couple of ounces of fresh butter and a pinch of sugar to the peas; do not fry the vegetables; add them all, thinly sliced, after just sweating them in butter, without browning. Boil until the soup can be rubbed through a hair sieve, then return it to the pan, and add boiling milk to thin it to the desired consistence, about as thick as cream, and put in a gill of hot cream last thing.

Peas Soup (Quickly made).—Required: some peas pudding and any stock from boiled meat. All that has to be done is to blend the stock and remains of pudding together until sufficiently thick, and to season in the usual way. If liked, small pieces of boiled pork or bacon can be served in the soup. Another way is to mix pea-powder, sold by grocers, with any plain stock; directions for use are given on the packets, but it is advisable to increase the time given for the boiling. This pea-powder may be had plain or flavoured with herbs; the latter kind, said to contain also a small proportion of meat extract, although in the form of powder, is usually labelled "pea soup." Mashed potatoes can be added to peas soup: take, say, equal parts of potatoes and peas pudding, and blend smoothly with boiling stock; then re-boil and season. This is liked by many people better than peas soup of the usual kind. Where peas soup is made often, the pea-powder should not be bought in packets: it suffers by exposure to the air. The tins are preferable.

Pepper Pot (a Hotch-Potch).—Put four quarts of cold water into a large stew-pan, with a mixture of any meats that may be preferred—either three pounds of gravy beef and half a pound of lean ham, or three pounds of the neck of mutton and half a pound of pickled pork; add half a cupful of best rice, a bunch of savoury herbs, two large onions, and three large potatoes coarsely grated. Skim the liquid carefully during the first half hour, and let it simmer gently until all the goodness is drawn out of the meat. This will require from four to six hours. Strain the soup and let it stand until cold, so that the fat may be entirely removed. Put the liquid into the stew-pan, with a large fowl cut into joints, then boil very slowly. When the fowl is almost tender, put in a dozen small, light, suet dumplings, and

a pint and a half of whatever vegetables are in season cut up into small pieces. In summer these will consist of peas, cauliflowers, French beans, lettuces, or spinach; and in winter of carrots, turnips, or celery. Season with cayenne and salt, if required. When the vegetables are done enough, serve the entire preparation in a tureen. In the West Indies, where this dish is a great favourite, it is so highly seasoned that it is universally known as "pepper pot." Time, about an hour after the fowl is put in.

Pheasant Soup.—The remains of a cooked bird will make a small quantity of soup, but for three pints or thereabouts, the addition of a pheasant *partially* roasted is essential. Required, in addition, stock (No. 5), and herbs, vegetables, seasoning, &c. Cost, about 5s.

Put in a stew-pan an ounce or two of butter and some lean raw ham, in dice, about a quarter of a pound, add a carrot, sliced, some celery, a bunch of herbs, an onion, or a shalot or two, and fry brown; then put in the remains of the cooked pheasant and the semi-roasted bird—excepting the breast and best part of the wings—add the stock, boil and skim, and cook gently for an hour or so, then rub the meat through a sieve, and strain the soup on to it, keeping back the vegetables. Cut up the meat from the breast and wings into small slices, add it, and a glass of sherry, with salt and a pinch of cayenne, re-heat, and serve. A slight thickening of roux improves. For a superior soup boil the inferior parts of the birds for a still longer time to get a fuller flavoured soup; strain, and if desired clear, clarify it (*see* page 24), then put in the sliced meat as before, and rather more wine than above mentioned.

Pickle Soup.—This is a popular Russian soup, for which there are many recipes. Weak stock forms the basis, and pickled cucumbers, with their liquor, are always added; sour cream and flour mixed are put in just before serving. A very good soup of the kind, likely to commend itself to English palates, may be made as follows:—Into two quarts of pale clear stock put a couple of tablespoonfuls of minced cucumber pickle, some vinegar, a dessertspoonful of capers and their liquor, the same measure of mango-chutney or pickle, and seasoning to taste, the salt and pepper being in moderation, that the soup may retain its piquancy. Boil until the flavours are blended, then put in a teacupful of sour cream and about two or three ounces of fine flour or rice-flour, the latter blended with a little stock. Boil up and serve.

Pot-au-Feu.—"This," says Sir Henry Thompson, "is an admirable dish" (referring to the national *pot-au-feu* of France), "in which a small portion of meat is made to yield all its nutritive qualities, and to go far in mingling its odour and savour with those of the fragrant vegetables, including sweet and savoury herbs, which are largely added to the stock. The beef, which is an essential portion of the dish, is often eaten hot, after the soup, but sometimes cold, with plenty of green salad and oil—doubtless the most palatable mode of serving."

The *bouillon* is the broth or soup of the *pot-au-feu*, and the well-known soups of a good Paris restaurant, as *paysanne* and *croûte-au-pot*, are but slight modifications of the original *pot-au-feu*; indeed, the broth may serve as the basis of many excellent soups.

The cleanliness of the vessel is important. A high French authority gives tinned iron or copper the palm, and nothing could be better than the pure steel pans of our own day when copper is not to be had. The division of the bones is necessary to obtain a good *bouillon*; in fact, some authorities contend that nothing short of thorough smashing (when they must be tied in a bag) will suffice. And it must be remembered that when they have served the *pot-au-feu* they are still of use for the stock-pot.

Pot-au-Feu. — Required: three pounds of fresh beef (it may be the thick part from the shoulder or top of the leg), two pounds of fresh bones, three quarts of cold water, one or two carrots, one turnip, two leeks, one parsnip, four good-sized onions, part of a head of celery, a large bunch of herbs, a teaspoonful of peppercorns, allspice-berries, and cloves (a few only of the latter), and a small dessert-spoonful of salt, added gradually, a portion only being put in at first. Cost, about 2s. 6d.

The bones are put in first, then the meat, tied neatly with tape, the herbs and spices in a muslin bag, and the cold water; and upon the gradual boiling and thorough skimming much of the success depends. When it boils, add the vegetables gradually, so as not to reduce the temperature of the liquor; skim it again, and then allow it to boil very slowly, but unceasingly, for four or five hours. The liquor should be clear, and of a pale golden-brown colour. When ready to serve, it may be coloured with browning salt or liquid browning, but either should be most sparingly used. Serve the soup with croûtons of bread, and, if liked, some of the vegetables in strips or dice. The meat, if served hot, is dished with the vegetables round it, and a sauce, the base being obtained from the *bouillon*, served with it. Sometimes a cabbage is added to the *pot-au-feu*; it may be quartered, tied with string, and put in twenty minutes or half an hour before serving, but the liquid keeps better if the cabbage be omitted. Another way consists in par-boiling the cabbage in the usual manner, and draining it well before adding it, and this we think is preferable. For one reason, any soup left over will not keep so well if the cabbage is boiled in it without the first boiling in water.

Potage à la Ceylon.—Required: two quarts of stock (No. 4), two eggs, half-a-pint of cream, an old fowl or rabbit, a tablespoonful each of grated cocoanut, sweet mango-pickle or chutney, curry-paste, tamarinds, and clear hot Indian pickles, a clove of garlic, a large onion, a sour apple, a bay-leaf, a tablespoonful of lemon or lime juice, seasoning, and boiled rice. Cost, about 4s. 9d. if fowl is used.

Joint the fowl, cut it up small, except the breast, and put it to boil in the stock, a little salt and lemon-juice being added now and then, followed by skimming. When it looks clear, cover it, and boil until the breast is tender; then remove it, cut it into tiny strips, cover, and put them aside. Put the skin and bone back into the pan, boil for two hours longer, then strain through a fine hair sieve or tammy cloth, and make up the quantity to two quarts with more of the stock used at first. Then grate the apple, chop the onion, put them in the stock with the cocoa-nut, chutney, garlic, pickles, herbs, and tamarinds; boil until tender, then wring the soup through the tammy. Put it back into the pan with the curry-paste and two ounces of arrowroot mixed with cold stock; boil up well, then put in the shredded fowl, just to get hot. Beat the eggs and cream (the whites of the eggs are to be omitted), heat them in a *bain-marie*, put into the tureen, and add the soup gradually, beating well. Last thing, put in the lime-juice and more seasoning.

Potage à la Chasseresse.—Required: two quarts of stock (No. 5), a bunch of herbs, an onion, two cloves, a teaspoonful of peppercorns, one ounce of glaze, a dessertspoonful of extract of meat, a calf's foot, a glass of Madeira, a dessertspoonful of curry or mulligatawny paste, and twenty quenelles (*see* QUENELLES À LA CHASSERESSE, in *Hot Entrées*.) Cost, about 2s.

Make the stock hot, put in the herbs, spices, and onion; boil a quarter of an hour, add salt to taste, and the curry and glaze, then the meat extract; cook for a few minutes longer. In a clean pan have ready the meat of a calf's

foot,* cut neatly into half-inch squares, pour on them the wine, and then strain to them the soup. Cover, and in a few minutes slip into the tureen the quenelles very carefully; pour the hot soup over them, and serve.

Potage à la Condé.—Required: one pound of *red* haricots, one onion, a glass of claret, three quarts of stock (No. 2), salt and pepper, a bunch of herbs, and one ounce each of butter and rice-flour. Cost, about 9d.

Soak the beans in cold water for twenty-four hours, drain them, and put them on to boil with the cold stock and butter; cook until they can be sieved, adding the onion (scalded) an hour beforehand. Remove the herbs, return the soup to the pan with the rice-flour blended with the claret, and salt and pepper to taste; boil for ten minutes more, and serve with fried croûtons. Time, from two to four hours.

Potage à la Condé (No. 2).—This is an excellent *vegetarian* soup. Required: beans as above, two large onions, a few stalks of celery and slices of carrot, herbs and seasoning, one ounce of butter, two ounces of browned flour, and three quarts of cold water. Cost, about 8d.

Wash the beans, and soak them in the water in which they will be boiled; put them on with the herbs and a pinch of brown sugar. In another pan fry the vegetables in the butter until well browned; add them, and boil for two to three hours, until they can be sieved; then put them back in the pan, add the thickening, and boil for ten minutes more. Skim well, and season to taste. This is very savoury, and extremely nourishing.

Potage à la Crécy.†—Required: carrots, butter, stock (No. 8), seasoning. Cost, about 4d. per quart.

For each quart of stock allow four large carrots; wash them, and grate the outer part; cut up the inner portion into slices. Put the latter in a pan, with a morsel of white sugar, salt, pepper, and a pinch of cayenne; add an ounce of butter, and cook for a quarter of an hour; then add the stock, boiling, and cook for an hour or longer, until the carrots can be sieved: then return the whole to the pan, with the grated carrots, and boil for forty to fifty minutes, adding more stock to make up the quantity. It should be as thick as ordinary cream. Ten minutes before serving put in one ounce of potato-flour, smoothly mixed with a little cold stock. Stir while adding it, and serve very hot, with fried croûtons.

Potage à la Palermo.—This is one of the best of the *maigre* soups. Required: two quarts of stock (No. 11), two eggs, four ounces of Naples macaroni, two ounces of butter, salt and pepper, a teacupful of cream, and two dozen *croquettes*, as under-mentioned. Cost, about 1s.

Make the stock hot, add the seasoning and butter, and the macaroni in half-inch lengths. Boil slowly for thirty or forty minutes, then beat up the eggs and cream; make them hot by setting the vessel in a saucepan of boiling water, and stirring until thick. Beat the hot soup to this by degrees, and put in the *croquettes* just before serving.

For the *croquettes*, blanch two ounces of good rice (Carolina), boil it in stock to cover until soft and tender, and the stock* absorbed; season with salt and pepper and one ounce of grated Parmesan cheese; add about an ounce of dissolved butter and a raw egg well beaten, then leave until cool. Make up into round balls of even size, dip into beaten egg, and then in crushed vermicelli; repeat this again, then fry

* This should be boiled in the stock-pot, and the meat pressed between two flat dishes until cold.

† Sometimes spelt "créci" or "cressy."

* About two or three gills will be needed; it should be put to the rice by degrees, and not stirred during the cooking. If the saucepan be slightly buttered, and the cooking gradual, it will not burn; but for all such preparations a double saucepan is the best.

a pale golden-brown. Drain before adding to the soup.

Potage à la Reine.—Required: a chicken, a blade of mace, a few peppercorns, salt, one ounce of sweet almonds, half a pint of cream, two pints and a half of stock (No. 9), two ounces of bread-crumbs from a French roll, and one ounce of arrowroot. Cost, about 4s.

Boil the chicken in the stock until tender, then take it out and let the stock get cold, when all the fat must be taken off. Skin the bird, and mince all the white meat of the wings and breast; then pound it with the crumbs, moistening with a little hot stock, and pass through a hair-sieve. Cut up the almonds, and soak them in cold stock to cover them for a few hours. When wanted, make the stock hot; add the arrowroot, blended with cold milk to a paste, bring to the boil, and add the stock from the almonds; put in the sieved chicken and bread and the boiling cream; cover, and leave by the fire for a few minutes, but do not let it boil. Season with salt, but it should be a delicately-flavoured soup. The spice should be tied in muslin, and put in the stock for a short time until sufficient flavour has been extracted.

For a more economical method, the cream may be reduced, milk taking the place of half of it, and the remains of a cold fowl can be used up. Sometimes rice boiled until tender is used instead of bread-crumbs, and the almonds can be dispensed with.

Note.—The legs of the bird should be reserved for devilling, and the bones put into the stock-pot.

Potage à la Reine (No. 2).—Required: three quarts of stock (No. 7), an old fowl, a turnip, an onion, half a head of celery, one ounce of pounded almonds, two ounces of rice, the yolks of three eggs, seasoning, milk, and cream. Cost, about 4s.

Boil the fowl in the stock until the breast is tender, then cut off the meat, and put it aside. Go on with the boiling of the rest until the meat falls from the bones; free it from skin, and put it in a mortar, with the yolks of the eggs (boiled hard) and the rice, which should be boiled with the fowl, and a spoonful or two of milk or cream and the almonds; pound all to a smooth paste, then strain off the stock into a clean pan (the bones and vegetables can go into the stock-pot for further boiling), and make up the quantity to three quarts. Add to the pounded meat the crumb of a small French roll, about a quarter of a pint, after rubbing it through a sieve; pour on the soup gradually, mixing well, bring it all to the point of boiling by degrees, and let it stand covered for a few minutes, but do not boil again.

This will not be pale and delicate-looking, but it is a very excellent flavoured soup. An old rabbit may be used in precisely the same way.

Ground almonds may be used to save the trouble of pounding, and some boiled chestnuts, shelled and pounded, will serve instead of the rice.

Potage à la Verona.—Required: a pint and a half of medium white stock (No. 9), a pint of milk, four eggs, some grated Parmesan cheese, two ounces of vermicelli, some heart-shaped croûtons, salt, and cayenne pepper. Cost, about 1s.

Boil up the stock, sprinkle in the vermicelli slowly; boil gently, and stir often until tender; then beat up the yolks of two raw eggs with the milk, and thicken it over the fire as if for custard; add the boiling soup to it very gradually, and season to taste. Have the croûtons ready, then coat them with the yolks of two eggs, boiled hard and sieved; sieve the whites of the eggs also, and put them in the soup. Arrange the croûtons nicely on a dish, and serve grated cheese on a separate dish.

Potage à la Windham.—Put into a saucepan some canned corn, American (a quart tin), a quart of the liquor from boiled chicken or rabbit, a pint, or thereabouts, of onion sauce, made with milk, salt and pepper to

taste, and a little chopped parsley; add a few drops of celery essence or some celery salt, and a pint of milk previously mixed with one ounce of chestnut-flour, and boiled. Thin with more boiling stock to the desired thickness, and serve as hot as possible. This is an American soup; the taste for it is an acquired one, but it is very wholesome and cheap. Cost of corn, from 7d. to 9d.

Potage à la Xavier.—Required: a couple of quarts of white stock (No. 9), boiled up with a few fresh vegetables, herbs, and seasoning, until nicely flavoured, some butter as under, and some grated cheese. Cost, about 1s.

Boil the stock, and skim it well. Make a batter by mixing the following ingredients in the order given—eight ounces of *Hungarian* flour, a teaspoonful of salt, the same of finely-powdered herbs, a fourth as much white pepper, and a good pinch of grated nutmeg; into the centre drop three eggs, add half a pint of milk, gradually, beating all the time from the centre with the back of a large wooden spoon. Beat hard for a few minutes, then, using a ladle perforated the same as an ordinary colander, put the batter into the boiling soup, stirring as it falls in. When boiled for ten to fifteen minutes, remove it from the fire and serve, the cheese being handed round. The batter for this must be regulated by the quality of the flour; more milk may be needed, it should be thin enough to just run through the ladle, but thick enough to retain its shape when in the soup. It is best to try a small quantity, after making as directed, adding more milk if required. Sometimes brown stock is used for the soup, and then stock takes the place of milk in the batter, and wine is sometimes added.

Potage Printanière.—(*See* JULIENNE or BRUNOISE.) Boil the vegetables, slice them, and stamp them into small rounds with a cutter. If savoury custard of various colours is used in addition to the vegetables, it must be cut in the same way. The soup then becomes POTAGE PRINTANIÈRE À LA ROYALE. Whenever savoury custard is added clarified stock should be used for the soup. The vegetables must be very thinly sliced before cutting them—literally wafer-like, both in size and thickness.

Potage de Riz à la Japonaise.—Required: three pints of stock (No. 8), two ounces of Japanese rice, seasoning, two eggs, half a pint of milk, a chopped shalot, some thyme and parsley, a few drops of spice essence (as nutmeg, clove, &c.), and some crushed vermicelli. Cost, about 7d.

First wash the rice, bring it to the boil in cold water, then drain it, and add the milk, butter, seasoning, the chopped parsley and other herbs, &c., to flavour pleasantly; cover, and cook for an hour or so, then beat in the egg, and take from the fire. Pour it out, and spread it evenly over a flat dish to make a layer half an inch deep; then leave until cold, and stamp it out in rounds or ovals; brush them over with a beaten-up raw egg, then roll them in crushed vermicelli, and fry a golden brown in hot fat; drain, and put them into the hot stock just before serving.

After cutting out the rice shapes, gather up the remnants and form into a cake; fry, and serve separately with meat of any kind.

This soup is nicer if slightly thickened with corn-flour, and a morsel of glaze or extract of meat improves it. If liked, stock No. 6 or 7 can be used.

Potage Santé.—Required: a gallon of weak stock, or water from boiled meat, a pound or more of mixed fresh vegetables, a bunch of parsley and some dried mint, salt and pepper, two ounces each of dripping, lean bacon, chestnut-flour, lentil-flour, and fine oatmeal, and a teaspoonful of sugar.

Make the fat hot, cut up the bacon,

add the vegetables and herbs, all finely cut, and fry for a few minutes; put in the stock, boil up, and skim, then cook until the vegetables are a complete pulp. Mix the oatmeal, &c., to a smooth paste with cold water, add a pint or so of the boiling stock, gradually, then pour it into the pan, and stir for a few minutes; boil for half an hour or more, and season to taste. In the soup tureen have some stale bread, crisped in the oven and *broken* up, pour the hot soup over, and then serve. Before serving, take out the bunch of parsley and mint.

This is a very cheap and nourishing soup, and will be liked by those who object to the flavour of *pulse* soups without other additions. A variation of it is made with ground haricots or pea-meal instead of lentil-flour; and if any carrots used are grated instead of being cut up with the rest, a very much better soup is the result.

Potato Soup (Superior).—If made just as directed, few people would imagine that this soup owed its flavour to such homely materials. It is very excellent and economical. Required: the water from a boiled fowl or rabbit, one pound of potatoes, two or three shalots, a few stalks of celery, a bunch of herbs, one egg, one pint of milk, two ounces of corn-flour, salt, and a teaspoonful or so of mignonette pepper, and a small slice of lean bacon. Cost, about 9d.

Put in a clean pan the meat liquor and the bones of the fowl or rabbit, with a little salt; boil it for a few hours until reduced to three pints, or rather less, skim it, and strain carefully. Put in a clean small pan the bacon, herbs, pepper, celery, and shalots; sweat them without browning, pour over them about half a pint of the meat liquor, and boil for an hour, then press the herbs, &c., well, and strain the liquor to the first lot. Boil the corn-flour and milk, beat in the egg, then put the potatoes (previously cooked by baking in their skins) into a large bowl, mash them well, add the milk, &c., then the stock, very gradually. Re-heat, and season to taste. The potatoes should be weighed after peeling. The soup will be much nicer if a potato masher or coarse sieve is used, the potatoes being passed through, and allowed to fall lightly into the tureen; then they only want careful mixing with the liquids.

Purée de Haricots Verts.—Required: a pint of dried green haricots, five pints of stock (No. 1), one pint of milk, two ounces of butter, two ounces of corn-flour, a bunch of herbs, enough mixed vegetables when sliced to fill a teacup, seasoning to taste. Cost, about 1s.

Soak the beans for twenty-four hours, put them on to boil in the stock, sweat the herbs and vegetables in the butter, add to the rest, and boil for several hours; then sieve the purée, put it back in the pan with the milk and arrowroot, previously boiled together, season to taste, and serve with croûtons.

If the water used for soaking the beans be first boiled and left until cold, they will be improved, or a pinch of bicarbonate of soda may be boiled with them. Vegetable stock or water may be used for this, and a handful of spinach will improve both colour and flavour.

Purée de Légumes à la Chicago.—Required: one pint each of tomato pulp (fresh or canned), stock (No. 1 or 2), and milk, and half a pint of cream, one small cucumber, one onion, salt and pepper, a small vegetable-marrow, and a teaspoonful of lemon-juice. Cost, about 1s. 9d.

Peel the cucumber and marrow, add the stock, onion, and tomatoes, and boil to a pulp; pass through a sieve, and return it to the pan; add the milk and cream, separately boiled, then season rather highly with salt and pepper, and stir in the lemon-juice off the fire. Cut some small fancy shapes from thin slices of stale bread, fry them a delicate brown, and add to the purée. This is an American recipe.

If tomato pulp is used it may be the French pulp, sold in tins, or some ripe tomatoes can be used. If tinned tomatoes of the usual kind are taken for it, the pulp must be measured after any superfluous liquor has been strained off. If a thicker soup is preferred, the milk or stock can be slightly reduced, or the whole can be thickened with two ounces of corn-flour or some pounded "cracker" crumbs.

Purée de Légumes en Mulligatawny.—Required: three pints of stock (No. 11), vegetables as undermentioned, enough to fill a quart measure, curry-paste, two ounces of rice-flour, lemon-juice, cocoa-nut, a bunch of herbs, seasoning, two ounces of butter, and some boiled rice. Cost, about 1s. 2d.

Get together celery, turnip, carrot, parsnip, onion or leek, vegetable-marrow, artichokes, in fact, as great a variety as possible; a bunch of watercress, a small lettuce, or some sorrel, will improve the soup. Wash and prepare the vegetables, slice them into a pan with the butter, and cook for twenty minutes; add the stock, and curry-paste, about a tablespoonful, with the same measure of grated cocoa-nut and lemon-juice; simmer slowly for an hour or longer, then stir in the rice-flour mixed with cold stock, and boil for twenty minutes more. Pass all through a sieve, re-boil it, and add salt to taste, with a little pepper, if not enough. It *may* be too thick, so much depends upon the kind of vegetables used; in that case dilute with more stock. The herbs for this should consist of a bay-leaf, thyme, parsley, a sprig of tarragon and chervil, and a little celery seed, all tied in muslin.

This is a *vegetarian* recipe. For meat eaters stock No. 4 can be substituted, and clarified fat used instead of butter. The soup must be skimmed during the boiling. With the rice, serve also some lemons cut into quarters.

Purée de Marrons.—Required: fifty chestnuts, four ounces of butter, three pints of stock (No. 9), three gills of cream, salt and peppercorns, a small piece of mace, a few drops of lemon-juice. Cost, about 1s. 9d.

Slit the outer skin of the nuts, and boil them in water until the inner brown skin will come off easily; then lay them in a pan with the butter, and sweat them for twenty minutes: they must not become brown; add the stock, and simmer carefully until the nuts have become pulpy, then pass through a hair sieve: the finer it is the nicer the soup; re-heat it with the cream, season to taste, and serve with croûtons. Add the lemon-juice last of all. For a cheaper soup, use half the quantity of chestnuts and butter, and milk instead of cream. Stock No. 10 can then be substituted. Thickening of flour, rice-flour, or corn-flour, must be added to make up for the deficiency of nuts. Fine sago or crushed tapioca is also a suitable thickening for this and similar soups.

Purée of Marrow.—Required: two or three young marrows, salt and pepper, a bay-leaf, an onion or two, a stalk or two of celery—the best part—one ounce of butter, one pint of milk, stock (No. 10), one gill of cream. Cost, about 1s.

Peel the marrow thinly, cut it up, and put into a clean pan with the butter and other vegetables and a little stock, barely enough to cover, with a little salt, and some white peppercorns and a bay-leaf tied in a bit of muslin. Boil to a pulp, then take out the spices and mash or sieve the vegetables. Put back into the pan, with the milk and cream separately boiled, and add more stock, hot, to bring the whole to the required consistency, say, of very thick cream or thin custard. When it boils up, it is ready to serve. A slight thickening of corn-flour improves this.

For a *vegetarian* soup, use water in place of stock, increase the milk, and add an egg, if liked. Serve croûtons or toasted bread with it.

Purée of Marrow (a very quick way).—Cut up some marrows into quarters, take out the seeds, and put them *unpeeled* into a potato-steamer, and steam until soft; then take off the peel, put the marrows in a large bowl, and mash them to a pulp; add boiling milk, salt and pepper, and a little white stock; boil up and serve.

If liked, thicken as before. Only very young marrows will do for this. Flavour with celery salt.

Purée of Peas (Dried).—Required: one pint of dried green peas, three quarts of stock (No. 1), a little colouring, salt and pepper, a large bunch of herbs, some vegetables (*see* LENTIL SOUP), and three ounces of potato-flour. Cost, about 6d.

Wash the peas, and soak them all night in cold water; if hard, it should be boiled, and left until cold. Put them on with the cold stock, bring to the boil, then add a pinch only of bicarbonate of soda, the herbs, and vegetables cleaned and sliced; boil until quite soft, then rub all through a wire sieve; put it back in the pan, with salt and pepper to taste, and add the potato-flour, previously mixed with half a pint of cold stock. Bring to the boil again, and in fifteen minutes serve the soup with fried bread cut into dice. Add the colouring last thing; a few drops will suffice. "Vegetable green" (liquid or paste) is quite harmless, or boil a spinach-leaf with the peas to give colour.

To convert this into a *vegetarian* soup use water in place of stock.

It is necessary to buy the very best peas for this; those known as "marrowfats" are reliable. Split green peas can also be bought; they cook in less time than whole ones. A pinch of white sugar improves, and if the flavour is liked, mint may be used instead of mixed herbs for flavouring.

The stock in which a piece of fresh pork has been boiled may be freed from fat, and used for the above. Stock from salted meats is unsuitable.

Rabbit Soup (White).—Required: a small rabbit, a few slices of onion or shalot, turnip, and celery, a gill of cream, stock No. 9, some white peppercorns and salt, a sprig of lemon thyme, and some arrowroot for thickening. Cost, about 2s.

Wash the rabbit well (put away the head, neck, liver, and kidneys), pour cold water over it, and just bring to the boil; then throw away the water, and add the stock, vegetables, herbs, and peppercorns. Stir until it boils, skim well, and simmer gently until tender; then take the meat from the bones and chop it finely, or moisten it with stock and rub through a sieve; put back the bones, &c., and boil for an hour or two longer; then strain, and add the meat, with more stock to make up the quantity to three pints; stir in arrowroot enough to make the soup as thick as good cream; season delicately with a drop or two of essence of mace or nutmeg; add the cream, previously warmed, and serve at once.

Rice Soup, Andalusian.—*See* recipe for RICE, ANDALUSIAN. Take as much of this as may be required, and add as much of the same kind of stock that was used at first as will reduce it to the proper consistence. Most people will prefer the greater portion of the fat removed by careful skimming. Any stock, brown or white, may be used. It should be served very hot.

Rice Soup, Plain (Vegetarian).—Take some plainly-boiled rice; add a little hot vegetarian stock of any sort, and about the same measure of hot milk, about a pint of liquid to two or three tablespoonfuls of rice. Bring to the boil, add a little salt and pepper, then shake in some dry grated cheese. Shake the pan, but do not stir, and serve with toast or fried bread. This is cheap, tasty, and digestible.

Rice Soup, Rich.—Take any sort of good white stock, and put in it some well-washed and blanched

rice, in the proportion of two ounces to each pint. Add any white vegetables in season to flavour and thicken; a small mushroom, with a morsel of leek or shalot, or a turnip or two, or some celery or vegetable marrow may be used. Add a bay-leaf, and boil until all can be sieved, then add sufficient boiling cream (or half milk) to bring it to the desired consistence. Various additions may be made to this; some small egg balls, or dice-shaped croûtons (*see* GARNISHES) are suitable; or grated cheese may be served with it; while for a first-rate soup little white quenelles are excellent. (*See* CHICKEN or VEAL QUENELLES, in *Hot Entrées.*)

Scotch Broth.—For this there are many recipes, but it has been said that a true Scot laughs at their precision; for, given barley and water, whatever vegetables are to be had are chopped up and thrown into the family broth pot—cabbage, carrots, onions, leeks, turnips, green peas, and beans. There could not be a more convenient and compendious form of food; there is scope for endless variation. Here all the valuable constituents of vegetables are retained and made the most of. Sometimes a carrot is grated, and added to the soup half an hour or so before serving. If mutton broth forms the basis, and the soup is made very thick with vegetables, it differs but little from HOTCH POTCH, save that in the latter case meat is served in the broth.

Sheep's Head Broth.—After washing and soaking the head, split it, and take out the brains. Required in addition: any suitable vegetables, a gallon of water, three ounces each of broken rice and pearl barley, and seasoning to taste. Cost, about 1s. 2d.

Bring the head and cold water to the boil, with a little salt; skim well, then put in the vegetables and a bunch of parsley, and the rice and barley, previously washed and soaked; boil until perfectly tender, then serve the head separately, and if liked, a portion of the vegetables, some of which can be cut up and served in the broth.

This is very plain. For a better broth, use less water, and, if liked, make some BRAIN CAKES, and put into the broth; otherwise, the brains may be used for sauce, and served with the head and tongue. Sometimes the brains are used for thickening the broth. They are cleared from all fibre, and boiled for a few minutes in the liquid, then beaten up with a little ketchup and vinegar and some chopped parsley, the hot broth being added gradually.

Oatmeal can be used for this instead of rice and barley, or a mixture of the three. It is very suitable for children's dinners.

Sheep's Head Soup.—This is a very good soup. Required: a sheep's head, a small slice of ham, some herbs and vegetables, seasoning, and colouring. Cost, about 1s. 3d.

Prepare the head by washing and soaking, take out the brains, and proceed as for SHEEP'S HEAD BROTH. Boil until the meat falls from the bones, then cut up the best pieces into neat squares, also the tongue (put bones, skin of tongue, and odds-and-ends of meat into the stock-pot), and make some brain cakes (*q.v.* in MADE DISHES) from the brains; add a little brown roux and seasoning to taste, with a spoonful of ketchup or store sauce; boil up and skim, and put in the meat, &c., a few minutes before serving.

For plain soup, reserve the tongue and brains for a separate dish, and serve rice, macaroni, or anything similar, in the soup. Sometimes tiny dumplings, plain or savoury, are added to it.

Spinach Soup.—Required: two pints of stock (No. 8), a dozen and a half of small spinach-balls (*q.v.* in GARNISHES), salt and pepper, and a little brown roux or other thickening. Cost, about 8d.

Make the stock hot; season and thicken it a little; if no brown roux, use corn-flour or browned flour, about

an ounce; re-boil and skim, and just before serving add the spinach-balls.

Spinach and Egg Soup.—Proceed as above, but put in some egg balls (*q.v.* in GARNISHES), and, in addition, the whites of two eggs, boiled hard, cut into tiny dice, or long, thin shreds. This is a very effective soup.

Split Peas, Boiling of, for Soups.—It will be noticed that some samples boil in a comparatively short time, and others retain their original form, no matter how long they are cooked. Those that fall freely into pulp should of course be chosen, and before laying in any quantity a few samples should be tried. This property of boiling depends upon the soil, &c.; beans and all leguminous plants are affected in like manner by the soil, from which certain matters are absorbed productive of the hardness complained of. A small quantity of borax or carbonate of soda will counteract it to a great extent.

Soup à la Bonne Femme.—Required: one quart of stock (No. 9), half a dozen spring onions, a small cucumber, a tender lettuce—all outer parts to be removed—a good bunch of sorrel, a sprig of parsley and chervil, a few drops of tarragon vinegar, salt and pepper, two eggs, one ounce of butter, and a gill of cream. Cost, about 1s. 4d.

First wash the lettuce and sorrel, dry them, and cut into shreds; wash and mince the onions, put them on with the butter to sweat, add the cucumber, peeled, sliced, and cut into dice; in five or ten minutes add the rest of the materials (eggs, cream, and vinegar excepted); boil slowly until tender, but not reduced to pulp; then beat up the eggs and cream, add the soup, and beat well; return it to the fire for a minute or two, stirring well—it must not quite reach boiling point—then put in the vinegar, off the fire, and serve with fried bread cut into strips; or a French roll may be sliced and cut up, then dried in a slow oven to a pale brown. This was the old-fashioned adjunct to this soup, but the fried bread is usually met with, and generally preferred.

This can be varied in many ways. Spinach is a suitable addition; the cucumber may be reduced, and the parsley and chervil can either be shredded with the rest or put in in little sprigs. If fresh tarragon is used, the leaves must be finely shredded, then the vinegar can be omitted.

Soup à la Mode.—Required: two pounds of shin of beef, one calf's foot, two ounces of pearl barley, two ounces of crushed tapioca, salt, as much celery-seed as will cover a threepenny-piece, an onion stuck with two cloves, a teaspoonful of black peppercorns, a tablespoonful each of mushroom ketchup and brown vinegar, and five pints of cold water. Cost, about 2s.

Take out the bone from the meat, remove the marrow, and put the bone into a large pan, with the meat tied in a nice shape with tape, the foot cleansed and jointed, and all the other ingredients, except the tapioca and salt; bring to the boil, skim well, and then add a little of the salt; boil gently for two hours (or, rather, simmer; the object is to furnish both soup and meat from this) or longer. Twenty minutes before serving shake in the tapioca, and stir, after it is added, very frequently; put in salt to taste, and pour into a hot soup tureen. Reserve a little of the soup, and continue the cooking of the meat and foot for another quarter of an hour, then thicken the gravy with brown roux; dish the meat in the centre, the foot round it, and the gravy poured over.

For a better soup, use stock No. 2 instead of water. For a cheaper soup, any ordinary thickening does in place of the French tapioca.

Soup with Macédoines.—Required: a tin of macédoines, stock No. 1 a quart or more, seasoning to taste, a teaspoonful of extract of meat, and half an ounce of French sheet gelatine, or a morsel of glaze. Cost, about 1s.

Put the stock into a pan, turn into it

the macédoines, with their liquor, a tiny lump of sugar, the extract of meat, and the glaze or gelatine. Bring to the boil, and as soon as the gelatine or glaze is thoroughly melted it is ready to serve.

This recipe shows how a poor stock may be very quickly converted into good soup. If preferred thicker, add an ounce of arrowroot or corn-flour. If good stock is available, leave out the glaze.

Soup, Clear, with Macédoines.—In this case the vegetables should be drained from the liquor, then rinsed in hot water, and put into the clear soup. Stock No. 6 or 7 is suitable. It should be flavoured and clarified in the usual way.

The liquor in the tin contains a good deal of flavour, and should be used in vegetable soups or stews, &c. Cost of macédoines, about 9d. per pint tin. Add a teaspoonful of wine, if liked.

Soup Piquant. — This is a winter soup, one of the best of the many *maigre* soups. Required: three pints of stock (No. 11), three ounces of potato-flour, one ounce of butter, a teaspoonful of scraped horse-radish, the same of chutnee and curry paste, a few drops of tarragon vinegar and lemon-juice, a saltspoonful of French mustard, and a little browning salt. Cost, about 8d.

An hour or two before using put into a basin the curry and all the other condiments, mixing well and covering. A pinch of sugar should also be added. Then bring the stock to the boil; melt the butter in another pan, mix the potato-flour with cold stock, add to the butter, and boil up, then pour the whole into the stock. Stir in the contents of the basin, first passed through a sieve, add more salt to taste, and the browning, and serve very hot. In passing the condiments through the sieve they should be moistened first with a little of the hot stock, and the mixture must all be carefully scraped from under the sieve, or it will be wasted, and the soup will suffer in flavour. If not convenient to mix them beforehand, they may be put straight into the soup, but a larger quantity will be needed, and the flavour is not so good.

A small quantity of lemon pickle is an excellent addition.

Spring Soup.—Prepare the vegetables as for JULIENNE, but instead of cooking them first in butter, put them straight into water, if for clear soups, and boil until tender; or they may be parboiled and finished in stock if not required to be clarified. (*See* BRUNOISE SOUP, BROWN.) Shredded lettuce or young cabbage can be used with other vegetables for this. Vegetables *may* be cut in other than strips for spring soups, but strictly this is not correct. (*See* also CONSOMMÉ JARDINIÈRE, NIVERNAISE and POTAGE PRINTANIÈRE.)

Succotash Soup.—Succotash is an American preparation, sold in tins. It consists of beans of various kinds, and corn, cooked ready for serving. It is generally served as a vegetable (directions will be found on the tins), but by adding an increased quantity of milk or vegetable stock to make it the required consistency it will furnish a very delicious soup. It is also highly nourishing and cheap. Cost, about a shilling per tin.

Some tomatoes may be used with the succotash, if liked, or for a plain soup some mashed potatoes are a good addition. There are many combinations—for instance, cooked haricots or some fresh beans; broad beans, if young and tender, are a very suitable addition, and barley or any other cereal can be used with succotash—in fact, some such food makes it still more acceptable to some English palates.

Sweetbread Soup.—Required: a calf's sweetbread, a quart of the liquor from veal tendons (*see* the INDEX), a pint of milk and cream mixed, some veal forcemeat, seasoning, &c., as below. Cost, about 4s. Will vary according to the time of year.

Prepare a sweetbread by blanching, boiling, trimming, and pressing until cold (*see* recipes for SWEETBREADS). Make the stock hot; after careful skimming, add salt, a drop of celery vinegar, or a pinch of celery salt, a drop of tarragon vinegar, and a pinch of soluble cayenne pepper. Make some balls from the forcemeat the size of a marble, and cut the sweetbread into dice; brush them over with beaten white of egg, take them up on the point of a skewer, and drop them into the soup a minute before serving. Mix the milk with half an ounce of arrowroot, add the cream, bring to the boil, and blend very thoroughly with the soup, then serve at once.

Note.—Make the forcemeat without suet, using butter instead, and before adding the balls to the soup, boil them first in stock for twenty minutes, and let them become cold.

This is a very rich and delicious soup. If preferred more highly flavoured, boil a slice of carrot, a morsel of onion scalded, and sprig of parsley in the stock for a few minutes. A tiny strip of ham, half an ounce or so, may be put in with them.

Tapioca Cream Soup. — Required: a quart of milk, a pint of stock (No. 9), three ounces of crushed tapioca, a gill of cream, salt, pepper, and a drop or two of essence of nutmeg, three eggs, and vegetables as undermentioned. Cost, about 1s. 4d.

Put into a muslin bag a tablespoonful each of celery and Spanish onion, very finely chopped, the same measure of *grated* carrot, and a teaspoonful of grated cocoa-nut, a saltspoonful of mignonette pepper, and a small bunch of herbs. Tie up the bag, put it in the stock, boil up, and just keep it simmering for half an hour, then remove the bag, giving it a good squeeze. This will colour the stock, and give it a rich appearance. Now sprinkle in the tapioca, stirring well; it will take twenty minutes to boil. Beat the yolks of the eggs up, heat the milk and cream in a *bain-marie*, and mix it with the eggs, then add the stock very gradually, first using a spoonful below boiling point. Return the whole to the pan, stir until it is on the *point* of boiling, then serve.

Tapioca Cream Soup (Plain). —Use stock No. 11; omit the eggs and half the cream. Increase the quantity of tapioca by another ounce. This is very good soup *maigre*. Fish soup of this kind, made from plain fish stock, is suitable for Lenten fare. The cocoa-nut may be omitted.

Tinned Soups.—A great variety of soups may now be had in tins, and for the most part they are very good. Those made by the leading firms average from eightpence to a shilling for a pint tin, and some will bear an equal measure of stock, and in some cases more, though there is a tendency on the part of the makers to over-rate their strength. The majority of them will bear a little extra seasoning and flavouring, and to some a little added thickening and a spoonful of wine are undoubtedly very great improvements. Among others, we may mention cressy, hare, game, giblet, grouse, julienne, kidney, tomato, vegetable, hotch-potch, mutton broth, green pea, mock turtle, real turtle, mulligatawny, venison, vermicelli, and Palestine. There are several sorts of Australian soups also in tins, and much lower in price than the above mentioned; the quality is not so good, but they are useful in emergencies. As a rule, they will be more satisfactory if sieved, the meat being stringy, and for adding to a good bone stock or vegetable stock they are by no means to be despised. The same caution applies to these as to other tinned meats—as soon as opened, whether the contents of the tin be required or not, empty it into an earthen vessel at once. Never leave the meat standing in the tin,

Tomato Curry Soup.—This is very delicious and inexpensive. Required: a quart tin of tomatoes, one pint

of stock (No. 1 or 2), one apple, one onion, half an ounce of curry-powder, a teaspoonful of curry-paste, the juice of half a lemon, or a teaspoonful of preserved tamarinds, a bunch of herbs (parsley, thyme, and bay-leaf), salt, pepper, a slice of bacon (lean) or ham, thickening. Cost, about 1s. 3d.

Cut up the bacon, melt it in the saucepan, add the herbs, sliced onion, and apple. The latter should not be sweet, a sour one is best. Put in the curry-powder and paste, add a little tomato liquor from the tin, then the rest gradually. Cover and cook for half an hour or more, then pass through a sieve; put back into the pan, with more seasoning if required (a little salt should be put in at first), the lemon-juice, and half an ounce of rice-flour mixed with cold stock. Boil up and skim, and serve with a plate of boiled rice sprinkled with a few saffron shreds.

For a *rich* soup of this sort use stock No. 7, and add a teaspoonful of extract of meat or half an ounce of glaze, using *all* curry or mulligatawny paste in place of the curry-powder.

Tomato Purée.—Required: one pound of tomatoes, fully ripe, and of good colour—see that they are not bruised or over-ripe—one carrot, a bunch of herbs, seasoning, a quart of stock (No. 4), an ounce and a half each of butter and corn-flour, a few drops of white vinegar or lemon-juice. Cost, about 1s.

Break the tomatoes into an enamelled stew-pan with the butter, vinegar, herbs, a little salt, a pinch of castor sugar, and half a dozen peppercorns. Wash and scrape the carrot, and grate the outer red part; put it with the rest, cover, and cook for half an hour; then add the stock, boil for half an hour more, and pass through a hair sieve. Mix the corn-flour with cold stock to a paste, add it to the soup, and re-boil. If not a good colour, put in a few drops of carmine or cochineal colouring.

Tomato Soup, Australian.—This is very cheap and quickly made. Required: a quart tin of tomatoes, the same measure of boiling water, a two-pound tin of Australian mutton, a pound of potatoes, salt, pepper, and a little browning. Cost, about 1s. 9d.

Take all the fat from the meat, and put it aside (it is not wanted for the soup). Put the tomatoes and boiling water in a saucepan, take out the skins of the tomatoes, and add the potatoes, sliced thinly; season, and boil gently for an hour, or until the potatoes are a pulp; then cut up the meat, put it in the soup, with all the jelly from the tin, and let it stand for a few minutes to become heated, but do not *boil* again.

This is a substantial dinner for children. It may be made thinner if required, and for a better soup use stock No. 1 or 2.

Veal Soup (German).—Take the meat liquor from neck or breast of veal that has been boiled for table. Boil it until reduced to half, add salt, and skim it well, add some sago or rice, previously cooked, and a quarter of an hour before serving, asparagus, cauliflower, or scorzonera, cooked, should be added. In the tureen beat up the yolks of two eggs with a gill of hot milk for each quart of soup; add the hot soup slowly, beating well, then serve at once.

This is very delicate and nourishing. For a more savoury soup, put in chopped parsley and some minced chives with a little pounded mace, with the other vegetables. Mace must, however, always be very cautiously used; essence of mace is useful.

Vegetable Soup with Herbs.—Required: two ounces of butter, a gill of cream, some sorrel, a lettuce, salt and pepper, tarragon and chervil, an ounce and a half of fine sago and a pint and a half of the water from haricot beans (preferably the green flageolets). Cost, about 8d.

Wash the sorrel, take out coarse fibres, and tear it into shreds, enough

to fill a large breakfast-cup; put it in a pan with the butter and the lettuce, washed and shredded, and cook for a few minutes, then add the bean water; bring to the boil, sprinkle in the sago, and boil until it is done. The French sago or crushed tapioca is done in twenty minutes. Season to taste, stir in the cream, and serve in a very hot tureen.

This is a little known soup in this country; it is considered a very good blood purifier. Nettle-tops or dandelion-leaves can be used with or instead of sorrel, and stock No. 11 can take the place of water.

White Soup.—This is simple and cheap, and quickly made. Required: one pound each of potatoes, celery, and onions, one pint of milk, two pints of water, salt and pepper, coralline or rizine to thicken. Cost, about 8d.

Parboil and slice the potatoes. Scald and slice the onions. Wash the celery, and cut it up very small. Put them all into a pan with the water, boiling, and the seasoning, skim, and simmer until thick and pulpy, then add the milk, and sprinkle in an ounce or two of rizine or coralline, these are quickly cooked; stir for a few minutes, then dilute with a little more hot water; boil again for a short time, and serve.

White Soup (Rich).—Required: one quart of stock (No. 9), one pint of milk and cream mixed, three ounces of French tapioca or sago, a few celery stalks and a small onion, salt and pepper, a few ounces of ham, and some croûtons. Cost, about 1s. 3d.

Make the stock hot, add the ham and vegetables, with a few white peppercorns or some mignonette pepper, and a pinch of salt; boil until reduced a fourth, then add the tapioca, stirring until it is transparent; boil the milk and cream, add them to the soup, after freeing it from the ham, vegetables, and spice (they may be loosely tied in muslin); season, and serve. With the croûtons, hand round some grated cheese. The ham can go in the stock-pot, as only a little of the goodness will be drawn out in the above.

Wines for Soups.—*See* WINES FOR GRAVIES AND SAUCES, *p.* 84.

Winter Soup (Cheap).—Required: one pound each of whole Egyptian lentils, split peas, coarse oatmeal, crushed wheat, and pearl barley, half a pound of Indian meal and half a pound of broken rice, two large carrots, two turnips, one parsnip, three or four leeks and one pound of onions, a large bunch of parsley, a teaspoonful of celery-seed, salt and pepper, an ounce of mixed peppercorns, allspice, and cloves, and six gallons of cold water. An ounce of brown sugar and four ounces of dripping are a great improvement. Cost, about 2s.

Wash the lentils and peas, soak them with the barley all night in the cold water; put them on to boil, add the sugar and dripping, bring to boiling point very slowly, skimming often; then add the vegetables in slices (herbs, spices, celery-seed, and parsley, all tied in muslin), the rice well washed, and the oatmeal. Boil for three hours or more, until pulpy, then mix the Indian meal with a little more cold water, add it to the soup, and boil for forty minutes longer. Some of the salt may be put in with the meal, the rest is to be added just before serving; none should be put in at first; take out the spice-bag, and serve.

The wheat should go in an hour and a half before the soup is served. Coarse whole-meal will do instead. This is excellent for soup-kitchens, cheap dinners, &c.

FISH SOUPS.

Fish soups are but little known and seldom met with except at the tables of the well-to-do and among fisher-folk; but they furnish a most wholesome and nutritious form of food, and a cheap one, where fish is plentiful; care is needed in their preparation, and the most gelatinous fish should always be employed for the basis; certain kinds of oily fish, viz., mackerel, herrings, and rich fish like salmon, should not be chosen. Generally speaking, fish soups are found to agree better when vegetables are served in them. In our list of fish stocks, the fish named are to be regarded as suggestive, by no means as exhaustive. The delicate kinds of white fish, as soles, plaice, turbot, and the like, will agree best with the majority; but when fish is to be had in abundance almost every sort may be utilised. To all brown fish soups a little sage is a good addition, and bread should be eaten with most of the rich varieties. *Bisques* are soups made from lobster, crab, cray-fish, &c. *Souchets* are given under FISH in a subsequent chapter, as fish souchet is not a soup in the strict sense of the word, though soup-like in appearance; and it is often served at the commencement of a dinner or luncheon, thus taking the place of soup and fish, and shortening the meal by a course; or at more elaborate meals sometimes a soup is served also; or a second dish of fish of a richer kind is served in addition to the souchet.

Bisque D'Écrevisses (Cray-fish Soup).—Required: fifty small cray-fish, four ounces of fresh butter, two ounces of the crumb of a French roll, four ounces of rice, two anchovies, an onion stuck with a couple of cloves, a bay-leaf, about a dessertspoonful of salt and half as much mignonette pepper, a few grains of cayenne, and a glass of light wine. Cost of fish, uncertain.

Take out the gut from the centre fin of the tail, shell the fish, and keep the tails whole. Pound the shells with anchovies, bread-crumbs, and butter; put them on to boil with some stock (about two quarts of No. 14 or 15), and the rice, well washed; add the onions and seasoning, and boil very gently for two hours; then pound the meat, reserving the tails, add it, and cook for a few minutes, then rub all through a sieve. Return it to the pan, re-heat it, but do not boil again; put in the tails and wine, cover, and in five to ten minutes serve the soup with croûtons or sippets any shape preferred.

This is excellent, both in flavour and colour.

For a more economical soup, or if the supply of cray-fish runs short, add a little lobster meat, or the shell of a lobster, or some lobster coral or "butter." The wine can be decreased or omitted, and a plainer stock used; or water, if the shell of a lobster is used, will answer.

See that the cray-fish are freshly-boiled ones. A hundred prawns may be substituted.

Bouille à Baisse, or Bouillabaisse.—Any kind of fish may be used for this dish: gurnard, haddock, whiting, mackerel, carp, red and grey mullet, soles, plaice, or lobsters, all do admirably for a bouillabaisse. Chop two onions and put them with a piece of butter in a stew-pan, and let them brown without burning, then arrange the fish (which has been previously cut into small pieces) in the pan, allowing half a pound of fish for each person. Add a small quantity of the

best olive-oil, a clove of garlic, two bay-leaves, a few slices of lemon, two or three tomatoes or a little tomato sauce, as much powdered saffron as will go on the point of a table-knife, and, lastly, a glass of white wine or Madeira. Put in sufficient stock to cover the whole, and boil from ten to fifteen minutes, skimming carefully the whole time. When ready to serve throw in a handful of chopped parsley, This quantity of flavouring is intended for six pounds of fish. On the Continent it is usually sent to table in two separate dishes—that is to say, the fish in one, and the sauce in a small deep dish; but we think the whole would look better served in a deep *entrée* dish.

Bouillabaisse (true Marseillaise fashion) should, according to Sir Henry Thompson, receive the addition of a portion of conger eel and a couple of dozen mussels, to four pounds of whiting, sole, red mullet, and fresh haddock. Two bay-leaves, two cloves, parsley, thyme, slices of lemon, the zest of a Seville orange, salt, pepper, pimento, saffron, a clove of garlic, and two red capsicums, are to be tied in a coarse net bag, and put in with the fish and six tablespoonfuls of pure olive-oil and three pints of water. Half an hour's boiling for all except the whiting is required; toasted bread in slices may be served apart or put in the soup tureen. Two or three glasses of French wine should be added, and, almost needless to say, the fish is to be cleansed with great nicety; and although it is usual to bone and cut it up first, we think the bones should be put in for the sake of their flavour. They can be tied up in the bag, and removed with the rest.

Clam Soup.—Wash the clams, and just cover them with boiling water; when the shells open, after a little boiling, take the clams from the shells, and save all the liquor; chop the fish, and strain the liquor; put both together in a pan with pepper, boil for a quarter of an hour, then thicken a little with white roux or flour and butter. Sometimes milk or water is added to the fish liquor, and a bit of onion used for flavouring. Toasted bread is often cut up and put in the tureen. For *rich* clam soups the yolks of eggs are used, with a spoonful or two of cream. Cost of clams, uncertain.

Clam Soup, American.—Boil the juice of the clams, after careful straining, season with salt, cayenne, and strained lemon-juice, and, if liked, a grate or two of nutmeg; enrich with drawn butter and a spoonful of cream, and thicken with cracker-crumbs. The clams are to be cut up small, and boiled for half an hour, the lemon-juice and cream being added at the moment of serving.

Conger Eel Soup.—Required: three pounds of conger eel, three quarts of water, a carrot, an onion, a good bunch of herbs, some whole spices (mixed, about a teaspoonful), salt, vegetables to serve in the soup, and thickening. Cost, about 1s. 4d.

Only the head and tail ends are required for this (the middles of the fish can be kept for other dishes). Wash them and put them on to boil in the water with the spices and a little salt; add the vegetables, lightly fried, with the herbs, and boil slowly, with frequent skimming, for about three hours. Then strain the soup, put in some cooked green peas or any other vegetables (about half a pint will do), and flavour with catsup or store sauce, and more salt to taste. Thicken a little with browned flour, or roux if liked; but this is often served unthickened.

Conger Eel Soup (White).—Do not fry the vegetables, use white peppercorns instead of mixed spices, and white roux or flour to thicken. Add some boiled milk just before serving, and omit the peas, using instead cooked white vegetables of any kind. A further improvement to this is effected by putting in a few pieces of the middle of the eel; they should be cooked with the rest, and removed as

soon as tender, then added just before serving.

Crab Soup (very good and economical).—Required: a freshly-boiled crab, a quart of milk, a quart of fish-stock, seasoning, rice, butter, &c. Cost, about 1s. 2d.

First wash half a pound of rice very carefully; put it on to boil in the milk, with a pinch of salt and cayenne pepper, and one ounce, or rather more, of fresh butter; when perfectly soft, mix with it all the yellow meat or pith from the body of the crab, and the stock (No. 14). Rub all through a hair sieve, and add a teaspoonful of essence of anchovies or shrimps, and more seasoning; return it to the pan, stir until it boils, then tear up the flesh from the claws of the crab with a couple of forks; put them in, and leave until heated through, but do not boil again. For this and many other preparations of crab, great care in its selection is very important. A small piece of stick cinnamon may be boiled with the rice when the flavour is not objected to: it is said to render crab easier of digestion.

After washing the rice, put it to soak in a pint of fish-stock for a few hours, and put it on to boil with the stock in addition to the milk; more stock should be added during the boiling, until another pint has been used. This makes a quart in addition to that used for the soup.

For a richer crab soup, use two crabs and rather less rice; other ingredients as above named.

Fish Mulligatawny. — Required: two pounds of fish, two quarts of stock (No. 14), two onions, two leeks, two apples, one carrot, one turnip, two ounces of clarified fat, a large bunch of herbs, plenty of parsley, one ounce of curry-powder, one ounce of curry-paste, salt to taste, and thickening. Cost, about 2s. 2d.

Prepare the soup as for Fish Soup (Brown); put the bones and trimmings in with the stock and a little salt, boil up, and skim well. In a separate pan melt the fat, mince the vegetables, and grate the apple; add the herbs, and fry for ten minutes; mix the curry-powder and paste with a little stock, stir to the boil, then add the whole to the first pan, and boil gently for an hour and a half. Have ready in the tureen some boiled rice, and the fish, separately cooked,* and cut into small squares; then strain the soup on to them, or rub the soup through a sieve, and re-boil before adding it. Put in a few drops of lemon-juice. If preferred, the soup can be thickened with brown roux or browned flour, and the boiled rice handed separately with cut lemons, quarters or slices.

Mulligatawny-paste is rather milder than curry-paste, and is sometimes preferred. If the curry-powder is not very fresh add to it a pinch of powdered coriander-seed.

Fish Soup (Brown). — Required: three pints of stock (No. 14), a bunch of herbs, a teaspoonful each of French vinegar, tarragon vinegar, and mushroom ketchup, a pound and a half of fresh white fish, a teacupful of minced vegetables (as great a variety as convenient, green vegetables excepted), two ounces of browned flour, two ounces of butter, seasoning to taste, and a small tomato. Cost, about 1s. 3d.

Wash the fish, remove the head, fins, &c., and put them into the stock with all the other materials (flour and butter excepted). Boil down to a quart, then strain. Put the butter in a stew-pan, add the flour, and mix well; put in the strained soup by degrees, then the fish cut into squares of an inch or thereabouts. Cook until the fish is tender. For this any flat fish can be used, or fresh haddock, whiting, &c. The bones should be boiled with the trimmings. A mixture of sea and river fish may be used.

* This may be boiled, steamed, baked, or fried; the latter is the most savoury. It must not be bread-crumbed. (See Fish Fried Plainly.)

For a richer soup add half an ounce of glaze and a glass of white wine when the fish is put in. Brown roux can be used instead of the flour and butter.

When fish with a strong taste is used, it is well to lay it for a while in vinegar and water. This treatment modifies the muddy taste complained of in river fish.

Fisherman's Soup.—Make a soup according to the following recipe, by which means the smallest fry may be utilised:—Take the fish caught in a day's angling—carp, dace, roach, perch, &c. Wash them in salt and water, and put them in a stew-pan, with a tomato, a leek, an onion, and a carrot sliced, a bunch of sweet herbs, and enough water to cover them. When boiled to a pulp, strain, and put the liquor back into the saucepan, with seasoning to taste, and a small quantity of rice or other grain for thickening. When this is cooked, put in some flavoured vinegar and a teaspoonful of soy or store sauce, and serve. If any of the fish are of good size they may be filleted, the bones to be stewed down with the rest, and the fillets divided, and put in a short time before serving.

Fish Soup à la Cardinal.—Make some stock by recipe No. 15; to a quart add the following: one ounce of white roux, one ounce of corn-flour mixed with a gill of milk and boiled, eighteen Lobster Quenelles (*q.v.* under Fish), a tablespoonful of lobster butter, a few drops of colouring, seasoning, and the yolks of two eggs. Put the stock in a pan, add the roux, then the milk and arrowroot or corn-flour, boil up and skim; add salt, cayenne, a squeeze of lemon-juice, a few drops of carmine, and when off the boil stir in the lobster butter. Put the raw yolks of eggs into a well-heated tureen, add the soup gradually, taking the usual precaution; put in the quenelles and a tablespoonful of light wine. Serve croûtons with this, and a plate of boiled rice. Cost, about 1s. 6d.

Fish Soup à la Guildhall.—Required: the head of a small cod-fish, a quart of fish stock (No. 15), a gill of white wine, a bunch of parsley, thyme, and a bay-leaf, a large onion, a ripe tomato, two ounces of butter, a tea-spoonful of essence of shrimps, one ounce of white roux, a dozen quenelles (*see* Fish, White, Quenelles of), and a quarter of a pint of freshly-shelled shrimps. Cost, about 1s. 10d.

Wash the head, put it on to boil with cold water to cover, and a little salt; bring to the boil and skim, then cook for two hours; strain the liquor, about half a pint, into a clean pan with the fish-stock, herbs, tomato, and a little salt; fry the onion brown in the butter, add it to the rest with some crushed peppercorns, and boil for half an hour, skimming very often; stir in the roux, boil up, and skim again; put in the wine and anchovy essence, with salt to taste, a little soluble cayenne, and a few drops of lemon-juice, then strain the soup through a hair sieve, put in the shrimps and quenelles, and serve.

For a clear soup, clarify in the usual way with eggs, add the shrimps and quenelles as above, but omit the roux, and put in a couple of ounces of cooked Italian paste, or macaroni in very short lengths. A few drops of carmine colouring should be put in the soup.

Haddock Soup.—Required: a fresh haddock of two to three pounds in weight, seasoning, roux, herbs, bread-crumbs, bacon, a little cream, some raw eggs, and four ounces of boiled rice. Cost, about 2s.

First wash the fish, and take the flesh off in fillets; put the heads, tails, bones, skin, fins, &c., on to boil with three quarts of cold water, a bunch of herbs, an onion stuck with cloves, and a few slices of carrot; add salt, boil gently, and remove the scum. When reduced to a pint and a half, strain the liquid. With the flesh of the fish proceed as follows:—Scrape it finely by laying it on a board, and with the pulp thus obtained mix a slice of bacon,

first minced and pounded with about three ounces of bread-crumbs soaked in fish-stock and squeezed dry; add salt, pepper, and powdered mixed herbs, with the yolks of a couple of eggs to bind the mixture, and an ounce of boiled rice. Form the whole into small balls or oval shapes, and dip them into the beaten whites of the eggs. To the soup add white roux and a tablespoonful or two of cream; boil it up, then put in the fish balls, and cook them for five minutes, adding the remaining portion of the rice at the same time. A few drops of anchovy essence, both in the soup and the fish balls, is a decided improvement.

Haddock Soup, with Shrimps.—This recipe is for a soup made from the remains of a cooked fish; after taking it from the bones and flaking it, there should be enough to fill a breakfast cup. Make stock from the bones and the shells of the shrimps (*see* Nos. 14 and 15), of which a quart will be required; after straining it into a clean saucepan, put in the flaked fish, with half the measure of picked shrimps, a teaspoonful of chopped parsley, and salt and pepper to taste, with any desired thickening (LIAISONS, p. 35); boil up, and serve with dice-shaped croûtons.

Both to this and the foregoing soup a little white wine may be added with advantage, and other fish, as brill, plaice, turbot, soles, and whiting, may be used just in the same way. If possible, remove the fish from the bones while hot, it flakes more easily than if left until cold—that is, it is more easily taken from the bones while warm.

Lobster and Prawn Soup.—Required: a fresh lobster, thirty or forty prawns, two quarts of stock (No. 15), from the shell of the lobster, and the heads and shells of the prawns flavoured with herbs and vegetables, cream, colouring, and thickening. Cost, uncertain.

Make the stock, strain it, and skim well; put it in a saucepan with enough white roux to thicken—it should be like good cream. When well skimmed, put in the prawns and the white meat of the lobster shredded, the claws cut into small pieces, and salt, cayenne pepper, and a few drops of carmine. Cover, and leave for five minutes, then put in some lemon-juice and a few drops of anchovy essence, a gill of hot cream, and the lobster coral. Do not boil again.

Lobster and Shrimp Soup may be made by using shrimps, increasing the proportion. If preferred, the soup may be sieved before adding the shrimps or prawns.

Lobster and Rice Soup (Economical and good).—Required: a tin of lobster (best quality), three ounces of rice, one pint of milk, the same of water and stock No. 15, seasoning, &c. Cost, about 1s. 4d.

Wash the rice, and blanch it (*see* RICE, TO BLANCH), put it into the water, and boil until soft; then add the stock and the lobster meat (claws excepted), cut into shreds, season to taste, put in a little anchovy essence, and rub all through a sieve; pound the claws with the butter and a few drops of anchovy essence and colouring, add the boiling milk by degrees, then the soup, also boiling; mix thoroughly, and serve at once.

Oyster Soup.—Required: two ounces of butter, one ounce of flour, three gills of milk, one gill of cream, a drop or two of essence of anchovies, twelve oysters. Cost, about 2s.

Melt the butter, add the flour, and stir until smooth; then the milk and cream, and stir until it boils. Boil the oyster liquor, skim it, season with the anchovy and a dust of cayenne; put in the oysters to "plump," but not to boil, or they would harden; then stir the contents of the two pans, and serve. The oysters may be cut up, but not bearded. This is an American recipe.

Oyster Soup, Economical.—Required: a tin of oysters, a score of oysters, a pint of milk, seasoning, a

little white roux, stock, and a few drops of anchovy essence. Cost, about 2s. 6d.

First put the liquor from the tinned and fresh oysters into a small saucepan; put in the oysters, and plump them; then set them aside, and rub the tinned oysters through a sieve, moistening them with the hot liquor. When all are through, add a little white stock, either "second stock" or made from veal (as No. 9), about half a pint; boil the milk, add to the rest, then boil up, and thicken with roux or flour and butter, well blended. Put in about a dessertspoonful of anchovy essence, or less, if it is very strong, add the oysters, and serve. Natives are not necessary; blue points answer for cooking.

Oyster Soup, Rich. — Take three dozen oysters, beard them, and let the beards boil in two pints of fish stock for twenty minutes. Pound the yolks of two hard-boiled eggs, an ounce of fresh butter, a saltspoonful of salt, a saltspoonful of white pepper, and a teaspoonful of anchovy essence and lemon-juice. Strain the stock, stir the pounded mixture into it, add the oyster liquor, and simmer all together for a few minutes. Add more salt and pepper, if necessary, and a pinch of cayenne, together with the oysters and the yolks of two unboiled eggs which have been well beaten. The soup must not boil after the oysters and raw eggs are added; it must be stirred by the side of the fire until it is thick and smooth, and then poured into a tureen, and served very hot. The soup may be thickened slightly with white roux or arrowroot mixed with milk or cream, and boiled up and skimmed before the oysters are added. Any nice fresh fish of the white kind may be used for the stock. Serve small croûtons with the soup.

Russian Fish Soup. — Required: some vegetables and herbs of the usual kinds for soups, fish, mixed varieties, and some stock or water, and seasoning. First boil down the vegetables in a little stock until it is well flavoured, then strain it, and add more to make up the quantity required. Into this put any well-cleaned fish, such as pike, perch, or any ordinary white fish; some should be rich, as eels, to give the soup good body; to a quart of stock about a pound of fish will be wanted. When well done, strain, and season to taste, and thicken a little with any of the usual white thickenings and a few ounces of sliced potatoes—about two ounces to a quart of soup. Where potatoes are objected to some potato-flour can be substituted. Serve cream with this; it should be handed separately.

Skate Soup. — The bones of skate are so delicate and gristly that they can easily be converted to jelly; consequently, good nourishing soup may be made of this fish. Clean two pounds of skate, and hang it in the open air for a day; cut it into small neat fillets, and put the trimmings and head into a saucepan, with two quarts of fish-stock or water. Let it simmer gently for an hour, and carefully remove the scum as it rises; then add an onion, a turnip, a bunch of parsley, and a few sticks of celery, and simmer all gently together till the liquor is reduced to one quart; then strain it carefully. The soup may be finished in two ways: either thicken the sauce with a little brown thickening, add the fillets, simmer them till done enough, and flavour the soup with a dessertspoonful of ketchup, a glass of sherry, and pepper and salt, if required; or drop two ounces of vermicelli into the soup, and when it is done enough—which will be in fifteen minutes—mix with the soup a quarter of a pint of cream beaten up with the yolk of an egg, stir it over the fire for a minute or two, then serve. When the soup is finished in the latter of these two ways, it is well to boil all the skate in the stock, and thus dispense with the fillets.

A mixture of skate and ling, to

which hake may be added, will make excellent soup. Eels are a good addition; the bones should be boiled with the fish used for the stock, and the fillets cooked and served in the soup.

Turtle.—The turtle, or sea tortoise, is found in most of the seas of warm climates. The green turtle is the variety used for making the celebrated turtle soup which forms such a noted feature of municipal feasts, hundreds of quarts being served every year at the Lord Mayor's dinner. This soup is so expensive, and also so

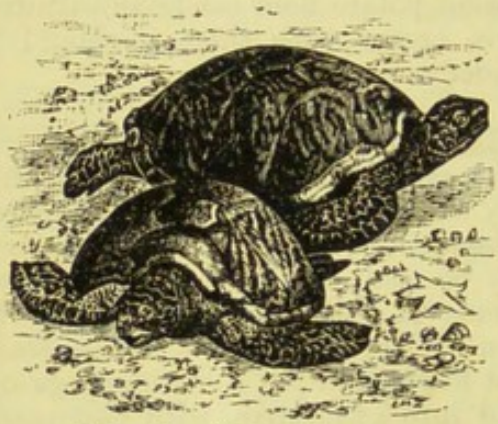


FIG. 15.—GREEN TURTLE.

difficult to prepare, that it is seldom made in private houses; if it is wanted, it is bought ready-made, the cost being a guinea a quart. The turtles from which soup is made in England are sent alive from the West Indies. They vary in weight from 30 lbs. to 500 lbs., and in price from 1s. to 2s. per lb., according to the state of the market.

Turtle Soup.—This recipe is for soup made from the dried turtle flesh; six ounces will make about three pints of good soup. It should be soaked in lukewarm water for three days and nights, and for the last twelve hours the heat of the water may be slightly increased. Change the water every twelve hours, and if a slightly unpleasant odour arises from the flesh, rub it lightly over with salt. Whilst the soaking process is going on keep the basin containing the turtle in a warm place, and during the night let it stand in a cool oven. For the last twelve hours let the water in which it is soaked be of a good warmth. When the meat has been soaked till it has lost its gluey appearance, and is swollen and comparatively soft, cut it into neat pieces two inches square, and boil it gently for twelve hours in strong stock prepared as follows:—Put a slice of lean undressed ham into a gallon saucepan, with a pound and a half of gravy beef, a pound and a half of knuckle of veal, two onions, each one with three cloves stuck into it, a head of celery, a small turnip and carrot, as much parsley as will fill a teacup, three teaspoonfuls of dried marjoram, three teaspoonfuls of dried basil, one or two mushrooms, if they are at hand, half a teaspoonful of lemon-thyme, half a saltspoonful of pennyroyal, a small teaspoonful of salt, and a small pinch of cayenne. If any chicken bones or pieces of cold roast meat are at hand, they may be added to the rest. Fill the saucepan with cold water, simmer the soup very gently for twelve hours, and remove the scum as it rises. The soup must on no account be left in the saucepan all night; but if the simmering is not finished at night, the soup must be poured out into a basin, set in a cool place, and put on the fire again next day. When the soup has been reduced to two quarts, strain carefully, and remove the fat with scrupulous care. Get a pound and a half of fresh eels, cut them into pieces two inches long, and boil these in the stock. When they are tender, lift them out of the stock, and again strain it by passing it through a jelly-bag two or three times; if necessary, clear it with white of egg. When it is clear, put in the pieces of turtle flesh, and boil them gently till they are as tender as well-dressed calf's head. At the last moment add rather more than a claret-glassful of good Madeira or good golden sherry. Pour the soup into the tureen, add a few drops of lemon-juice, and it will be ready for serving. If it is necessary to clarify the soup, whisk the whites of two eggs with about a gill of cold water. Stir this briskly

into the soup when it is just warm, let it boil, and gently lift off the scum as it rises. Draw the saucepan to the side, and let the soup simmer gently for half an hour. Let it stand a quarter of an hour to settle, and strain through a jelly-bag. If the soup has been gently simmered and carefully skimmed, it will most likely need only to be passed two or three times through a jelly-bag without further trouble. If thick soup is preferred to clear soup, moisten a tablespoonful of brown roux with a small portion of the soup. When it is quite smooth, pour it into the saucepan, and stir till it boils. When this thickening is used, it will be necessary to let the saucepan stand by the side of the fire with the lid on for a short time, that the fat may rise to the surface and be removed. It is customary to hand cut lemon and cayenne pepper with the soup. Forcemeat-balls or quenelles were at one time universally added, but are now more seldom used. For the first named, *see* FORCEMEAT BALLS, RICH, in the chapter on *Forcemeats*. For quenelles, *see* VEAL QUENELLES, under *Hot Entrées*. They may be made small, or moulded, just as preferred. Some authorities are of opinion that the preliminary soaking of the turtle flesh is a mistake, as it robs the soup of its flavour, and they advise instead that it be at once boiled in a small quantity of stock until nearly tender, after which, stock made as above described is to be added to the flesh for the final cooking. And with reference to the eels: it is almost generally accepted that they are an improvement, though some cooks object to them. The manufacture of turtle soup may be considerably simplified by buying, instead of the dried flesh, some "tinned turtle"; this only requires cutting up and cooking in the stock. The "green fat" may also be bought in tins. A very small tin serves for a good measure of soup; it is, however, frequently dispensed with. The proper turtle herbs and spices may also be obtained in packets and tins, with full directions for use. Then, by the use of stock No. 6 and the tinned turtle above referred to, a good deal of trouble may be saved. Probable cost of dried turtle, 8s. to 10s. per pound; green fat, from 4s. to 6s. per tin or bottle, according to size. We would add a reminder that the eels used in the soup will make a separate dish.

Wines for Soups.—*See* WINES FOR GRAVIES AND SAUCES, *p.* 84.

GRAVIES AND SAUCES.

(*For* SALAD DRESSINGS, *see* SALADS.)

GENERAL REMARKS.

THE difference between good and bad cookery is very strikingly shown in the preparation of gravies and sauces; the latter, especially "the *one* sauce"—viz., melted butter—have always excited the raillery of the foreigner; and although there may be more wit than justice in the epigram, yet many people are much in the dark as to the initial methods of procedure. Hence, a short sketch of the requirements seems a fitting prelude to the detailed recipes themselves; and taking them in order, first a few words on

GRAVY.

The main points here should be an appetising appearance, harmony of flavours in the making, and suitability of kind to the dish of which it is an adjunct; and perhaps these details involve greater care on the part of the cook than is at first apparent. Both the eye and the palate must be studied—the one is appealed to through the other; and cleanliness must hold supreme sway in the kitchen, or every attempt at gravies will end in failure—a sweeping assertion, some may say, but it is literally true. The saucepan, particularly the lid and the rim, should be as free from dirt as a teacup. But for the present we leave this subject, and return to our gravies, which comprise the various kinds known as "made gravies"—the pure gravies of a joint are referred to in their order; and we will ask the reader to turn to STOCKS. Nos. 1, 2, 4, 5 will serve every-day purposes; No. 3 has many uses, and Nos. 6, 7, and 8 are admirably adapted for good gravies; while, needless to say, many gravies can be made from the vegetable and fish stocks therein given. But for rich gravies a special stock is required such as is given in Nos. 16 and 17.

With regard to harmony of flavours, it would be impossible to describe all the various methods of flavouring, or all the possible combinations; but we may point out that certain flavours, as anchovy, develop others; while other flavours, as tarragon, have an overpowering tendency. The indiscriminate use of high seasonings must be guarded against. What is the use of making a decoction of herbs and vegetables and meat, if it is to be *killed* with ketchup or Worcester* sauce? Again, a *twang* may be imparted to gravies by rubbing a bead of garlic over the bottom of the saucepan, while to boil the garlic in the gravy would render it uneatable. There are few things better adapted, perhaps, for adding to the flavour of gravy than a bit of ham of good quality and a morsel of

* No particular make is intended. It is referred to solely as a type.

tomato; skins and pips can be thus used up, but it is well not to add them in the early stage, as we will point out later.

Then the appearance of the gravy. Freedom from fat is essential (to attain this, *see* page 32); and to make a somewhat paradoxical remark, *brown* gravy should not be *grey*, yet it often is. The chief causes are the hastily-added thickening of raw flour and water, and the disregard of the fact that gravies, like soups, take time; when well made, gravies require but little added colouring, even for the brownest kinds. Those we have given on page 33 may be safely employed. Colouring-balls, a French preparation sold in tins, and granular browning salt, are also unobjectionable for some sorts, such as are to accompany very savoury dishes.

Then the thickening. A common error is to make thickened gravies too thick. The distinction between a gravy and a sauce is often not sufficiently marked—a gravy served with a roast fowl is an illustration—

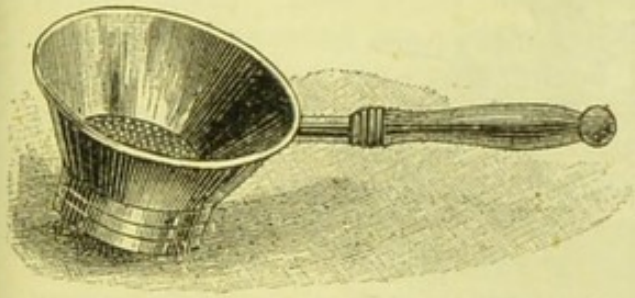


Fig. 16.—Gravy Strainer.

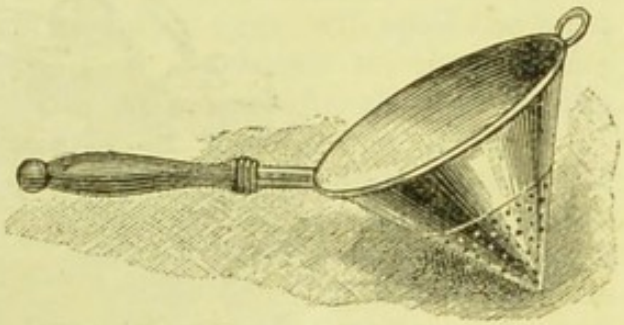


Fig. 17.—Pointed Strainer.

and need we add that brown roux is the best thickening medium. Remember that by this means not only is the raw taste avoided and the gravy thickened, but that important element, colour, is introduced or strengthened.

For gravies which are required thickened, but clear also, brown roux, of course, is out of place; here arrowroot comes to the rescue, and it is easy to get any desired consistency by adding it little by little, and letting it boil up (*see* page 35). Corn-flour is similarly used.

Gravies should always be carefully strained; for this purpose strainers are necessary. The illustration in Fig. 16 shows the commonest and cheapest form; but the pointed strainer (Fig. 17) is much more useful, especially when required for gravy which has to be poured *round* instead of *over* meat, &c. Both kinds may be had with fine bottoms, suitable for clear gravy, varying up to the coarsest, which answer for sauces also. Two or three should be found in every well-appointed kitchen.

SAUCES.

M. Soyer has said that sauces are to cookery what grammar is to language and the gamut is to music; and all good cooks know well that sauce should serve both as a relish and a finish to the dish which it accompanies. Even the plainest kinds should be attractive in appearance, for the most homely dish is rendered more enjoyable, and the most

elaborate one is enhanced by a well-made sauce; while to turn for a moment to the economical side of the question, it is certain that the family joint goes farther, and is made more wholesome, if a tureen of some substantial sauce be served with it.

Were we asked to name the chief aids to the concoction of good sauces and gravies—and by good we mean not of necessity costly, but carefully made—we should say suitable utensils, as pans of tinned copper or iron, enamelled iron, pure steel, or fire-proof china; sieves and strainers of hair and wire, and tammy-cloth; not all of them indispensable, but to many sorts a fine sieve or a tammy-cloth is "the making" of the sauce. A hot sauce cannot be served *too* hot; and so far as possible, the white ones should be served as soon as they are made; sometimes the colour suffers a good deal by waiting, but when this is unavoidable, the *bain-*

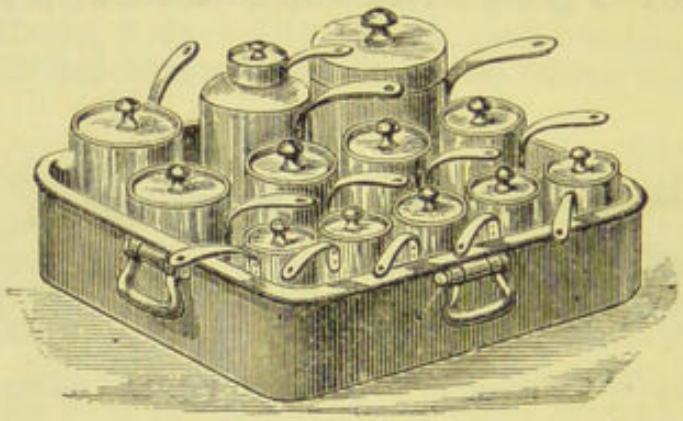


Fig. 18.—Bain-Marie Pan

marie, or a substitute, should be employed. If any must be left in the saucepans, let them be the brown, not the white sauces.

The *bain-marie*, as will be seen from the illustration above, is a shallow pan fitted with from seven to sixteen vessels (including a glaze-pot), in which sauces, gravies, and delicate dishes may be kept hot, without spoiling, when sufficiently cooked; and such a vessel affords the best possible way of conveying heat without burning or spoiling the flavour. When used, the pan is filled (from half to three-parts its depth, according to the number of saucepans to be set in it) with boiling water, and the vessels containing the sauces, &c., are covered and set into it; it is then drawn back and left on the hot plate, where it will remain just below boiling point, otherwise many sauces would become too thick.

The principle of the *bain-marie* should be adopted in all households where, from any cause, regularity and punctuality in the serving of meals cannot be relied on. Where a proper pan is out of the question, instead of retaining the saucepans with their contents by the fire, by which means they would probably burn or be smoked, or otherwise spoiled, proceed as follows:—Put the water, as above directed, in a stout baking-tin, cake-tin, stew-pan, sauté-pan, or anything handy; adapt the size and shape to the size and number of the vessels to be kept hot; set in the pans, covered tightly, or turn the contents of the saucepans into upright

jars, and cover them; this takes less room, as several may be set in one tin.

To Thicken and Enrich Sauces, brown and white roux, arrowroot, corn-flour, rice-flour, chestnut-flour, eggs, butter, milk, and cream, are commonly employed. We may here mention that when roux is required, if by chance it is not available, the next best thing is to melt the butter in the saucepan, then to stir in the flour, and cook it; if for a brown sauce, let it become brown before the liquid is put in. This is not equal to roux, but it is a good substitute. When milk is added, it should be first boiled; the same with cream. Arrowroot, or anything of the same starchy nature, must be blended with cold liquid before adding it. Eggs must be fresh, and should be strained after beating; the liquid must never boil after they are put in, and if acid is put into the same sauce, that should be added most carefully; lemon or orange juice should always be strained. Butter is often put into sauces at the moment of serving, to enrich and give smoothness; this should be done off the fire, and the sauce is not to be heated again. Bad butter, stale milk, and musty eggs, will spoil the most carefully concocted sauce in the world; it is far better to cheapen the sauce by reducing the quantities of expensive ingredients, than to try the experiment of introducing inferior articles.

To Sieve and Tammy Sauces.—A special tammy should be used for white sauces: that is, when a new cloth is bought it should be kept for white dishes for a time, then transferred to the brown and coloured section. Brown and other sauces which are sufficiently liquid may be wrung through a tammy; anything which demands rubbing through requires two persons, each holding the cloth in the left hand, and rubbing with a large wooden spoon held in the right. A tammy-cloth must be well washed; it should be put in soak as soon as done with, and dried, never put into a drawer when damp. The best will be found the cheapest. Hair sieves, some very fine, almost as fine as a tammy, may now be had, and cost but little; these require thorough rinsing, especially the rim, and careful drying each time they are used; anything of an acid nature should, if possible, always be put through a hair sieve in preference to a wire one. A large spoon or a round vegetable press the size of a saucer is useful to rub purées, &c., through a sieve, and saves time; with a small spoon the process is very tedious.

Colouring Sauces.—Colouring for brown sauces must be regulated by the nature of the sauce itself and the dish to which it belongs. For a rich deep brown, a few drops of carmine are most useful; all for which a good stock is used, and to which claret or port is added, are generally dark enough. Then in roux, glaze, and meat extract, we have materials which serve the triple purpose of giving colour, body, and richness of flavour. Unless otherwise specified, always skim while boiling *brown* sauces or gravies to which thickening has been added.

For *green* sauce, the "vegetable colouring" sold by grocers is useful; it may be had in the form of liquid and paste: the first for clear sauce, and the second for any dish in which clearness is not an object. Colouring may also be made at home from spinach or parsley. The leaves should be washed, and pounded in a mortar until the juice flows; it is then poured off into a jar, set in boiling water for a few minutes, and

drained on a hair sieve. The greening thus made is for immediate use only. For *red*, carmine is now used in preference to cochineal, as it retains its colour well; very little is required, and any shade, from the palest pink to rich crimson, may be given. This is a liquid, and may be used for any dish. *Yellow* colouring is required but seldom, when yolks of eggs are used in the sauce; when it is required, liquid saffron or apricot yellow, the latter in paste form, can be employed for all purposes. Only the best qualities of these articles should be employed. They should bear the name of the maker, and be certified pure. Low-priced, nameless goods of this class are dear in the end; not unfrequently spoil the whole dish; will not keep; and are often absolutely injurious.

Wines for Gravies and Sauces.—It has been well said that imitation port added to a gravy has as disastrous an effect as the contents of a blacking bottle, but that mock sherry is a still more horrible compound. The moral is, use genuine wine, or dispense with it altogether. Taking the wines in common use, first a word on *Port*. Always keep a bottle handy in which to put the dregs from wine decanted for the table. In time they will settle considerably, and serve excellently for such dishes as jugged hare, venison, &c., as well as for Salmi sauce, and many others that are served with game; and for purées and soups of hare and other game, or of brown meat. *Sherry* should be a golden wine, not a pale, dry variety. When very good it may be used in place of Madeira. The latter is particularly recommended for the rich brown sauces that are sometimes served with calf's head; it is also the wine *par excellence* for mock or real turtle soup. The dregs of these two wines may be bottled together. For clear gravies, of course the clear wine is wanted; the dregs will only answer for those that are thickened. *Claret* is a useful wine in the kitchen. It need not be a high-priced brand, but it must be sound; a "vinegary" wine is very often destructive to the flavour of the entire dish. *Burgundy* may often take the place of port in a dish; so may a good claret; but in such cases a little extra flavouring and body must be given to the sauce or gravy. For instance, if fruit jelly is an ingredient, supposing a teaspoonful to a glass of port, one might nearly double it for the same measure of claret or Burgundy. *Light Wines.*—In many recipes in this work the term "light wine" is used, and much must be left to the discretion of the cook, and the materials at command. The French wines of the white class, Chablis, Hock, Sauterne, and others, may be used for many fish sauces. The same wines, to which may be added Marsala, are frequently used by French cooks in gravies for braised beef and similar dishes. If at any time Marsala is used in place of sherry, a better wine is needed than for such dishes as are only dependent upon the lightest of these wines for their flavour; that is to say, while a very cheap one might suffice for a marinade of fish, something better would be wanted in making the gravy for beef fillets or veal cutlets.

Finally, we would add that all the stocks given under *Stocks and Soups* can be utilised for sauces, in high-class recipes choosing Nos. 16 and 17 for the principal kinds of brown sauces.

GRAVIES.

Curry Gravy.—(*See* GRAVY À LA DIABLE.) Make in the same way, omitting the wine, and adding a tablespoonful or more of curry sauce, sold in bottles. Keep this sauce well corked, or it quickly loses strength. In place of the latter a teaspoonful of good curry-paste mixed with a little stock can be used.

This is useful for meat, poultry, game, or fish, and can be used in many ways.

Gravy à la Diable.—Required: half a pint of clear brown stock (No. 6, 7, or 8), half an ounce of arrowroot, a tablespoonful of claret, a teaspoonful of French mustard, a dessertspoonful of Worcester sauce, and a little soluble cayenne, with salt to taste, and a few drops of soy.

Mix the thickening with the claret, add the rest of the ingredients, and boil for a few minutes. Serve with kidneys, steaks, &c., or with grilled fish. For a hotter sauce, increase the Worcester sauce, or boil a few capsicum seeds in the gravy.

Another way.—Add a fried shalot to the gravy, and substitute port for claret; boil and skim well, and strain through a pointed strainer.

Gravy à la Game.—Mix together the following ingredients: one ounce of arrowroot, one pint of stock (No. 4), one teaspoonful each of red currant jelly and tomato pulp, one tablespoonful of claret, the same measure of port, a few drops of lemon-juice and a bunch of herbs (thyme, parsley, bay-leaf, and marjoram), one onion cut up small, and a few drops of tarragon vinegar.

First blend the arrowroot with the stock, then put in all the rest. Cover, and leave for a time, when they will be warm, then bring slowly to the boil, stirring all the time, strain, and add a little salt. When straining, press the *débris* well to get out the flavour. Put the herbs and onion in the stock-pot.

This is useful for kidney and brown meats generally; it may be served with the meat, or the latter may be stewed, or re-heated in the gravy. Cold game may also be re-heated in it.

Gravy for Ducks.—(*See* GRAVY FOR GOOSE.) Make it in the same way, using the giblets of the duck; or, if they are wanted for other purposes, fry some mixed vegetables and herbs, including a few sage-leaves, in hot fat; add stock No. 4 or 8, and boil for an hour, then strain and thicken a little, and add a good seasoning of salt, pepper, and a pinch of grated nutmeg. Both to this and gravy for geese a spoonful of mustard can be added, either with or without wine. Put in a little browning and ketchup or sauce also.

Apple sauce is usually served in addition to the gravy, but if not required, an apple may be grated and boiled in the gravy, in which case enough thickening to bind the whole well must be used; a tomato can be put in instead of the apple.

Gravy for Baked Fish.—This is a plain gravy. Take the fish from the tin, say a haddock, plaice, or piece of cod-fish; pour off the fat, then shake in a teaspoonful of browned flour; add half a pint of fish stock or water, a tablespoonful of brown vinegar, a teaspoonful of ketchup or store sauce, with a little salt; stir well, scraping the tin, then boil up, and pour through a strainer *round* the fish. This is sufficient for two lbs. of fish. *Or*, add to the water a little herbal vinegar or pickle vinegar, in place of the ketchup. A teaspoonful each of French mustard and chutney, or a little anchovy essence, may be used in place of vinegar, if preferred.

Gravy for Roast Fowl, Plain.—Wash and put the trimmings

of the fowl (the neck, &c., and, if not eaten with the bird, the liver and gizzard) in a saucepan, with a few bits of vegetable, the ordinary sorts (*see* STOCKS and SOUPS), and a sprig of thyme and parsley; add a pint or more of stock No. 1 or 2, or for a better gravy No. 4, a few black peppercorns, and a clove or two, and an ounce of lean ham, with a small piece of milt and a very little salt. Boil for two to three hours; strain, and add more stock to make up the required quantity. Thicken with corn-flour, a dessertspoonful to the pint, or brown roux or browned flour; add a few drops of browning or a pinch of "granular salt," and a teaspoonful, or less, of store sauce or ketchup.

For a *richer* gravy fry the ham and vegetables before adding the stock; a tomato makes it much nicer, or some liquor from tinned tomatoes in place of some of the stock.

Gravy for Roast Fowl, Rich.—Use stock No. 6 or 7; it need not be clarified. Boil the neck, &c., in a small quantity for several hours, strain, and add as much more as is required. Thicken and flavour as above directed.

Make gravy for *turkey* in the same way.

Gravy for Roast Goose.—Fry the giblets with an onion, sliced, a bunch of herbs, a couple of sage-leaves, and some black peppercorns, in hot fat until brown; add a quart of common brown stock, and boil for two or three hours; then strain, add more stock to make up the quantity required, season, and thicken with a teaspoonful of roux to the pint; add, if liked, a glass of claret or port; reheat, but do not boil after this is put in.

The giblets will make a separate dish (*see* recipes under GOOSE). For a richer gravy, use stock No. 6, 7, 8, or one of the stocks for GRAVIES. (*See* also GRAVY À LA DIABLE.)

Gravy for Goslings.—Boil a pint of stock (No. 6 or 7) with a fried onion and a sage-leaf or two, for ten minutes; season, and strain. This is preferably served unthickened, but a little arrowroot can be put in. It should not be so dark or so fully flavoured as gravy for geese that are full grown.

Gravy for Hare (*see* GRAVY FOR ROAST RABBIT) that will answer for a plain dish. For clear gravy, *see* GRAVY, CLEAR, FOR ROAST RABBIT, but use port (the dregs should be kept for thick gravies); add a little tomato vinegar, and season with salt, cayenne, and lemon-juice.

For a thick gravy, add the liver, and if liked, some of the blood. (*See* HARE.)

Gravy, German, for Hare and game generally.—Required: a large onion, a bay-leaf, and a sprig of parsley and basil, browned in butter, a tablespoonful each of vinegar, black currant jam, and port, with salt, pepper, and nutmeg, and some stock.

Put a pint of stock (No. 16) in a stew-pan with all the above, wine excepted, boil and skim, and thicken with a bit of roux the size of a nut, and a teaspoonful of arrowroot; boil up, add the wine, cover for five minutes, then serve in a hot sauce-boat.

Gravy, German, for Kidney, Liver, &c.—Use any brown stock for this; to each pint put a minced tomato, a teaspoonful of caper vinegar, and the same of pickled shalot or onion, minced; season well, boil for twenty minutes, then pour through a strainer round the meat.

Gravy, Plain, for Hashes, Minces, &c.—We will suppose that the remains of a "cold shoulder" are to be hashed, and that a pound of meat is handy. For the gravy, take a pint of stock from the stock-pot, or made from the bone of the joint. Put an ounce of clarified fat in a pan; when hot, add a minced onion and any vegetable trimmings, and a bunch of

herbs; brown these well, add the stock, and boil up. Cook for a while, then strain; put the gravy in a pan, and add a little thickening of corn-flour, about a level tablespoonful; boil for a few minutes, then season to taste, and add a little ketchup or store sauce, or any kind of flavoured vinegar. For beef, browned flour can be used, or roux is better still.

Gravy, Superior, for Hashes, &c.—Use stock No. 4, and after cooking the vegetables in it as above, strain, and add enough roux to make it as thick as good cream, with a little colouring and sauce or ketchup. A spoonful of tomato pulp or conserve is an improvement to gravies of this sort, and tomato vinegar is useful; it is a good colour, and of excellent flavour; herbal or spiced vinegar in moderation also give an appetising "twang." If for beef, the gravy should be darker than for mutton.

Gravy, Plain, for Joints.—Pour the fat from the tin carefully; rinse out the tin with boiling water, or stock* from bones, scraping all the time with a spoon, until every particle of the concentrated gravy has been removed; each little brown speck represents the essence of the meat. Continue to stir until dissolved and the liquid becomes uniform in colour; then put it in a small saucepan, with a little salt, re-heat it, but it need not quite boil, and pour it through a pointed strainer, round, but not over the meat, reserving the greater portion for the tureen, which should be as hot as possible. If properly made, this will be dark enough for most people, but if a deeper colour is desired, it may be imparted by granular browning salt; it gives no unpleasant flavour, but if used, no other salt need be added. If a slightly thickened gravy is liked, dredge a morsel of flour on the tin, and brown it in the oven, or in front of the fire before the water is added, then just boil up; browned flour is preferable to raw flour. For a joint stuffed with sage and onions, boil the skin of a bit of onion in the gravy: it will colour and flavour it. This gravy is suitable for beef, pork, and mutton; veal gravy is differently made, being generally thickened and flavoured. (*See* below.)

Gravy for Roast Pheasant.—Some good stock is required, as No. 16. To a pint add a bit of glaze the size of a nut, a few drops of lemon-juice, a glass of white wine, and a tablespoonful or more of FUMET of GAME (q.v.). Boil up, and serve. For a plainer gravy, use stock No. 4 or 5; season it, and thicken with arrowroot or brown roux. To all gravies for game, the bones, however small in quantity, of any cooked game or poultry should be added to the stock, to give a fresh gamy flavour. Make gravy for *Partridges* in the same way.

Gravy for Sucking Pig.—A gravy made by pouring some stock in the pan, and boiling it up with that from the pig, is generally liked; a delicately flavoured stock, preferably from veal, should be used. Various kinds of sauce are served with sucking pig (q.v.). A little lemon-juice should be put in the gravy to counteract the richness of the dish.

Gravy for Roast Pork.—Make a gravy in the dripping-pan with bone stock, or stock No. 1 or 2. If liked thickened, put a little flour in the tin first, and let it brown. Boil up, add salt and a pinch of cayenne, and strain it round the meat. Lemon-juice, tomato vinegar, chutney, or curry-sauce, may be put in pork gravy; a small quantity only of either kind will give the required piquancy, and render it more digestible.

Gravy for Roast Rabbit.—After pouring away the fat, put in the tin a pint or so of stock (No. 4 or 5), with a teaspoonful of mushroom ketchup, and salt and pepper to taste; add a gill or thereabouts of

* A broth from a bone is here referred to, not stock-pot liquor.

brown sauce, or thicken with roux or browned flour to the thickness of cream; colour, and add a few drops of flavoured vinegar if a piquant gravy is liked. A bit of red currant jelly and a tablespoonful of port or claret should be put in if a good gravy is required. GRAVY À LA GAME may also be served with this.

Gravy, Clear, for Roast Rabbit.—Pour the fat from the baking-tin; pour into it a pint of stock (No. 16), boil it up, and add a glass of claret, sherry, or Madeira; strain a little round the rabbit, and serve the rest in a sauce-boat. A slight thickening of arrowroot may be used, if preferred; many people object to a thin gravy, however good it may be.

Gravy for Roast Veal.—There are many ways of preparing this; generally, for a plain family dinner a thick gravy is preferred. To make a good one, pour away the fat from the tin, and add some veal stock, made from bones or from beef and veal bones, about a pint to a small joint; scrape the tin well, then add a little brown roux to make it as thick as cream; boil up *well*, and flavour with store sauce or ketchup, or add a little vinegar and soy. A small quantity of glaze or extract of meat is a further improvement, and for better gravy use stock No. 6.

Another way.—Make a tureen of plain melted butter; add a little stock, and boil up in the tin; put in a spoonful of browning. The melted butter should be made with veal-bone stock, or any trimmings of the joint can be stewed down with a bit of ham for the purpose. This is paler in colour than the above.

Another way.—Boil up in the tin half a pint of any ordinary plain stock, then put in a little brown sauce to make it the desired thickness; season to taste, and put in a teaspoonful of mushroom-juice or cook a mushroom or two in the stock. A squeeze of lemon-juice improves veal gravy.

Gravy for Veal, Hashes, Minces, &c.—(*See* ENTRÉES AND MADE DISHES, and COLD MEAT COOKERY.)

Gravy for Venison, Plain.—Use any odd pieces of the neck or the trimmings of the joint; cut it up, and add to a pound a pint and a half of weak mutton stock from bones or the liquor from boiled mutton; put in a little salt and a few white peppercorns, bring to the boil, skim, and simmer for two hours, then strain for use.

Gravy for Venison, Rich.—Use a richer mutton stock, and add two ounces of lean ham; simmer as above described, with the same weight of meat, &c.

Gravy for Venison, Sweet.—Required: a glass of port, a tablespoonful of red currant jelly, a strip of lemon-peel, half a pint of gravy as in the preceding recipe, a pinch of salt and pepper. Mix in a saucepan, boil up, skim, and serve. A morsel of glaze may be added, and tomato jelly may be substituted for the red currant jelly.

Gravy, Orange, for Wild Duck, &c.—Put a minced shalot on to boil in a pint of stock (No. 6, 7, or 8). Add the thin rind of half a Seville orange, a little salt, a few peppercorns, a clove, and a strip of lemon-rind, a few leaves of basil and thyme, and boil for twenty minutes; then add the juice of half the orange and a tablespoonful of lemon-juice, a glass of claret or port, and a pinch of cayenne; re-heat, but do not quite boil this, then strain through a hot strainer. For a milder flavour, use loss rind, or boil it before adding it.

Gravy, American, for Wild Fowl.—To a gravy made as above an extra quantity of port is added, and a tablespoonful of black currant jelly. The flavour is good, so is the colour, and such a gravy "goes" with game of most kinds.

Gravy for Wild Fowl, teal, widgeon, and pigeons, may be made as

for PHEASANT. Or a slightly thickened gravy, from stock No. 16 or 17, flavoured with orange-juice or lemon-juice and wine, either sherry, Madeira, claret, or port, is suitable. Ortolans and quails may be similarly served. (*See* GAME and recipe for FUMET OF GAME.)

HOT SAUCES—MEAT, POULTRY, GAME, AND FISH.

Anchovy Sauce.—The simplest method is to mix a tablespoonful (more or less, according to taste) of essence of anchovies with a pint of melted butter. *Or* anchovy paste, sold in pots, may be used, but then a few drops of colouring will be wanted.

Anchovy Sauce for Beef Steak.—Mix half a pint of brown sauce with a tablespoonful of lemon-juice and a lump of anchovy butter the size of a walnut; heat it carefully, add a little carmine, and serve hot.

A very good sauce is made as above, with the addition of a teaspoonful of bruised capers and a tablespoonful of cucumber cut into dice (or it may be pulped), after cooking in a little butter until tender; it is called *anchovy sauce piquante*.

Apple Sauce.—Peel, core, and quarter a pound of good cooking apples; put them in a jar with a little water, just to keep them from burning; cook them, covered, in the oven to a pulp, then add enough sugar to sweeten, a little lemon-juice, an ounce of butter, and a pinch of grated nutmeg; rub through a sieve, and re-heat for use. If more convenient, the fruit may be boiled in a saucepan. For a *plain* sauce, leave out the butter, and beat to a pulp without sieving. A vegetable masher (called a potato masher) can be used for the same purpose.

Asparagus Sauce.—Cut the green tops of asparagus into half-inch lengths, wash them, and boil quickly until tender; then drain, and put them at the instant of serving into some béchamel or good melted butter, with a squeeze of lemon-juice. The sauce must not stand, or the asparagus will change colour. There should be a gill and a half of the asparagus points, before boiling, to each half pint of sauce.

Another way.—Use the water in which the asparagus is boiled to make the sauce. (For the method of making, *see* ASPARAGUS PURÉE dressed in VEGETABLES.)

Béchamel Sauce.—This is one of the most delicious as well as most useful of all the sauces; it is always popular, and worth making well. Béchamel should be creamy, therefore cream is a principal ingredient. There are many methods of preparing this sauce, and some are of a very complicated nature. The following is as simple as is consistent with so rich a sauce:—First, the stock, which must be strong and white. Veal, poultry, and ham form the foundation; a pound each of the meats and from two to four ounces of ham to two pints and a half of water will serve as a guide to proportions; and although fresh poultry is preferable (and it may be cheaper to buy an old fowl on purpose when large quantities are needed), still, cooked poultry can be used (the remains of a boiled fowl, for instance); and for a small portion of béchamel, if the larder contains a bone or two only of a fowl, with a scrap of fresh veal or a bone, and a morsel of lean bacon, anyone may readily indulge in the desired luxury. First lay the meats as above in a pan, with an ounce of butter and vegetables as given in STOCK No. 9; add a little of the water, and bring to the boil; add the rest by degrees, with a pinch of salt now and again, and when the whole is added, cover, and cook for eight or nine hours; leave it to cool, then free it from fat and sediment.

When required, put a pint and a half in a pan with a few button mushrooms, a morsel of carrot and turnip, salt and white peppercorns, a bit of mace, thyme, parsley, and bay-leaf; cover, and boil gently until reduced to a pint, then strain it, and add an equal measure of boiling cream. This makes a quart, which may be thickened in either of three ways. First, add white roux; *or*, melt three ounces of butter in a saucepan, and mix with it three ounces of fine dry flour; let it cook without browning, add the liquid, and boil up; *or*, use arrowroot, about three ounces, and stir in the same weight of butter. After the final boil up, tammy the sauce, and re-heat before serving. This is rich *creamy béchamel*, and in future recipes will be thus referred to; when *thick* béchamel is mentioned, the same sauce made thicker is intended—two ounces each of flour and butter or roux in proportion being used to each half pint. This serves for *masking* various dishes.

Béchamel (Economical).—For a pint of sauce, take half a pint of white stock, but do not boil it down; simmer the vegetables in half a pint of milk and water, mixed until flavoured, then strain; mix in the stock, add milk to make up a pint in all, then thicken as above, making it *creamy* or *thick*, as desired. The light part of the carrot only is used.

Béchamel Maigre.—This is made as above, but no stock is used. Take a gill of water and three gills of milk; cook the vegetables in the water, strain, add the boiling milk, then thicken and finish as above. For this and the preceding a hair sieve will do in place of a tammy.

Black Butter.—Melt in a frying-pan three ounces of butter, and let it become a rich brown; it must not become literally black butter, or it would be burnt butter. In another pan heat a tablespoonful each of chopped capers and their vinegar, French vinegar, and Harvey sauce. Take the butter from the fire, and stir in the contents of the second pan; add a pinch of pepper, and serve in a hot sauce-boat.

The capers may be omitted, and some sprigs of parsley added; they should be thrown into the hot butter; a second will crisp them. Sometimes a little ketchup is added.

Serve with skate or other fish, poached eggs, or calf's brains.

Bordelaise Sauce.—Required: half a pint of stock (Nos. 6 or 7), a gill and a half of claret, seasoning, and thickening. Cost, about 6d.

Rub a saucepan across the bottom with a clove of garlic; put in a bit of mace and half an inch of stick cinnamon, a good pinch of cayenne, then add the stock; boil until a fourth reduced, then strain, and add the claret. Mix three-quarters of an ounce of arrowroot to a smooth paste, add it very gradually, and boil up. It should look like thin treacle, and it is necessary that the stock be clear of fat and sediment, as, though a thickened sauce, it should be bright.

Serve with fish. (*See* also ENTRÉES.)

Bread Sauce.—Required: a pint of milk, one ounce of butter, a saltspoonful of salt, a small onion or shalot, two cloves, six crushed white peppercorns, a couple or three tablespoonfuls of cream, and half a pint of bread-crumbs.

Prepare the crumbs by rubbing some white bread of a few days old through a sieve; put them in a saucepan with the other ingredients, stir until the sauce boils, then simmer for ten minutes, stirring all the time; then take out the onion, and serve. If a mild onion flavour is liked, parboil or scald it before adding it to the sauce. If a very thick sauce is liked, increase the quantity of the crumbs; and if time is an object, the milk may be boiled and poured over the bread. After standing covered for half an hour, it only need be stirred just to the boil.

Bread Sauce (Vegetarian).

—Use whole-meal bread, and water instead of milk ; brown an ounce of flour and an ounce of butter together in a pan, mix in a fried onion and a clove or two, add the water and crumbs, and boil for a quarter of an hour; colour with browning, or put in a little ketchup or vinegar. Sometimes sage or other herb is added, and the onion, if finely chopped, may be left in the sauce. Remove the cloves before serving.

Brown Sauce.—In the preparation of dinners including a variety of dishes it would be quite impossible to make a start without a supply of sauce, such as the following. Besides, there are almost every-day uses for it in houses where little dishes are the rule: a "ladleful of brown sauce" enters into the composition of so many things; and we recommend the first recipe as one likely to meet ordinary requirements, and which we will call

Brown Sauce, Standard, No. 1.—Put a quart or more of brown stock (No. 4) into a saucepan, with a tomato sliced and a bunch of herbs; bring to the boil, and add some brown roux, four ounces to the quart, by degrees ; continue to boil, and skim so long as it throws up any fat; when clear, tammy it, and set aside for use. In cold weather a good supply may be made, as if boiled up occasionally it will keep well. In recipes throughout this work wherever "brown sauce" is mentioned, the above is intended, unless otherwise specified. The following is richer, and will be referred to as

Brown Sauce No. 2.—Substitute stock No. 16 (page 30), and make the sauce exactly as above. When roux is not at hand, use equal parts of flour and butter, and fry to a rich brown (with a slice of onion); two ounces and a half of each will be required, and the sauce must be boiled well.

Brown Sauce, Vegetarian.—Required: one ounce of butter, one ounce of flour, one or two mushrooms, a bunch of herbs, one pint of water, a crust of bread, one onion, two cloves, a teaspoonful of walnut ketchup. Cost, about 4d.

Put the crust of bread, after toasting it, in the water; when a good colour, strain it. Melt the butter, fry in it the onion, flour, mushrooms, and herbs; add the water, boil for half an hour, put in salt and pepper and the ketchup, then strain and use.

No. 2.—This is a piquant sauce. Fry together the vegetables as above, with a tomato; add the water (uncoloured), and a tablespoonful each of tomato vinegar and caper vinegar; boil for half an hour, then season and strain. The vegetable stocks, as used for soups, may serve as the foundation for these sauces; and to the last named some chopped capers, gherkins, or parsley may be added.

Suitable for serving with boiled rice or macaroni, boiled and stewed lentils, peas and beans, baked onions, and many other dishes. (*See* RICE, MACARONI, AND VEGETABLES.)

Burdwan Sauce.—Put in a stew-pan half a pint of stock (No. 7), or any similar; add a teaspoonful of soy, the same of cucumber vinegar, mushroom ketchup, and lemon pickle; bring to the boil, and tammy; put back in the pan, with a teaspoonful of extract of meat and a gill of brown sauce; boil for a few minutes, and serve hot. (*See* ENTRÉES and GAME AND POULTRY for the various uses of this sauce.)

Butter, Melted.—"So-called melted butter is the only sauce with which many people are acquainted, and the majority have never tasted it at all," was the apparently paradoxical sentence which met our eye a short time ago; it was the expression of a *chef*, and there is doubtless much truth in it. Of course, a good deal that goes by the name of melted butter, and which is sometimes very thick and lumpy, and often made with milk, has *no* connection with the sauce which

bears the above title. We know that *oiled butter* is literally melted butter; and authorities never tire of telling us that there should be less of flour and water than of butter. Such a sauce is, however, too rich and expensive for most people. Then we are told that the sauce should never boil, or the flavour suffers; this, though, is misleading, for the flour would then have a raw taste. We think that the difficulty may be overcome by adopting the method given in the following recipes. The result will be a sauce neither oily, lumpy, nor raw.

Butter, Melted, No. 1. (very plain).—Melt in a very clean pan an ounce of butter; put an ounce of flour through a sieve, stir it with a wooden spoon into the butter, then add gradually three-quarters of a pint of cold water, stirring all the time in one direction until it boils. Stir for a minute more, then take the pan from the fire, and put in, bit by bit, blending each portion thoroughly, another ounce of butter; it is then ready to serve as it is, or with added ingredients from which the sauce would take its name. A few drops of lemon-juice should be added.

No. 2.—This is rich. Melt the butter, and add flour as above; put in half a pint of water only, and when it boils take it from the fire, and stir in, as above directed, two ounces more butter, or three or four if a very rich sauce is required; add a pinch of salt off the fire. If anything richer is wanted, use Oiled Butter. When for boiled fish or meat, use the stock in place of water, but first boil it and skim it well, and let it cool before adding, or the sauce is liable to become lumpy; made as advised, it cannot become lumpy, but it should be passed through a fine strainer or tammy to give smoothness. Sometimes the yolk of an egg is added, and some cooks put in cream; but such additions are not necessary. Milk should not be used; that is suitable for various white sauces, *not* for melted butter.

Butter, Oiled.—This can be served with fish, or dressed vegetables, asparagus, artichokes, &c. Put as much butter as is required into a very delicate pan (enamelled is best); heat it slowly on the hot plate of the range until it looks frothy; remove this scum, and stir the butter; skim again, and when it looks clear pour it off from the sediment; the object is to get rid of the scum, which comes to the top, and the sediment, which goes to the bottom; care must be taken that it does not become burnt. The better the butter the less there will be to remove, and only good butter, the very freshest, is suitable for this.

Caper Sauce.—Required: half a pint of melted butter, a tablespoonful of French capers, with half that measure of their vinegar.

If for boiled mutton, use the liquor from the pot for the melted butter; chop the capers, and add them with the vinegar after the sauce is boiled; it will have more flavour than if they are used whole.

Caper Sauce, Brown.—Use a gill each of Brown Sauce and ordinary stock, as No. 4; bring them to the boil, add capers and vinegar as above, and if for high-class dishes, a teaspoonful of sherry or Madeira and the same measure of extract of meat.

This is useful for grilled meats, &c. It may also be served with fish, then fish stock should be put in in place of No. 4. If for baked fish, add the liquor from the tin.

Capsicum Sauce.—Required: four capsicums, one teaspoonful each of French mustard, French vinegar, and hot chutney, and a few drops of caper vinegar, with salt to taste, and a pint and a quarter of Brown Sauce.

Take the seeds from the capsicums, put them in a little of the sauce with the other ingredients, and boil for ten minutes; add the rest of the sauce—after the first mixture has been sieved to remove the seeds—and boil up, then cut the capsicums into shreds, and put

them in; let the sauce stand a minute, then serve. This is excellent with all sorts of grilled meat and poultry.

NOTE.—*Small* capsicums are here referred to.

Carp, Sauce for.—This is equally good with any other fish of the same class. Required: a gill each of fish stock and light wine, a tablespoonful each of vinegar and lemon-juice, a teaspoonful each of grated horse-radish, soy, and anchovy essence.

Boil the horse-radish in the stock, then strain; add all the rest, with roux or flour and butter to make it as thick as good cream; boil up, and put in salt and pepper to taste.

Many kinds of fish which are often condemned as worthless would be relished if this, or some such sauce, were served with them. It gives piquancy to a tasteless fish, and renders "woolly" or "dense" fish more digestible.

Carrot Sauce.—Required: carrots, brown sauce, and seasoning as below, butter, and tomato.

Wash, scrape, and grate the carrots (outer part only) until there is enough to fill a half-pint measure; put it in a stew-pan with two ounces of fresh butter a ripe tomato minced, a bunch of herbs (thyme, parsley, and bay-leaf), a pinch of salt and sugar, and a saltspoonful of crushed white peppercorns; cook for twenty minutes, shaking often; add a gill of good brown stock, and boil until the whole can be sieved; return it to the pan with a gill of BROWN SAUCE, boil up, and serve with steaks, cutlets, &c. By using less stock and more carrots, the sauce may be converted into a purée for serving in the centre of a dish of cutlets. (*See* DRESSED VEGETABLES.)

For a *cheap* carrot sauce for boiled meat, add a teacupful of carrots, boiled and sieved, to an equal measure of plain melted butter.

Cavaliers' Sauce.—Required: a pint of BROWN SAUCE, a teaspoonful each of chutney, chopped capers, sweet pickles minced, and French mustard; a dessertspoonful each of tomato vinegar and Madeira, and seasoning to taste.

Put the above materials, wine excepted, in a stew-pan; bring to the boil, add salt and pepper, then the wine and a squeeze of lemon-juice; cover, and let it stand a few minutes, then serve.

This is a delicious sauce; it goes with almost anything; is also useful for re-heating cold meat, game, and fish. (*See* CAVALIERS' BROIL.)

Celery Sauce.—Take the white part from a couple of heads of celery. Required, in addition, some white stock, white roux, and cream.

First wash the celery, remove all green leaves and discoloured portions; put it in a stew-pan with cold water and a pinch of salt, bring just to the boil, strain, and wash in cold water, then dry it; cut it up, and put it on to boil with enough white stock (No. 9) to cover; cook until tender, then sieve or tammy it, and put back in the pan with white roux to thicken, and a little boiling cream. This should be as thick as ONION SAUCE (which *see*). Instead of the cream and roux, a small quantity of thick béchamel may be used. For a *cheaper* sauce, cook the celery in plain white stock, and add boiling milk, with corn-flour or roux to thicken. Serve with poultry, veal, &c. For a *brown* sauce, cut up the celery (outer parts), and fry it with a bunch of herbs and a shalot; then add stock No. 4 and boil; when tender, rub through a sieve, then boil up, and thicken in the usual way. Season delicately; the celery flavour should not be nullified.

Cheese Sauce.—Required: a tablespoonful of any good dry English cheese, twice that measure of grated Parmesan cheese; half a pint each of milk and medium white stock, a dash of cayenne, white pepper, and salt; a few drops of lemon-juice, the yolk of an egg, two ounces of flour, and one ounce of butter.

Melt the butter, stir in the flour, add the stock and milk, and boil up; put

in the seasoning and cheese, and beat well. Beat up the egg with a tablespoonful of warm stock very thoroughly; add the hot sauce gradually, and continue the beating for a minute or two; serve at once, without re-heating. For a *rich* sauce, add another ounce of butter and a half gill of cream.

This is very delicious with plainly boiled macaroni or rice, or with various white vegetables. For a *vegetarian* recipe, use all milk.

Chestnut Sauce.—Required: twenty-four chestnuts, a small teaspoonful of salt, half as much pepper, one ounce of butter, a gill each of milk, cream, and good white stock, either from meat or poultry, and a grate of nutmeg and lemon-peel.

Roast the chestnuts, remove the outer and inner skins, put them in a mortar with the butter and seasoning, pound, and add the liquids by degrees; put into a clean pan, bring to the boil, and serve. *Or*, add the stock and milk to the paste, pass through a sieve, stir to the boil, and add the boiling cream last thing. This is the better way. For a *cheaper* sauce, use milk and a plain white stock in equal parts, and put in a spoonful of cream last minute.

Chestnut Sauce, Brown.—Proceed as above directed, using stock No. 4, or either of the clear brown stocks (omitting the milk and cream); boil up, and put in a tablespoonful or two of brown sauce, and season rather highly with salt, pepper, cayenne, and nutmeg.

Chutney Sauce.—There are various ways of making this, but the most generally acceptable is a sauce for which both sweet chutney and hot chutney are used; take equal parts of each kind, and add to four tablespoonfuls, when mixed, an equal measure of brown sauce, a teaspoonful of French mustard, and a tablespoonful of fresh tomato pulp or conserve; put in a little brown stock, a tablespoonful or so, boil altogether, and put in a pinch of salt if required.

Good with grills, broils, &c., of all sorts; and a first-rate basis for a *réchauffé*.

Cocoa-nut Sauce.—Required: a pint of white stock, from veal or poultry (*see* No. 9), a gill each of milk and cream, a heaping tablespoonful of freshly-grated cocoa-nut, a pinch each of salt, white pepper, and grated lemon-rind, and three or four drops of lemon-juice; roux to thicken.

Boil together the stock, nut, and seasoning, for twenty minutes; it is well to soak the nut in the stock for an hour; add the milk and cream boiled, and enough roux to make it as thick as good cream; when boiled and skimmed, tammy, and re-heat for use. Serve with white meats or poultry. Desiccated nut can be used, if plain *unsweetened;* it should soak in the stock for an hour or two, and be boiled for half an hour or more.

Colouring for Sauces. (*See* p. 83.)

Crab Sauce.—Cut up the claws into dice, add to half a pint of Melted Butter, season, and flavour with anchovy essence. If the body of the crab is not required for other purposes, that can be added; it should be mixed with the melted butter and sieved, and finished off as directed. Sometimes mustard is added to this.

Crayfish Sauce.—Required: a dozen crayfish, one egg, seasoning, &c., as under mentioned.

Put the shells of the fish, after bruising them well, also the small claws and tails, in a pan with cold water, and boil down to half a pint; strain, and thicken with roux, and add a gill of cream, or milk for a plain sauce; beat the egg, add the sauce by degrees, then put in the flesh of the fish cut up very small; add a pinch of salt, cayenne, white pepper, and grated lemon-peel; stir well, and re-heat, but do not boil again.

Cream Sauce, American.—Blend an ounce of arrowroot with cold

milk to a paste; add a pint of thin cream and a gill of strong stock from the bones of any white fish; stir until it boils, put in salt to taste, and a few drops of cayenne essence or chilli vinegar, a few drops of tarragon vinegar, and a teaspoonful of chopped parsley and chervil previously blanched (all the seasonings go in off the fire); stir, and serve with white fish of all kinds, or with salmon. This is equally good for use with white meats, in which case strong veal or poultry stock is used in place of fish stock.

Cream Sauce for Vegetables.—Make as above, but use equal parts of cream and vegetable stock (the latter may be simply the water in which the vegetable has been cooked, if suitable); thicken with an ounce and a half of arrowroot to each pint, season as above, and add a few drops of lemon-juice. If liked, the green herbs can be omitted. This is excellent with asparagus, artichokes, young carrots and turnips, marrows, various kinds of beans, &c. &c.

Cress Sauce.—To half a pint of plain melted butter put some watercress or small cress and mustard. It should be boiled for a minute, then wrung dry and chopped; a tablespoonful is enough for the above. If liked, colour it with spinach-juice or parsley-juice. This can be served with fish or poultry.

Cucumber Sauce.—Take a quickly-grown cucumber, peel it, take out the seeds, then cut it in thin slices. Melt an ounce of butter in a stew-pan, put in the cucumber, with a little salt and pepper, a sprig of parsley, and a grate of nutmeg; cook until it is soft, then add about an equal measure of good melted butter or creamy béchamel (the latter is the better); pass all through a hair sieve, add a drop or two of lemon-juice or white vinegar after re-heating, then colour faintly with vegetable-green colouring.

For a *brown* sauce, fry the cucumbers in the butter, cook until tender, add brown gravy or stock, with roux to thicken, or some brown sauce.

Curry Sauce (Plain).—Required: a good-sized onion or two, a sour apple, a tablespoonful of freshly-grated cocoa-nut, a small tomato, one ounce of curry-powder, one ounce of rice-flour, a bunch of herbs, a few black peppercorns, a squeeze of lemon-juice, and a *soupçon* of the grated rind of a lemon, a pinch of grated nutmeg, a teaspoonful of sweet chutney, salt, and pepper if required, one ounce of butter, and one pint of stock (No. 4). Cost, about 8d.

Melt the butter, slice the onion, brown it in the butter, put in the apple (uncored) in slices, the herbs, &c., and the nut. Blend the stock, curry, and rice-flour, add them, and boil all gently until soft enough to sieve; after that process, put it back in the pan with the lemon-juice, and add to it any meat, fish, &c., previously cooked, if it is intended for a *réchauffé*; but it may be served with various meats separately cooked, or uncooked meat can be cut up and cooked in it. (*See* ENTRÉES AND MADE DISHES for other recipes and hints on Curries.)

Digestive Sauce.—This is a very pleasant and wholesome combination of ingredients, and the sauce may be served with pork or mutton when stuffed with sage and onions, goose fashion. To make it, mix together equal parts, say half a pint each, of APPLE SAUCE and ONION SAUCE. Add a teaspoonful of French mustard, a tablespoonful of tomato pulp or conserve, and the same measure of sweet chutney; stir in a teaspoonful of mild curry or mulligatawny paste, boil up, and serve. If liked, two ounces of sultana raisins can be boiled in a little stock until tender, and added.

Dutch Sauce.—Required: the yolks of three eggs, a wineglassful of water (or veal broth), three ounces of fresh butter, a pinch of salt, cayenne, and nutmeg, the juice of half a lemon, a dessertspoonful of French vinegar, and a small bunch of herbs. Cost, about 8d.

Put the vinegar, lemon-juice, and water in a stew-pan, boil until a fourth reduced, then strain it into a jar; put in the yolks of the eggs and the butter, set the jar in a pan of boiling water, and stir the contents *one way* until thick, and on the *point* of boiling. Then season and serve. If liked, a little tarragon vinegar may be added. This can be served with fish, or meat, poultry, or vegetables: anything, in fact, which requires a delicate sharp sauce.

For a *cheaper* sauce, melt two ounces of butter in a pan, stir in a teaspoonful of flour, cook for a minute, then add vinegar and lemon-juice (half the above quantities) and a little seasoning. Beat two eggs up with a little water, stir them into the sauce until well blended, then serve.

A much safer way to avoid curdling is to make the sauce in either of the foregoing ways, except that the lemon-juice is added off the fire. If the sauce is poured in the tureen, and the juice stirred into it, there is little or no fear of curdling. Very fresh eggs must be used, and the best fresh butter.

Egg Sauce.—For a plain sauce, boil three eggs hard, cut the yolks and whites separately into small dice, and add them to half a pint of Melted Butter (using the liquor from the meat or fish with which it is to be served), with a little salt and pepper. If for fish, put in a drop or two of anchovy essence; and some people like chopped parsley added.

For a *richer* sauce, take half a pint of Creamy Béchamel or good Melted Butter; boil the eggs, and rub the yolks through a sieve; add them to the sauce, and cut the whites into very small dice, or they may be omitted; put in a teaspoonful of lemon-juice if for fish.

Another way.—Use veal or other white stock instead of the béchamel, thicken with roux, then finish as above directed.

Gooseberry Sauce.—Required: a pint of young gooseberries, with seasoning, &c., as below.

Top and tail the fruit, wash it well, and boil it in enough cold water to cover until soft; then press it through a hair sieve to keep back the seeds; put the pulp in a stew-pan with a bit of butter, a little moist sugar, just to take off the extreme acidity, and a pinch each of grated nutmeg and ginger; stir to the boil, and if handy, put in a little spinach-juice: it improves colour and flavour; failing that, use some vegetable colouring.

Another way.—Prepare the pulp as above, then add to it about half its bulk of Melted Butter or any nice white sauce; finish off as directed. This is a less piquant sauce than the first, and is often preferred on that account. Bottled fruit, unsweetened, can be used for this.

Horseradish Sauce (Brown), for hot roast or boiled beef.—Put a pint of stock made from roast beef bones on to boil, add a tablespoonful of grated horseradish, a pinch of salt, a teaspoonful of mustard, and a little lemon-juice; strain when well flavoured, and thicken with a little roux very slightly; it should be more like a gravy in consistency. Boil up with a pinch of castor sugar, and serve.

For a plain sauce, if for boiled beef, use the pot liquor, coloured brown, instead of stock.

See also Cold Sauces.

Lemon Sauce.—Required: a lemon and half a pint of Melted Butter. Put the melted butter in a saucepan; peel the lemon, take away the white pith and the pips, cut the fruit into tiny dice, add to the saucepan, cover, and simmer for a short time. Serve with boiled fowls.

Another way.—Use the strained juice of half a lemon; it should be added to the melted butter very gradually, after it has been boiled and cooled a little. Re-heat, and put in a saltspoonful or more of grated lemon-rind and a little salt. For *Lemon and Liver Sauce*, the liver of the fowl should be boiled and

minced finely, and added with the cut lemon; or if the second method is adopted, it should be pounded and sieved after cooking, and put in before the lemon-juice and peel.

Lobster Sauce.—First boil the shell of the lobster, with a few peppercorns, a small bunch of herbs, and a slice of onion, in cold water for forty to fifty minutes; strain, and boil down to three-quarters of a pint; add to it white roux to thicken, or two ounces each of flour and butter, with a gill of boiling cream, a dash of cayenne pepper, a teaspoonful of anchovy essence, and the flesh of half a lobster cut in small dice shapes. Then put in some lobster butter or coral and a few drops of lemon-juice; do not boil again. Failing these, put in a drop or two of carmine.

Another way.—This is economical, and may be made from tinned lobster of the best quality. Cut the fish up as above directed, and add it to some melted butter or fish stock mixed with an equal measure of boiling milk and a little roux. If lobster coral or butter can be added, this will be very good indeed—but little inferior to fresh lobster sauce.

Some authorities advise that the lobster be pounded, but this makes it stringy. It may be cut quite small, but it should not be pounded or shredded.

Melted Butter.—*See* Butter.

Mushroom Sauce (Brown).—Wash and peel some mushrooms of medium size, dry them in a cloth, then chop them as finely as possible with a small shalot or a spring onion to half a pound; put them in a stew-pan, with a squeeze of lemon-juice or a few drops of white vinegar, a pinch of powdered herbs, a little salt and black pepper, and an ounce of butter; cook slowly to a pulp. Then add to it Brown Sauce or thickened brown stock, nicely flavoured, by degrees; it should be quite thick: more like a purée than a sauce—the exact consistency is a matter of taste; then boil up and skim. This is much nicer than a sauce made by simply adding *chopped* mushrooms to some ordinary sauce or gravy. Serve with steaks, cutlets, &c.

Mushroom Sauce (White).—Use button mushrooms; wash them in lemon-juice and water, and cook in butter as above, without browning in the least. Add to the purée (in place of the brown sauce) some good Melted Butter, or Béchamel, or boiling milk thickened with roux, or any ordinary white sauce, according to the purpose for which it is required. For high-class dishes, Béchamel or Suprême sauce, or boiling cream, is most suitable.

Mustard Sauce (Brown).—To half a pint of plain brown stock (No. 2 will do, if coloured) add a teaspoonful of French mustard and half a teaspoonful of English mustard, mixed smoothly with a little cold vinegar, French or good English; put in a little roux or brown flour to thicken, boil up, and serve. This is suitable for serving with baked haddocks or other fish.

Mustard Sauce (White).—To three-quarters of a pint of Melted Butter, or plain sauce made from fish stock and milk, add mustard as above; omit the vinegar, and put in a tablespoonful of cream.

A superior flavour may be given by boiling a bit of horse-radish in a little fish stock, and adding it, or by the addition of a few drops of horse-radish vinegar.

Okra Sauce.—Required: a gill and a half of the liquor from a tin of okra, the same measure of Brown Sauce, a bunch of parsley, and a sprig of thyme and basil, a couple of shalots, seasoning to taste, a few drops of tarragon vinegar, and an ounce of butter. Cost of okra, about 1s. per tin.

Brown the shalots and herbs in the butter, add the okra liquor, and boil up; put in the sauce and seasoning, and skim well, then, after ten minutes' boiling, strain for use.

Another way.—If a *green* sauce is desired, use white sauce instead of brown; put in some chopped parsley and a morsel of tarragon, and flavour with herbal vinegar, then add colouring sufficient to give a pale green tinge.

This sauce, in either form, has the merit of novelty, and may be served with vegetables, meat, or fish. Those to whom the peculiar flavour of okra is agreeable will enjoy it with almost any dish. The okra itself may be used for soup or salad (*see* INDEX).

Olive Sauce.—First turn the olives (*see* VEGETABLES), blanch them by putting them in boiling water for five minutes, then in cold water for five to ten minutes; add from four to six ounces thus prepared to a pint of BROWN SAUCE (No. 2), with a teaspoonful of lemon-juice, and simmer for about twenty minutes. Add a gill of brown gravy or stock, and serve.

Onion Sauce.—Required: one pound of onions, half a pint of milk, half a pint of the liquor from boiled meat or rabbit, two ounces of butter, two ounces of flour, salt and pepper. Cost, about 5d.

Peel the onions, boil them until tender, changing the water if they are old; then chop them until very small. Make a sauce of the other ingredients (*see* WHITE SAUCE, PLAIN); add the onions, with seasoning, boil up, and serve very hot.

Another way.—Instead of the sauce as above, use a pint of MELTED BUTTER, plain or medium.

Onion Sauce, Richer.—Blanch the onions by putting them in cold water with a pinch of salt, and bringing them just to the boil; then rinse them in clean cold water and slice them thinly; put half a pound into a saucepan, with half a pint of milk and an ounce of butter; boil until soft, then pass all through a sieve, and return to the pan, with a tablespoonful or two of cream and an ounce or so of white roux; or, instead of cream and roux, add a gill of thick béchamel. (*See* also, ONION PURÉE and SAUCE SOUBISE.)

If a very mild sauce is required, par-boil the onions, in addition to blanching them.

Orange Sauce.—Add half a pint of ORANGE GRAVY to a gill of BROWN SAUCE; boil up, and serve with game.

Oyster and Shrimp Sauce.—Required: half a pint of BROWN SAUCE, a gill of oyster liquor, six oysters, half a gill of freshly-shelled shrimps, a teaspoonful of anchovy essence, and seasoning as below. Cost of oysters and shrimps, about 8d.

Put the sauce in a pan, with the strained oyster liquor and the beards, first pounded with a strip of lemon-rind; add the anchovy, a few drops of lemon-juice, salt and cayenne to taste, a sprig of parsley, and a morsel of mace; boil for twenty minutes, then strain the sauce. Put it back in the pan with a tablespoonful of fish stock or good white stock, and the shrimps; cover for a few minutes, then add the oysters, cut in dice; cover again until heated through, but if it boils for a second only the oysters will become leathery. Serve hot with fish (*see* recipes), or with beef steaks.

Oyster Sauce, Plain.—Required: twelve oysters, some WHITE SAUCE, and seasoning as below.

Beard the oysters, and put the beards in the strained oyster liquor, with a grate or two of nutmeg, a strip of lemon-rind, a pinch of cayenne, and a tea-spoonful of anchovy sauce; add a table-spoonful of fish stock if for fish, or white stock or milk if for meat; boil for twenty minutes, then strain off the liquor, and add to it twice its measure of thick white sauce; put in more seasoning, if required, and a few drops of lemon-juice. Then hold the oysters (after cutting them in two or three pieces) in a strainer over boiling water for a few seconds, and add them to the sauce. Do not boil again. (*See* OYSTERS, TINNED.)

Oyster Sauce, Rich.—After simmering the beards of the oysters, with other ingredients as in the above recipe, strain the liquor, and add an equal measure of boiling cream and half the measure of thick béchamel; stir in a teaspoonful of white roux, and put in lemon-juice and a few drops of anchovy essence. Cut up the oysters (if very small, use a dozen and a half, and divide them once only), steam them as above, add to the sauce, cover for a few seconds, then serve.

Another way.—Mix the strained oyster liquor with an equal measure of thick BÉCHAMEL, and finish off as above directed. This is suitable for serving with turkey or other meat, and the yolk of a raw egg is sometimes added; no other thickening is needed.

Parsley Sauce.—Required: parsley and MELTED BUTTER, colouring, and salt.

Pick the parsley from the stalks, wash it in tepid water, then in cold water several times renewed; squeeze it dry in the corner of a clean cloth, put it on a board, and chop it finely with a sharp knife; add a heaping tablespoonful to half a pint of melted butter, stir for a minute or two, but do not boil again.

Some object to the flavour of the parsley when added raw, in which case scald it, by putting it in a bit of muslin (after picking and washing), and holding it for a second or two in fast boiling water with a pinch of salt in; then dip it in cold water, wring dry, and chop as above directed.

Parsley Sauce, Rich.—Scald the parsley as above; after chopping, rub it through a hair sieve, and add a tablespoonful to half a pint of rich MELTED BUTTER, BÉCHAMEL, or other good white sauce; colour a pale green with spinach-juice or parsley-juice, or use the vegetable green colouring. (*See* page 83.)

Parsley Sauce, with Chives.—Add to a pint of parsley sauce a tablespoonful of chopped chives or young onions, first boiled until tender Serve with boiled meat.

Périgueux Sauce.—Required: a pint of BROWN SAUCE (No. 2), enough truffles, minced finely, to fill a quarter pint measure, a gill of good sherry or Madeira, and a dust of cayenne; herbs, &c., as below.

Put the brown sauce in a pan; boil in it for a few minutes the following ingredients tied in muslin: a morsel of garlic the size of a pea, a bit of bay-leaf, thyme, parsley, and lemon-peel, and a minced shalot; then take out the herbs, squeezing them well; add the wine and truffles, boil for five or six minutes, then serve.

Some authorities recommend the addition of a bit of butter just before serving, to "soften the flavour." When fresh truffles are used, they must be scrubbed well and peeled, and cooked for a longer time in the sauce; and a teaspoonful of lean ham, grated, is sometimes added. (*See* TRUFFLES, in VEGETABLES.)

Poivrade Sauce.—Mince some carrot, onion, turnip, celery, and parsley, a good tablespoonful in all; crush half-a-dozen peppercorns; add a bit of lean ham, and brown them in hot butter; then put in half a gill of French vinegar, and the same of white wine; reduce a fourth, then stir in half a pint of BROWN SAUCE and a lump of sugar, with a teaspoonful or more of mushroom ketchup. Boil slowly, and skim for a quarter of an hour, then strain for use. Claret is sometimes used for this, and lemon-juice instead of vinegar, or half of each. Cayenne is often added.

Rice Sauce.—Put in a stew-pan an ounce of butter; pick and wash two ounces of the best Carolina rice; add it and a pint of milk, with a pinch of salt, half a dozen allspice berries and white peppercorns, a bit of mace, and a slice or two of Spanish onion. Cook as gently as possible until the rice can be readily sieved, the onions and spices being first removed. Then return the rice to the pan, stir in a little more butter and half a gill of cream, with

more salt, if required; bring to the boil, and serve as a substitute for bread sauce with pork or poultry. (*See* also VEGETABLES and SCRAP COOKERY.) Cost, about 6d.

If preferred, half stock (white) and half milk can be used for the rice; either way it is a cheap and good sauce, and the cream *may* be omitted for a very plain sauce.

Robert Sauce.—Fry a heaping tablespoonful of minced onions with a bay-leaf, some crushed peppercorns, a clove or two, and half a tomato; when a rich brown add a pint and a quarter of BROWN SAUCE; boil up, skim well, and simmer for ten minutes, then tammy or sieve the sauce; put it back in the pan, with a good teaspoonful of French mustard, a pinch of cayenne, and a teaspoonful of French vinegar; re-heat, and serve. This is a good sauce for pork. Flavoured vinegars are sometimes added to this, and an increased quantity of French vinegar, reduced by boiling before adding it, is preferred by some.

Roe Sauce.—Boil or fry the roes of any fish: both hard and soft roes can be used; sieve them, and add a good seasoning of salt and pepper, a little mixed mustard, and flavoured vinegar, or French vinegar, brown or white; stir two tablespoonfuls of the mixture thus prepared into a pint of plain WHITE SAUCE or MELTED BUTTER, and serve with the fish from which the roes were taken; *or*, if the roes are fried, make a brown sauce, by thickening some fish stock with brown roux or browned flour, and flavouring with ketchup or store sauce.

To heighten the flavour of this, a few drops of essence of shrimps, anchovies, lobster, &c., will be found useful; or a small pat of sardine butter may be stirred in, or an anchovy, boned and sieved.

Schiller Sauce (German).—Mince two shalots, and brown them in one ounce of hot butter; add three ounces of preserved tamarinds, three gills of nice brown stock (No. 4 would do, or clear stock, as No. 6, 7, or 8), some salt, peppercorns, a clove or two, and some browning; boil up and add a gill of claret, then stir in a tablespoonful of brown roux; cook gently for a quarter of an hour, skim often, then strain, and serve hot with game, well hung mutton, venison, or beef.

A good bunch of herbs should be fried with the shalots, or some herbs in fine powder may be put in the sauce.

Sauce à la Boston.—Required: one pint of BROWN SAUCE, one tablespoonful of smoked ham or tongue, grated, four ounces each of tomatoes and Spanish onions, a teaspoonful each of French mustard, anchovy essence, and pepper water, seasoning, and butter.

Make the butter hot, slice and fry the onions a rich brown; break up the tomatoes, add them with all the rest of the ingredients (ham excepted); cook until soft, skimming often, then add the ham, and rub all through a sieve after a minute's further boiling; re-heat, season to taste, and put in a few drops of carmine and lemon-juice.

This is a good sauce for grilled meat, game, or fish, and for made dishes of every description.

Sauce à la Calypso.—Required: four ounces of ripe black cherries, one ounce of sugar, three gills of BROWN SAUCE, one gill of claret, one tablespoonful of tomato pulp, salt, cayenne, and a squeeze of lemon-juice.

Pound the cherries, sugar, and tomatoes; add all the rest, except the lemon-juice and cayenne; boil gently for half an hour, rub through a hair sieve, then re-heat and season, put in a few drops of carmine, and serve with any game or dark meat.

Good stock from game, thickened with roux, can be used instead of brown sauce.

Sauce à la Cardinal.—Required: a gill of fish stock (No. 13), a gill of cream, half a pint of CREAMY BÉCHAMEL, a teaspoonful of arrowroot, a pinch of cayenne and salt, and a pat of LOBSTER BUTTER. Cost, about 1s. 3d.

Mix the arrowroot with the fish stock (cold), add the cream and sauce, and stir to the boil; off the fire, put in the lobster butter and seasoning, with a few drops of lemon-juice. Do not boil again, but let it stand a minute. There should be enough butter to give a rich colour and flavour.

This is a very rich and delicious sauce; it may be served with whiting, brill, or turbot. (*See* recipes; also SCALLOPED FISH À LA CARDINAL.)

Sauce à la Drusille.—Make a strong stock from the bones of any white fish, in the proportion of a pound to a pint of water; after straining, boil it down to a gill, and mix it with a gill of cream; bring to the boil, then thicken with half an ounce of arrowroot, and stir in an ounce of butter. Put in a saucepan a gill of white wine, with some parsley stalks, a sprig of thyme and chervil, and a few fresh leaves of tarragon; boil until reduced to half the quantity, strain, and add to the sauce, with seasoning to taste—salt, pepper, a pinch of cayenne, and a few drops of tarragon vinegar.

Sauce à l'Impératrice.—Required: a pint of creamy BÉCHAMEL, a gill of white wine, a gill of strong fish stock (made by boiling down a pint of No. 13 to a gill), two eggs, a small tin of preserved mushrooms, one ounce of arrowroot. Cost, about 2s. 3d.

Put the mushroom liquor on to boil; when reduced to a gill or less, add the wine, and boil for a few minutes; add the arrowroot, and the mushrooms cut the size of a pea, then stir in the béchamel, and bring to the boil again. Boil the eggs hard, sieve the yolks, add them to the sauce off the fire, with a squeeze of lemon-juice, and if required, a pinch of salt. The whites of the eggs are not used.

Another way.—Add the yolk of a raw egg, in addition to the other ingredients. This is a very excellent sauce for white fish of all sorts. (*See* recipes.)

Sauce à la Juliette.—Mix a pint of SAUCE SUPRÊME, or VELOUTÉ, with a teaspoonful each of lemon-juice, tarragon vinegar, and the liver of a boiled fowl rubbed through a sieve; add a teaspoonful of chervil, blanched and chopped, and half the measure of shredded tarragon; re-heat, but do not boil again.

Serve with boiled chicken, veal, sweetbreads, &c. Except for chicken, no liver is required. Cost, about 1s. 3d.

Sauce à la Matelote.—Required: half a pint of BROWN SAUCE, or brown stock thickened with roux, a tablespoonful of chopped onions, a bunch of herbs, some mushrooms, chopped, about the same quantity as the onions, a few cloves and allspice berries, salt, black peppercorns, half a glass of any red wine, a little lemon-juice and anchovy essence, a gill of fish stock from bones, or the liquor from boiled fish, salt to taste.

Make some butter hot, an ounce or more, fry in it the herbs, onions, and mushrooms; add the fish stock and brown sauce, with the spices; boil up for a few minutes, then sieve it; return to the saucepan, with the wine, lemon-juice, and anchovy essence, bring to the boil again, season, and lay in the fish. This is the foundation for rich fish stews. There are many ways of making it; the foregoing is suitable for eels and various other fish. Sometimes button mushrooms and onions are separately fried, and added; and wine is used in much greater proportion: claret or port, equal in measure to the stock, *or* equal measures of red wine, brown sauce, and good fish stock being the proportions frequently used. If mushrooms are not at hand, good ketchup must be used, or tinned mushrooms will do; mushroom powder will also serve, but the flavour of mushrooms is almost indispensable to a good matelote sauce.

Sauce de Madère.—Mix one gill of Madeira with three gills of BROWN SAUCE; add a few drops of cayenne vinegar, a pinch of salt and sugar, and a tablespoonful or two of clear brown stock or gravy; boil up

and skim, and serve hot. Cost, about 1s. 6d.

Good sherry can be substituted, and is almost as good. Half an ounce of glaze improves the sauce.

Sauce de Menthe.—Required: two gills of brown stock, made from mutton bones (it should be of good flavour and free from fat), a tablespoonful of finely chopped mint, a teaspoonful of brown sugar, three or four lumps of sugar, a tablespoonful of French vinegar, the same measure of light wine, half a lemon, rind and juice, and some roux.

Mix the mint and brown sugar; rasp the lemon with the loaf sugar until the yellow part of the rind is absorbed; add to the rest, and pound in a mortar, putting in the vinegar by degrees, also the juice of the lemon strained, then the stock; cover, and leave for a few hours for the flavours to blend. Then put all in a small saucepan and bring very gently to the boil; much of the excellence of the sauce depends upon this; add enough brown roux to bring to the consistence of good cream, with salt and pepper to taste. Serve hot with lamb or mutton. This will commend itself to people who enjoy a mint flavour, but find ordinary mint sauce too sharp. As in mint sauce, the exact proportions of sugar and vinegar can be determined only by individual tastes.

Sauce for Salmis.—Required: a pint of Brown Sauce, a gillof Fumet of Game (*see* Game), a glass of Madeira, a shredded shalot, two ounces of mushrooms, a bunch of herbs, seasoning, and butter.

Melt the butter, fry the herbs, shalot, and chopped mushrooms a rich brown; add a little orange-juice and a tablespoonful or two of brown stock; boil gently for ten minutes, then add the brown sauce, fumet of game, and seasoning of salt, black pepper, and cayenne; boil and skim as long as necessary, put in the wine, and when hot, strain into a saucepan. It is then ready for any kind of game. (*See* recipes.)

Another way.—Put in a glass of port instead of Madeira, or claret if preferred, with a teaspoonful of red currant jelly and the same of tomato catsup. The other ingredients are the same as above.

Another way.—Mix together a gill of brown stock (No. 5), a gill of brown sauce, and half a glass of claret, with a teaspoonful of orange-juice. Add a few olives, turned and blanched (*see* Olive Sauce), boil for twenty minutes very gently, season to taste, and serve.

Sauce for Salmon.—This is particularly good with grilled salmon. Mix a tablespoonful each of tomato conserve, fish stock, Brown Sauce, sherry, and tarragon vinegar; add a teaspoonful each of essence of anchovies and French mustard, with a little salt, boil up, and serve.

Sauce Herbacé.—Required: a pint of Melted Butter, a saltspoonful each of chopped fennel (or parsley), thyme, and bay-leaf, with a good pinch of basil and marjoram.

Put the herbs in the sauce, and simmer for a few minutes; then add a few drops of tarragon vinegar and a sprinkling of chopped tarragon, with a little cayenne vinegar, and salt to taste. A pinch of celery salt can be put in with advantage. If *dried* herbs are used, the quantities must be in proportion to their strength; they should be boiled in a small quantity of stock to extract the flavour, and the strained liquor from them be added to the melted butter, with a little chopped *fresh* herb or cooked green vegetable (spinach, lettuce, cress, celery tops, beet leaves, &c., may all be thus employed), and seasoning to taste.

Sauce Herbacé au Parmesan.—Required: half a pint of stock made from salmon bones, a gill of white wine, a gill of cream, seasoning, roux, and grated Parmesan, with a little herbal vinegar to flavour.

Boil the stock and wine down to half a pint; add the cream and roux to bring it to the consistence of good cream; add a tablespoonful of Parme-

san, with a teaspoonful of chopped chervil and half as much tarragon, just before serving. This is excellent with salmon, grilled, fried, or baked.

Sauce Italienne (Brown).—Mix a pint of Brown Sauce, a gill of brown stock, and a gill of light wine, and bring to the boil. Put in a saucepan a tablespoonful of chopped onions or shalots, with twice the measure of chopped mushrooms, a bunch of herbs, and an ounce of butter; fry for ten or twelve minutes, keeping them delicately coloured; add the contents of the first pan, boil and skim for about ten minutes, then season to taste; take out the herbs, and put in a teaspoonful or more of finely chopped parsley, with a few drops of herbal vinegar. If no fresh mushrooms are handy, use tinned ones.

Sauce Italienne (White).—Cook the mushrooms, &c., in butter without browning (button mushrooms are required for this), then add the wine, and boil for a few minutes; then stir in a pint of creamy Béchamel, boil gently, and skim well; season to taste, and add a little parsley last thing.

If tinned mushrooms are used, boil down the liquor until well reduced, and add to the sauce. A few drops of essence of nutmeg or a pinch of ground mace improves it; parsley stalks cooked in the butter will give a good flavour, the leaves to be reserved for chopping.

Sauce Jaune.—Required: half a pint of creamy Béchamel, the yolks of two eggs, half a glass of light wine, a tablespoonful of orange-juice, cayenne, a pinch of celery salt and ground mace, a saltspoonful of French mustard, and colouring.

Put the wine, mustard, and orange-juice in a stew-pan, and bring to the boil. In another pan mix the béchamel and the yolks of the eggs, first well beaten; stir in a *bain-marie* until at boiling point, then take both pans from the fire, and let the contents cool a little; add the wine, &c., very gradually, to the sauce and eggs, mixing well; re-heat in the *bain-marie*, and serve hot. The colouring should be stirred in last, sufficient to give a rich yellow tinge.

This may be served with boiled fowls, rabbits, or veal, or with fish; it is a very excellent sauce, but needs careful manipulation. It may be made with melted butter or white sauce, if cost is an object; or half béchamel and half milk may be used.

Sauce Jubilaire.—Mix in a saucepan a gill each of stock (No. 6 or 7), Brown Sauce (No. 2), good sherry, and mushroom liquor; add half an ounce of glaze, a tablespoonful of Fumet of Game, and the same measure of minced olives, first blanched; simmer and skim for a few minutes, add a squeeze of lemon-juice, and serve with game.

Sauce Maître d'Hôtel.—Required: three-quarters of a pint of any good white sauce, Béchamel, Velouté, &c., two ounces of butter, the juice of half a lemon, a pinch of soluble cayenne, and a tablespoonful of parsley, finely chopped. Cost, about 1s.

Make the sauce hot; stir in the butter, a little at a time, off the fire, also the other ingredients, and serve at once, with calf's head or any white meat, or with fish. In the latter case the foundation should be a white sauce or melted butter, made from fish stock; *or*, fish bones may be boiled down to a strong stock, which can be added to the béchamel or other sauce used. (*See* also Maître d'Hôtel Butter, page 111.)

Sauce, Mandarins'.—Mince a capsicum, put it in a saucepan, with the seeds, a tablespoonful of castor sugar, a gill of claret, half a gill of mushroom ketchup, and the juice of a lime; put in a good pinch of salt and a teaspoonful each of brown roux and extract of meat. Bring gently to the boil, then put on the lid of the pan, and leave the sauce to blend for a quarter of an hour; re-heat the sauce with a drop or two of cayenne vinegar or cayenne pepper to suit the palate, and serve with game of any sort,

first straining it from the seeds. This may also be served cold.

Sauce, Piquant. (*See* CAPER SAUCE, BROWN.)—Make a pint of sauce as given in that recipe, and add to it a good tablespoonful of chopped French gherkins, with their vinegar, a teaspoonful each of orange-juice and tamarind chutney, and twice that measure of sweet mango chutney.

Another way.—Add to the caper sauce a tablespoonful of tarragon vinegar, the same of cucumber vinegar, and a teaspoonful of hot pickles, cut up very small.

Another way.—This is mild. Put a pint of BROWN SAUCE in a saucepan, with a tablespoonful of walnut ketchup, and half that measure of pickled walnuts, with a teaspoonful of onion vinegar.

Another way.—Instead of walnut ketchup and walnuts, use mushroom ketchup and pickled mushrooms, with a little of their vinegar.

Another way.—This is commonly called *pickle sauce*, and is useful for grilled meats, game, or fish of the rich kind, as eels, salmon, mackerel, and the like. To make it, mince a good tablespoonful of that favourite pickle known as piccalilli: mix with it a tablespoonful of brown sauce and the same measure of stock, or the gravy of a joint. Stir altogether in a saucepan until quite hot, and serve. This is appetising, and is generally liked.

Sauce, Soubise. — Required: half a pound of onions, a gill of cream, a gill of white stock from veal or chicken bones, half a pint of THICK BÉCHAMEL, salt, and peppercorns, about half a dozen. Cost, about 10d.

Blanch the onions as in ONION SAUCE, slice them, and boil them in the stock until nearly done; then add the béchamel, and cook until tender; sieve the sauce, and re-heat it with the cream, add seasoning to taste, and serve.

Another way.—Boil the onions (after blanching) in water until they can be sieved, then add them to half a pint of CREAMY BÉCHAMEL.

Sauce Suprême.—Required: a strong white stock, as for béchamel, but flavoured with only half the quantity of vegetables therein given. Boil it down until reduced to a fourth—a quart to half a pint—with two ounces of button mushrooms, most carefully washed and cut up small. Mix with this, after straining, half a pint of good cream, first brought to the boil, and thicken with white roux; it should resemble *creamy béchamel;* boil and skim for ten minutes more, and at the instant of serving add half a teaspoonful of lemon-juice.

This, as its name implies, is the *crême de la crême* of sauces, although it is quite common to meet with a plain white sauce bearing the same title. It is expensive and rich, and only needed for high-class dishes, such as delicate entrées of chicken, sweetbread, &c. It lends itself readily to decorative purposes, and when well made is delicious; but strong stock and good cream are essential, and although some cooks make it by adding a gill of cream to three gills of stock, others use more cream than stock; hence there are various ways of making it, but the proportions above given, half cream and half stock, will be found rich enough for any purpose, and when a cheaper sauce is required it will be better to select some other kind than to attempt to rob *sauce suprême* of its characteristic richness.

Sauce Velouté.—Put some white stock (as No. 9) on to boil until reduced to three-fourths the quantity; a few pieces of fresh vegetables should be added to freshen the flavour; then strain, and when cold, skim, and for a quart of sauce put a pint and a half of stock to half a pint of boiling cream; boil it up with white roux—it should be as thick as very good cream—and just before serving put in a teaspoonful of lemon-juice. Make this the same consistence as creamy béchamel, unless required thick, then it can be reduced by boiling, but never put the cream in until ready to serve. This sauce should be velvety.

Sauce Verte.—(*See* Sauce Herbacé.)—Make the sauce in the same way, adding green colouring last thing; *or* make a purée of the herbs, the kinds being varied according to taste, and pass them through a sieve; then add them, with the colouring, to the sauce; any white sauce may be used as a basis, and in addition to the herbal flavour, there should be a pleasant acidity; any of the flavoured vinegars (*see* recipes) can be used for the purpose; lemon-juice and white wine are also employed.

Serve with white meats which require zest or piquancy. (*See* also Green Butter, in Garnishes).

Sauce Volaille.—Required: a tablespoonful of tarragon vinegar, the same of lemon-juice, French vinegar, and white wine, a gill of white stock, from the bones of a fowl (*see* No. 9 for the method of making it), seasoning, cream, and herbs as under. Cost about 9d.

Boil a pint of stock as above down to a gill; put the wine, vinegar, &c., in a stew-pan to reduce one-half; mix them with the stock, and boil up, then add a gill of hot cream (off the fire), previously boiled up with a teaspoonful of white roux. Put in a dash of cayenne, salt to taste, and a teaspoonful of parsley, tarragon, and chervil, blanched and chopped finely. Serve with chicken, veal, &c.

Shrimp Sauce.—For a plain sauce, add a gill of picked shrimps to three gills of Melted Butter or plain White Sauce; season to taste, and put in a few drops of anchovy essence or shrimp essence, and a saltspoonful of lemon-juice, with a pinch of salt.

Another way.—Boil the shells of the shrimps with any fish bones that are handy (*see* Stock No. 15); add a gill of good Melted Butter or creamy Béchamel to the same measure of stock, then put in the shrimps as above, with a little lemon-juice, cayenne, and anchovy essence; no salt is required. If melted butter is used, stir in a tablespoonful of hot cream last thing. This is richer than the first recipe. Serve with white fish of any kind. (*See* recipes.)

Another way.—Shrimp paste or shrimps potted in butter may be used, together with a few drops of colouring, and a little essence of shrimps or lobster.

Prawn Sauce, from tinned prawns, may be made by adding melted butter, &c., as in the first recipe above.

Tammy, Use of.—(*See* page 83.)

Tartare Sauce.—[A new American recipe.]—Required: one tablespoonful of white wine vinegar, half the quantity of lemon-juice, a saltspoonful of salt, a grain of cayenne, a pinch of grated lemon-peel, a teaspoonful each of Worcester sauce and mushroom ketchup, a quarter teaspoonful of French mustard, two ounces of butter, and half a glass of light wine.

Put all the ingredients in a basin, and set it over boiling water until the contents are heated. Put the butter in another vessel, and make it hot in the same way; remove the basins, and stir the butter by degrees to the other ingredients, incorporating them well; keep the basin in the water while mixing (as the sauce must not be again heated), and as soon as ready, serve with mackerel, salmon, eels, &c., or with any fish except delicate white. After melting the butter, skim it, and pour it off gently from the sediment.

Tomato and Chestnut Sauce.—Required: a gill each of white wine, white stock, from veal or chicken bones (*see* No. 9), chestnuts, sieved, and tomato pulp. Cost, about 9d.

Pass ripe tomatoes through a hair sieve, and boil some chestnuts; peel and sieve them; add the purée to the tomatoes, and mix the wine and stock in very gradually. Put the whole in a saucepan, and stir to the boil; add a teaspoonful of corn-flour mixed with milk, salt, and white pepper, a grate of nutmeg, and a pinch of white sugar; boil for a minute or two, then add a little carmine colouring.

This is a very nice sauce for veal, turkeys, fowls, rabbits, &c. It may be varied in several ways: by using cream instead of stock, or béchamel, or thick white sauce can be used, then no arrowroot or corn-flour is needed; the wine can be reduced or omitted if a little lemon-juice be added.

Tomato and Curry Sauce.—(*See* recipe for CURRY SAUCE); add to half a pint a gill of tomato pulp or conserve, with a tablespoonful of tomato vinegar and a teaspoonful of mango chutney. Serve with meat or fish, hot or cold.

Tomato chutney may be added to curry sauce by way of flavour; but the above is recommended as a good mild sauce, the curry flavour being modified by the tomatoes.

Tomato Sauce, Brown.—Required: one onion, one pound of ripe tomatoes, one ounce of butter, a gill of BROWN SAUCE, a gill of stock (No. 4), a slice or two of carrot, a pinch of castor sugar, salt, and cayenne, and a saltspoonful of mignonette pepper. Cost, about 1s.

Melt the butter, add the sliced onion and carrot; brown well, then add the tomatoes broken up, with the stock and seasoning; boil until the whole can be sieved, then return it to the pan with the brown sauce; give a boil up, season to taste with more salt; a squeeze of lemon-juice is an improvement. Add a few drops of carmine.

For a *cheaper* sauce, use a plainer stock, omit the brown sauce, and thicken with browned flour; add a little colouring.

Tomato Sauce for White Meat.—Required: ingredients as above, substituting white stock for brown, and white sauce (béchamel or plain white sauce) for brown sauce.

Melt the butter, cook the vegetables in it without browning, add the stock, and proceed as above directed. For a plain sauce, the meat liquor will do, if for serving with plainly-boiled meat; but for rabbit, fowl, &c., good white stock, as No. 9, is required.

Another way.—Cook the tomatoes in butter until they can be sieved, then add an equal measure of good MELTED BUTTER.

White Sauce, Plain.—Required: two ounces each of flour and butter, a pint and a quarter of milk, a pinch of salt and pepper, and a grate of nutmeg.

Melt the butter, add the flour, and cook well, then the milk gradually; stir to the boil, cook for a few minutes, season, and serve. Suitable for artichokes, cauliflower, celery, vegetable marrows, &c., and forms the basis of other sauces. For masking vegetables, make it thicker by reducing the milk to a pint. A bay-leaf boiled in it is an improvement.

White Sauce, Richer.—Make as above, using a gill of cream in place of a gill of the milk, and stir in an ounce more butter last thing, with a drop or two of any herbal vinegar or lemon-juice. This is useful for vegetables, fish, &c., and furnishes a basis for other sauces, as onion, celery, or fish sauces.

White Sauces, Rich, Salt in.—In the making of all good sauces for which white stock is required salt must be added with caution, because, owing to the boiling down of the stock to a third or fourth its original quantity, a concentration of all the materials used in making it is obtained; therefore, when complete, the sauce will probably be quite salt enough: in any case, seasoning must be put in in minute quantities at first and at the end of the operation.

Wines for Gravies and Sauces.—(*See* page 84.)

Yacht Sauce à la Monica.—Required: half a pint of milk, a tablespoonful of grated ham, tongue, or beef (smoked), a teaspoonful each of curry-paste and rice-flour, a saltspoonful of saffron-powder, a green capsicum cut small, a large onion chopped, salt and

cayenne to taste, a tablespoonful of lime-juice, and half a gill of cream. Cost, about 8d.

Mix the curry-paste, rice, and saffron with the milk, put in a pan with the ham, onion, and capsicum, boil until soft, then rub through a sieve. Put back in the pan, with seasoning to taste, the cream and lemon-juice, and a little more hot milk to make up the quantity. Serve with any kind of cooked vegetables or fish; or re-heat cold fish in the sauce, which is very appetising.

Yacht Sauce à la Norah.—Required: a pint of brown stock, as No. 4, a tablespoonful of brown roux, the same measure of Worcester or other good sauce, mushroom ketchup, and lime- or lemon-juice, an ounce or two of grated ham, and a Spanish onion of medium size, salt and pepper to taste, and a teaspoonful of soy.

Make a little butter hot, slice the onion and fry it brown, add all the other ingredients, and boil until the onion is pulpy; then sieve the sauce, re-boil it, and use it for re-heating cold fish, game, or meat. It is a good sauce for serving with smoked salmon, dried haddock, &c., or with eels.

Zouave Sauce.—Required: half a pound of onions, half a pint of tomato purée, half a pint of Brown Sauce, a tablespoonful each of tarragon vinegar, chilli vinegar, and French vinegar, and seasonings as under.

Mince the onions, fry them lightly in hot fat, drain them, and lay them in a clean stew-pan, with the tomato purée, brown sauce, and vinegar; bring to the boil, and skim so long as the fat is thrown up; then add salt to taste, a little French mustard, and enough "Tabasco pepper sauce" (sold in bottles) to suit the palate. If properly made, this is a sauce of good flavour, and will be sure to please any whose tastes are "somewhat Indian." Next stir in a tablespoonful of Oriental chutney (*see* Store Sauces) and the same measure of sultana raisins, picked and cut into quarters. Simmer until the onions and raisins are tender, adding a little brown stock (common bone stock will do) from time to time, to prevent the sauce becoming too thick. Finally, lay in any white meat previously cooked—we may instance calf's head, feet, veal, rabbit, and tripe; put the cover on, and leave the pan near the fire (but take care that the sauce is below boiling point) for twenty minutes or so; and after dishing the meat give the sauce a boil up. For the tomato purée, if fresh tomatoes are not handy, use canned ones, rubbing them through a sieve; or the bottled pulp or conserve is still better. Spanish onions are best for this. English ones, if used, must be scalded, or the quantity may be reduced a little.

COLD (SAVOURY) SAUCES.

(*See* also Salad Dressings, in Salads.)

GENERAL REMARKS.

With the increasing number of cold dishes there follows naturally an increased demand for cold sauces; likewise, as adjuncts to hot meats, iced sauces are just now regarded as the proper thing, though this may be but a fleeting fashion. In the following recipes a suitable accompaniment to almost any dish may be readily found; while from each one detailed, others may be as readily evolved; for the food adjuncts of the present day, in the shape of relishes and condiments, afford ample scope for variety of flavour.

In addition to the following sauces, it will be noticed that many of the

so-called hot ones are equally palatable when cold; and such are indicated under their respective headings.

With special reference to the *iced* sauces, we would point out that almost any cold sauce may be iced, if sufficiently rich; it is, of course, obvious that some kinds could not be frozen successfully. A dish with an iced sauce would, however, be out of place in a meal other than one of all-round excellence, and to serve a common sauce in an iced condition would be courting ridicule.

In the matter of simply cooling a sauce, many ways are open; a simple, but effectual one is to soak a cloth in cold water, and wrap it round the vessel, renewing the operation as the cloth dries; or, the sauce-boat may be set in a bowl of cold water with a lump of salt in; or better still, in a basin of rough ice and salt, or in a refrigerator.

We would add, in conclusion, that be the method what it may, let a cold sauce really be cold, in the strict sense of the word; and from the homely pat of butter (long regarded as a suitable concomitant) to the most elaborate sauce of the iced variety which may be served with hot meat, whenever it is put on the dish by way of garnish, serve the dish the instant after the addition. For the method of freezing iced sauces the reader is referred to the chapter on ICES.

Bretonne Sauce.—Required: a gill of French vinegar, a teaspoonful of castor sugar, the same of French mustard, a saltspoonful of English mustard, a tablespoonful of grated horse-radish, a few drops of onion vinegar and tarragon vinegar, and the grated rind of a quarter of a lemon. Cost, about 5d.

Mix the horse-radish with the mustard and sugar, add the lemon-rind, then the vinegars gradually, mixing well. This may be bottled; it is an appetising sauce for cold meat or fish.

Burette Sauce.—Required: a tablespoonful of soluble cayenne pepper, the same measure of salt, a dessertspoonful of castor sugar, a glass of port, the strained juice and grated rind of a large lemon, a tablespoonful each of mushroom juice and Harvey sauce. Cost, about 7d.

Mix the dry materials thoroughly; add all the liquid ingredients, cover, and leave for a few hours. Serve with cold meat. This is a very piquant sauce, and will not suit ordinary palates. It is an improvement to set the vessel containing the ingredients in boiling water until the contents are hot, then to set aside in a cool place until wanted.

A small quantity of the above will give zest to many other sauces, and may be added to gravy for devilled meats, &c.

Chaudfroid Sauce, Brown.—Required: a gill of strong aspic jelly, half an ounce of glaze, a gill of BROWN SAUCE, a tablespoonful each of sherry (or Madeira) and tomato conserve, or the pulp of a ripe tomato.

Put the ingredients in a saucepan (the glaze being first cut up small), stir to the boil, then skim, and simmer until the sauce is reduced by a third; set aside, and use when cool for masking (*see* ENTRÉES), after tammying in the usual way.

There are many ways of making the above, so far as the flavourings are concerned; the basis, however, must be a rich gelatinous sauce that will stiffen as it cools; for instance, supposing no aspic jelly (or not sufficient), some good clear stock, stiffened with gelatine, and flavoured, could be substituted; or supposing no brown sauce, a little more tomato conserve and glaze, with a small quantity of brown stock or gravy, thickened with

roux in the usual way, must be used. Then the weather must be taken into consideration, and the nature of the dish. If for *masking* cutlets or other dishes, the *chaudfroid* need not be so thick as when used for *lining* a mould for dishes which have to be turned out.

Chaudfroid Sauce, White.— Required: half a pint of THICK BÉCHAMEL, half a pint of strong aspic. This must be very pale (*see* GARNISHES), and half a gill of cream.

Put altogether in a saucepan, boil and skim until reduced nearly a third, tammy, and put aside until cool.

Another way. — If wanted very white, use a gill of thick cream and a gill of sauce suprême, in place of the béchamel above. If not thick enough for any particular purpose, reduce it by further boiling; or add a little isinglass or gelatine dissolved in enough milk to cover it, but take care to boil up and tammy after such an addition; if simply stirred in, the mixing would be incomplete. (*See* remarks on BROWN CHAUDFROID, above.)

For *green* or *pink chaudfroid*, it is only necessary to add a little of the usual colourings; for yellow, some paste or liquid colouring can be used; or for some dishes the yolk of an egg or two, beaten in off the fire after the sauce has boiled, will give the required tinge.

These sauces are suitable for masking purposes generally, *i.e.*, for soles and other white fish, salmon, lobster, and chicken, turkeys, and white meats of all sorts.

Cream, Anchovy. — Required: three anchovies, an egg, a gill each of cream and aspic jelly, two tablespoonfuls of salad oil, cayenne, nutmeg, colouring, and lemon-juice.

Boil the egg hard, put the yolk in a basin; wash, bone, and pound the anchovies with the egg, seasoning as above, and the oil; stir in the aspic, cool but liquid, and the colouring; rub all through a sieve, and mix with the cream, first stiffly whipped; then set by to cool. Add the lemon-juice just before serving.

Cream, Aspic. — Required: a gill of whipped cream, a gill of aspic, a little cayenne, flavoured vinegar, and chopped fresh herbs to taste.

Mix the cool aspic, just liquid, with the seasoning, &c., and add carefully to the cream.

This is used chiefly for garnishing cold dishes. If for fish, use fish aspic, for poultry, pale aspic; and for dark meats, brown aspic. (*See* GARNISHES).

Cream, Chervil. — Required: equal parts of cream, aspic, and BÉCHAMEL or SAUCE SUPRÊME: add to a gill of each a good pinch of salt, a tablespoonful of chopped chervil, and a few drops of white vinegar and lemon-juice, with a suspicion of fresh thyme, finely chopped, if obtainable.

Blend the ingredients thoroughly, and serve with chicken or veal. Cut lemon should be handed with it.

Cream, Crayfish. — Required: a third of a pint of cream, the same measure of rich MELTED BUTTER made from fish stock, a few drops of carmine, and a large tablespoonful of CRAY-FISH BUTTER; or use "Krebs butter," sold in tins: a very good preparation.

Whip the cream stiffly, stir the cray-fish butter into the melted butter, add a little colouring, and mix altogether. Serve with cold fish of the white class.

Cream, Lobster. — Substitute LOBSTER BUTTER for that of the preceding recipe; or, if that is not at hand, use the essence of lobster, sold in bottles, to which a few drops of anchovy essence is a great improvement; add a little lobster coral or coralline pepper, with a few drops of carmine.

A sauce similar to the foregoing can be made from shrimps, using the essence to flavour, and putting some of the shrimps in the sauce; or it may be made from prawns. The foundation sauce should be white, and the prawns

cut into half inch lengths; the tinned fish answer for this, and to the sauce a little shrimp essence should be added.

Hong Kong Sauce.—Put into a bowl the yolk of a fresh egg; add to it the yolk of another egg, boiled hard, a teaspoonful of herbaceous mixture (*see* SEASONING), the same of French mustard and essence of anchovies, and a saltspoonful each of salt and celery salt. Mix with the back of a wooden spoon very thoroughly, then add by degrees a gill of salad oil, as if for mayonnaise; next put in half a gill of claret, a teaspoonful of pepper-water, a tablespoonful of lime-juice, and the same measure of lemon pickle. When well mixed, add more seasoning, salt, cayenne, or mustard, if liked, and set on ice before serving. Last of all put in a teaspoonful of sugar. This may be sent to table with almost every kind of fish, flesh, or fowl; it also blends well with many kinds of salad. Use a fresh lime whenever obtainable; failing that, the best juice, pure, unsweetened.

A variation of this excellent sauce consists in the substitution of tamarind chutney for lemon pickle. Or a preparation called *tamarind zest* may be used.

Horse-radish Sauce.—Grate a stick of well-washed horse-radish as finely as possible; to three tablespoonfuls, add half a teaspoonful of salt, two tablespoonfuls of vinegar, four tablespoonfuls of cream, a saltspoonful each of mustard and castor sugar, and a few drops of cayenne vinegar. Cost, about 6d.

Blend the horse-radish with the seasonings and cream, and add the vinegar last, of which a smaller proportion will be more acceptable to many palates; for a milder sauce, the sugar should be increased or the mustard reduced, or it may be omitted. For a less expensive sauce, use milk in place of cream, and a teaspoonful of sweetened condensed milk.

Horse-radish Sauce, Rich.—Beat a gill of cream until quite stiff; mix with it a couple of tablespoonfuls of horse-radish (use a fine grater in preparing it), a saltspoonful each of salt, sugar, and mustard, both French and English, a tablespoonful of French vinegar, and a few drops of cayenne vinegar. Cost, about 8d.

To improve the above, rasp a lump of sugar on the rind of an orange until a fourth of the yellow part is removed; add it with the yolk of a hard-boiled egg rubbed through a sieve.

Another way.—For a very superior sauce, use, for the foundation, half a gill of thick MAYONNAISE and half a gill of thick cream; finish off as in the above recipe, the hard-boiled egg being added or not, according to taste.

Lax Sauce.—Take from a tin of lax enough to fill a table spoon after chopping; use it with the ingredients given in the recipe for CREAM, CRAY-FISH; add colouring to give a pink tinge, and serve with cold fish or with hot fish, as grilled salmon or haddock, fried eels, &c.

Lisbon Sauce.—Peel and slice a large Spanish onion, cut it small, then pound it with the undermentioned ingredients: a teaspoonful each of salt, sugar, curry-paste, and mignonette pepper, half a teaspoonful of French mustard, the yolks of two eggs boiled hard, a tablespoonful each of tomato pulp and salad oil. After the whole have become thoroughly blended, add half a gill of French vinegar and a glass of claret; stir thoroughly, and leave for a while before serving.

This sauce is very appetising, inexpensive, and generally useful for all sorts of dishes.

Lorraine Sauce.—Required: a quarter pint of pure tomato conserve, half a glass of sherry, half a gill of brown stock (No. 6, 7, or 8), the same measure of liquid aspic, a teaspoonful each of onion vinegar and herbal vinegar, a little salt, sugar, mignonette pepper, and colouring.

Mix the whole well together, and serve with fish or meat.

Maître d'Hôtel Sauce (or Butter).—Required: butter, salt, cayenne, lemon-juice, and chopped parsley, in the following proportions: two ounces of butter, two teaspoonfuls of parsley, half a teaspoonful of lemon-juice, a pinch of salt, and a suspicion of cayenne.

The butter, parsley, and seasoning should be worked well together with a spoon in a basin, and the lemon-juice (or white vinegar) added gradually.

Thus made, it can be served with steaks, kidneys, &c., and with various kinds of fish, but sometimes a grate of nutmeg is added; and if for serving with eels or salmon, a morsel of finely-chopped onion, first scalded and dried, may be put in, but it must be so fine as to be almost lost in the sauce. Whether laid on the dish or placed on the meat or fish with which it is served, it should never be added until the dish is ready for table.

Mayonnaise Sauce. — Required: the yolks of two raw eggs, three gills of olive oil, a good pinch of salt, and a dust of white pepper, a dessertspoonful each of tarragon and white wine vinegar, half a teaspoonful of lemon-juice, half a teaspoonful of French mustard, and a saltspoonful of English mustard, in the dry state. Add cayenne to taste.

Put the yolks of the eggs in a basin; add all the dry condiments, and stir in the oil, drop by drop, with a wooden spoon; when quite thick, add the vinegar and lemon-juice drop by drop, and set in a cool place.

This sauce has innumerable uses, and various additions are made according to the dish for which it is required: such will be detailed under their respective headings; and when "thick mayonnaise" is referred to in any recipe, the foregoing is the kind of sauce intended to be used, as it forms the basis of the sauce for all the fish, flesh, fowl, &c., which can be designated mayonnaise.

Mayonnaise Sauce (Hints on).—Have a cold basin in a cold place, and if very warm weather, set it on ice while mixing. Use good oil, and add it literally drop by drop, especially at starting; this is easily done by holding the forefinger of the left hand over the neck of the bottle, leaving room for the sauce to just run out in drops. Stir continuously; it is no use to pour in some oil, and then stir; the two processes must go on simultaneously. After the sauce is thick, and the oil all worked in, do not thin it by adding a lot of common vinegar; use the best, getting a maximum of strength with a minimum of fluidity; the best for the purpose is "white wine," and a few drops of chilli vinegar may take the place of the dry cayenne.

If these rules are followed, the sauce may be made as thick as creamed butter at any time of the year. If it has to stand long before using, and the weather is very hot, two tablespoonfuls of liquid aspic to three gills of sauce will prevent it running; and this addition should be made when the mayonnaise is used from a bag and pipe for garnishing purposes. In some cases, even more aspic will be needed than given above; a tablespoonful to the gill *may* be wanted, if the dish has to stand a while after it is ornamented.

Mint Sauce.—Take some fresh young mint leaves, wash them, and dry them in a clean cloth; do not squeeze them, or the flavour is lost; chop them as finely as possible, and add two tablespoonfuls of castor or finely-sifted loaf sugar to three tablespoonfuls of the mint. Mix them together in the tureen, then add the vinegar, about five tablespoonfuls, and stir well; it should be pulpy, and made, if possible, some hours before using. The common faults of mint sauce are excess of vinegar, deficiency of sugar, and coarsely-chopped mint. A tureen of vinegar, with a dash of sugar, and a few pieces of mint floating on the

surface, is often met with, but it is not mint sauce.

Mint Sauce, Superior.—Required: mint and sugar as above; after chopping, pound them in a mortar, with a teaspoonful of lemon-juice, then add gradually some French vinegar, five to six tablespoonfuls, and let it stand as above directed. A little water is sometimes added to reduce the piquancy, in place of a fourth, or thereabouts, of the vinegar.

Olive Sauce.—Blanch and cut up enough olives to fill a tablespoon; add them to two or three gills of MAYONNAISE and whipped cream mixed, with a little mignonette pepper and a teaspoonful of lemon-juice. This must be cooled thoroughly, and may be served with many dishes, fish, poultry, or game.

Piquant Sauce for Salmon.—Required: a gill of olive oil, one tablespoonful of pickled gherkins, the same of French vinegar, a teaspoonful each of French mustard, tarragon vinegar, and anchovy essence, salt, a pinch of cayenne, and two eggs. Cost, about 9d.

Put the yolks of the eggs, raw, into a bowl, add the oil, drop by drop (*see* MAYONNAISE), and when mixed add the rest of the ingredients; the gherkins should be minced finely, and mixed separately with the anchovy and mustard, before the vinegars are added; the whole must be carefully blended with the beaten oil and eggs; and if not ready for the sauce as soon as it is made, set it on ice. It must be made in a cool place. If possible, set the bowl on ice while mixing the ingredients.

Poivrade Sauce.—Required: two tablespoonfuls of BROWN SAUCE, twice its measure of salad oil, a tablespoonful and a half of French vinegar, and half a tablespoonful of tarragon vinegar, a shalot, a teaspoonful of chopped parsley, a pinch of salt, cayenne, black pepper, and white sugar, a teaspoonful or thereabouts of chilli or cayenne vinegar, and a few drops of herbal vinegar.

Mince the shalot, pound it with the dry seasonings; add the brown sauce and oil, and mix thoroughly with a whisk, then put in the vinegars by degrees, whisking well for a few minutes.

Another way.—Use claret in place of half the French vinegar, and add a half teaspoonful of French mustard and cucumber vinegar.

These sauces are very good with bacon, calf's head or feet, &c.

Potsdam Sauce.—Put a gill of game stock in a basin; mix in a dessertspoonful of mushroom ketchup, a tablespoonful of port, a tablespoonful or two of good aspic, cool and on the point of setting, salt and cayenne to taste. Whip the whole for a few minutes, and set on ice for a short time before serving.

This is useful for cold game. By using stock from venison bones, it is a good sauce for venison or well-hung mutton.

Queen's Own Sauce.—Required: two ounces of fresh butter, two eggs, the juice of half a lemon, salt, a gill of cream, cayenne, and a teaspoonful of herbal wine (*see* SEASONING). Cost, about 9d.

Beat the butter to a cream, add the eggs, yolks only; beat again, whip the cream up stiffly, mix altogether in a jar, set it in boiling water over the fire, and thicken like custard; add the seasoning lightly, and set aside to cool in the tureen in which it will be served. Just before serving, dust the surface of the sauce with lobster coral and chopped parsley, or tarragon and chervil.

This is a very good sauce, and its uses are manifold; it is recommended to those who cannot take sauces containing oil.

Sardine Sauce.—Required: half a dozen sardines, a gill of aspic, a gill of cream, a gill of fish stock, seasoning as under.

Wipe the sardines, bone them, put

the bones in the fish stock, with a bit of bay-leaf and parsley, a strip of lemon-peel, and half a dozen white peppercorns; boil for half an hour, strain the liquor through a cloth, and mix it with the liquid aspic. Cut the sardines up small, or sieve them; mix altogether, add a little seasoning, and serve. If boneless sardines are used—and they are less trouble—ordinary fish stock, boiled down as above, must be used.

The cream must be stiffly whipped. Half cream and half melted butter can be used, if more convenient.

Sauce à l'Alceste.—Required: half a teaspoonful each of French mustard, white sugar, and English mustard, a saltspoonful each of celery salt, grated orange-peel, and tarragon vinegar; a tablespoonful of horse-radish vinegar, an egg, and two gills and a half of stiffly whipped cream.

Boil the egg hard; put the yolk through a sieve to the cream. In another basin mix the mustard, sugar, salt, and the liquid ingredients, very thoroughly; add the cream, and blend the whole perfectly, then put the mixture in a mould, and set in an ice cave until stiff.

Another way.—Use a tablespoonful of grated horse-radish instead of the vinegar.

A very shallow border mould should be used for the above.

Sauce à la Barbe.—Required: cream, mustard, salt, sugar, and tarragon vinegar as above; a large ripe tomato, carmine, and a pinch of cayenne.

Pound the tomato with the whole of the ingredients (cream excepted), pass the mixture through a hair sieve, add the whipped cream, and colour the sauce a pale pink. Fill some small paper or china cases, and set them in an ice cave until stiff; or use a border mould; turn out on a cloth to drain, then dish it on a lace paper, and fill the centre of the mould with plainly-dressed salad.

Sauce à la Calcutta.—Required: a gill of cream, a gill of strong white stock, a teaspoonful of curry paste, half the quantity of pepper water (*see* SEASONINGS), a little salt, lemon-juice, and French vinegar, a teaspoonful of clear Indian pickles, finely chopped, and an egg.

Boil the egg hard, pound it with the curry and salt, add the pickles, vinegar, &c., and the stock, which should be on the point of setting. Whip the cream stiffly, stir it in, and blend thoroughly. Put in a little yellow colouring, and freeze in small moulds.

Sauce à la Dresde.—Required: a gill of brown sauce, a gill of mayonnaise, half an ounce of glaze, a tablespoonful of sherry, the same of tomato pulp, a teaspoonful each of grated horse-radish and French vinegar, a saltspoonful each of French mustard and chopped fennel, salt to taste, an egg, and a large tablespoonful of strong aspic jelly.

Into a basin put the brown sauce, tomato pulp, sherry, glaze (dissolved in a little stock), half the mustard and vinegar, and a pinch of salt. Into a second basin put the mayonnaise, horse-radish, the rest of the mustard and vinegar, the fennel, and egg, first boiled hard and sieved, both yolk and white. The aspic should be cool, but not set; put half of it into each basin, then fill little cases with the sauces in alternate layers, or mould them in layers in a shallow mould or Neapolitan ice box, and when stiff cut the sauce in squares, or any desired shape, and dish on a lace paper.

Very small *bouche* cups, or other fancy moulds, may be used for this. In turning out, drain on a cloth before dishing.

Sauce à la Guernsey.—Required: a gill each of tomato conserve, aspic jelly, and mayonnaise, a good pinch each of salt, sugar, and cayenne, a half gill of strong stock from chicken bones (it must be a firm jelly when cold), a few drops of lemon-

juice and tarragon vinegar, and a tablespoonful of thick cream.

Mix the conserve with the liquid aspic and chicken stock, add the seasoning, and whip all up thoroughly; then stir in the cream and mayonnaise, colour a pale pink, mould and freeze as before.

If liked, colour part green, and mould in alternate layers. Serve as above directed.

Sauce au Diable.—Required: four eggs, four tablespoonfuls of olive oil, a teaspoonful of mustard, the same of sugar, half as much salt and mignonette pepper, a small onion chopped, the juice of two limes, and six tablespoonfuls of claret. Cost, about 1s. 2d.

Boil the eggs hard, put the yolks through a sieve with the dry mustard, mix them in a bowl with the oil, little by little, the onion, and dry condiments, then stir in the claret and lime-juice by degrees; set aside in a cool place for an hour or two, and serve with any cold meat or fish.

If liked hotter, put in cayenne or cayenne vinegar, pepper water, or chilli essence; the latter is made by steeping chillies in wine until it becomes sufficiently flavoured.

Another way.—Mix cold gravy or brown stock with half its measure of vinegar, or half claret; add salt to taste, a little mustard, cayenne, and hot chutney.

Sauce Verte.—Blanch and pound (after squeezing them well from the water) a bunch of parsley, a few sprigs of chervil, and a little tarragon, enough to fill a tablespoon after pounding and sieving. Mix with the purée a gill of rich melted butter, add an equal measure of thick whipped cream or mayonnaise, with a little salt, mignonette pepper, a teaspoonful each of lemon-juice and cucumber vinegar, and green colouring to give the required tinge.

Another way.—Boil some cucumber in water, press it through a sieve, and to two tablespoonfuls of the pulp add an equal measure of mayonnaise and whipped cream; season as above, colour, and put in either of the above-named herbs; if only parsley is used, add some tarragon vinegar or a little herbal vinegar. Serve as soon as mixed.

Another way.—Peel and slice some raw cucumber, and pound it in a mortar; to each tablespoonful add a teaspoonful of onion, scalded and chopped, and a few capers, with their vinegar; rub all through a sieve, add salt and mignonette pepper, and a little colouring as above, with cream and mayonnaise.

Another way.—If for fish, add some anchovy or shrimp essence, and the yolk of a hard-boiled egg to the ingredients given in the foregoing recipe.

These sauces can be served with grilled fish, poultry, &c., as well as with many cold dishes.

Sauce Rafraîchissante.—Required: the juice of two fresh limes, a glass of claret, a tablespoonful each of French vinegar, horse-radish vinegar, and onion vinegar, two shalots, chopped until almost reduced to powder, a tablespoonful or two of small, quickly grown mustard and cress, a little sugar, salt, and enough mignonette pepper to season pleasantly.

Put the chopped shalots in a bowl, with the mustard and cress; mix the liquid ingredients, add them, and season to taste; then put in a drop of garlic vinegar, or first rub the bowl with a morsel of garlic, to give a *twang* without imparting a pronounced flavour.

This should be mixed some hours before using, and kept as cool as possible. The sugar used may be as much as a teaspoonful, if a very sharp sauce is not liked; but it should be piquant, and only a small quantity is required to give zest to a dish of meat or fish. It is a good sauce for hot meats, grilled or broiled, or for kidneys or grilled fish.

Tartare Sauce.—Required: a

shalot, a teaspoonful of French mustard, half as much anchovy essence and chopped chervil, a little salt and shredded tarragon, and half a pint of thick mayonnaise. Cost, about 1s.

Mix the whole lightly, taking care that the shalot is very finely chopped; a small pickled onion, well drained and chopped, is sometimes used in place of the shalot.

Another way.—Add to three gills of mayonnaise a good teaspoonful each of French pickled gherkins and capers, cut up small, a little of each of the vinegars, salt, and mignonette pepper, with any other addition in the form of herbs, or a dash of herbal vinegar.

To a sauce made in the latter way a couple of filleted anchovies, cut in dice, can be added, with a saltspoonful of French mustard.

These sauces have many uses, being served with all sorts of fish of the oily class, in addition to cold dishes.

Vinaigrette Sauce.—Required: six tablespoonfuls of olive oil; one tablespoonful each of tarragon vinegar and onion vinegar, a pinch of cayenne, salt, and mignonette pepper to taste, and a little brown sugar.

Put the oil in a basin, add the seasoning, then the vinegar, gradually. Serve with brawn and other cold meats, such as calf's head, feet, &c., or collared ox cheek.

Another way.—This is suitable for hot meats, veal, &c., or for boiled vegetables. Omit the onion, vinegar, and sugar in the above recipe, and add to the other ingredients a teaspoonful of white vinegar and a little chopped parsley, or chervil and tarragon.

SWEET SAUCES.

GENERAL REMARKS.

Very little need be prefaced to this section. Not only is the variety of these sauces here given greater than can be found in the usual run of cookery books, but most of them are new, all are, or may be, suggestive of many others; and while a few of the richer ones can only be indulged in *by the few*, the majority are economical; of their goodness we will leave the reader to judge. The cold sauces will perhaps prove the greater novelty to some people, particularly the "hard sauces" of American origin; and those who desire to follow the dictates of fashion in the matter of food not less than raiment may be interested in learning that a cold sauce is now considered a more suitable adjunct to a Christmas pudding than the hot concoctions of olden times; but fashion is so fickle, that before very long people may perhaps be eating hot sauces with ices!

With regard to cold sauces and the manner of cooling them, we need only refer to the Introduction to Cold Savoury Sauces. The hot sauces need no explanation. (*See* remarks on wines and spirits under JELLIES.)

Almond Sauce.—Make a pint of arrowroot sauce (*see* recipes), or the same quantity of plain custard, and flavour to taste with essence of almonds; a lump or two of sugar rubbed on the peel of a lemon, and stirred in the sauce, improves it considerably.

Almond Sauce (Rich).—Required: a pint of medium or rich custard (*see* CUSTARDS), a few drops of

ratafia essence, four ounces of sweet almonds, a tablespoonful of brandy, and a tablespoonful of milk. Cost, about 1s. 5d.

First blanch the almonds, and pound them smoothly (*see* PASTRY), pour the tablespoonful of milk over, and leave them to stand for an hour or so; then add the boiling custard. If required hot, re-heat the sauce in the *bain-marie*, and add the brandy and essence off the fire; or for a cold sauce, add the last-named ingredients just before serving. The almonds may be bought in the ground state, then they only need infusing in the milk, but the sauce must be passed through a tammy.

Almond and Cocoa-nut Sauce.—Required: one gill of cream, one ounce of butter, two eggs, yolks only, a glass of brandy, half an ounce each of cocoa-nut and ground almonds, and a little milk. Cost, about 1s.

Infuse the nuts in the milk for some time, without actually boiling, then add the rest of the ingredients, and thicken as directed for custard; stir in a few drops of almond essence, and serve with rich puddings.

Amber Sauce.—Required: a pound of apples, weighed after peeling and coring, the rind and juice of a lemon, two eggs, two ounces of butter, four ounces of moist sugar, a wineglassful of ginger syrup, and some yellow colouring. Cost, about 1s.

Bake the apples in a covered jar, with the lemon-rind and juice and the sugar; when done, pass through a hair sieve, then add the eggs, well beaten, the butter, just dissolved, the ginger, and enough paste or liquid colouring to impart a rich tint; beat well, re-heat, but do not boil, and serve with any plain pudding, cereal, suet, &c., or with boiled rice, macaroni, or any kind of batter or other light pudding. It is a very good sauce, and inexpensive.

Another way.—Omit the ginger syrup, and add pineapple-juice, apricot syrup, or some orange marmalade; if the last-named is added, use less lemon-juice. The rind may go in as before, and it *should* be grated, though if time is an object it *may* be peeled very thinly, but the flavour is not so good.

Amber Sauce (Rich).—Mix a gill of orange marmalade, the grated rind and juice of an orange, the juice of half a lemon, and an ounce—more or less—of loaf sugar; stir to the boil, add half a glass of raisin wine, and serve over or round a hot pudding. (*See* recipes.)

Angel Sauce.—Required: a teacupful of apricot marmalade, a tablespoonful of brandy, the same of sherry, an ounce each of almonds and pistachios, a dessertspoonful of noyeau syrup, and a squeeze of lemon-juice.

Blanch the almonds, dry them, and chop them into pieces the size of split peas; bake them on a tin in the oven until golden brown, add them to the marmalade, set it in a pan of boiling water to liquefy, then put in the flavourings and the pistachios, first blanched and chopped finely. This is a very delicious sauce. It may be served hot or cold, with ANGEL, ALMA, LITTLE COBURG, and any similar puddings, or with various creams and pancakes. (*See* recipes.)

Apple Sauce.—This is especially suitable for serving with APPLE CHARLOTTE. It is also referred to in the chapter on PASTRY. Put in a stew-pan half a pound of apples, peeled and *grated*—they must be weighed after grating; add a little water. The kind of fruit must be considered: very juicy apples will need but little, some sorts will take nearly a gill; put in a teaspoonful of grated lemon-peel, and twice the measure of the juice, with loaf sugar to sweeten; boil to a pulp, then beat the sauce well for several minutes with a whisk; put it back on the fire, and melt in it a small jar, about four to six ounces, of apple jelly, then pour it round the CHARLOTTE or other pudding, PARADISE PUDDING for instance.

Apricot Sauce.—Required: half a pint of tinned apricots and their juice, measured together, the rind of half a lemon, a few drops of essence of ratafia, a gill of water, a little colouring, a tablespoonful of lemon-juice, and sugar if required.

Put the fruit in a saucepan with the water, the lemon-rind in strips, and the juice; simmer until it can be passed through a hair sieve, add the sugar, and re-heat, then put in the colouring and essence.

If the apricots are in *heavy syrup*, very little sugar, if any, will be wanted. If in *juice*, one or two ounces will be needed. Serve with Apricot Pudding, or any similar kind; or when cold the sauce is delicious with cereal creams of any sort.

Apricot Sauce (Rich).—Put as many apricots as may be required in a saucepan, first taking out the stones and dividing them into quarters. Just cover them with cold water, and add loaf sugar, in the proportion of a pound to a pound of fruit; simmer gently until they can be rubbed through a hair sieve, then put them back, with the kernels, blanched and shredded, and a tablespoonful of sherry or brandy to half a pound of apricots. Add a drop or two of noyeau essence, or a teaspoonful or more of liqueur, or a tablespoonful of noyeau syrup; re-heat, and serve hot or cold.

Arrowroot Sauce.—Required: one ounce of arrowroot, a pint of milk, two ounces of butter, sugar, and flavouring to taste.

Mix the arrowroot with some of the milk to a paste; boil the rest of the milk, add it, and boil the sauce for a few minutes, then stir in the butter and sugar, and add almond essence or other flavouring, off the fire.

Arrowroot Sauce (Clear).—Use one ounce of arrowroot to half a pint each of home-made wine and water, with a little sugar. Boil the water and arrowroot, then put in the wine, and re-heat the sauce.

For other methods, *see* Corn-flour Sauce.

Banana Cream Sauce.—Required: four bananas, one ounce of corn-flour, half a pint of water, a quarter of a pint of cream, sugar, rose-water, and a grate of orange-peel. Cost of bananas, variable, from 1d. to 2d. each.

The fruit must be ripe, but sound; peel it, and rub through a sieve, or beat it to a pulp in a basin. Mix the corn-flour smoothly with cold water, add the half pint of water, boiling, stir over the fire until it boils, and cook for five minutes; then add it gradually to the banana pulp, off the fire, beating well. Put in sugar to sweeten, from one to two ounces, with a tablespoonful of rose-water. Heat the cream, and add it to the sauce; serve at once, without re-heating. Two ounces of butter can be used in place of cream. This is a good cold sauce; when to be thus served, set it aside to cool, on ice if handy, and stir in the cream, whipped stiffly, just before serving.

Banana Sauce (from dried bananas).—Put the dried fruit in a potato steamer, and steam it until soft, then cook it in a little butter, pulp it, and finish off as above directed. Cost of fruit, variable.

Bavarian Sauce.—Required: half a pint of double cream, half a gill of maraschino, half a glass of brandy, two to three ounces of loaf sugar, and a teaspoonful of strained lemon-juice.

This is one of the best of the cold sauces, but care is needed, and it must be made as described, each ingredient being added in the order named. Set a large basin on ice, put in the cream, and whip it to a stiff mass, taking care it does not turn to butter; then stir in the sugar lightly, next the brandy and maraschino very gradually, then the lemon-juice *drop by drop*. Keep on ice, or in a refrigerator, until the moment of serving.

When making any rich cold sauce, of which cream forms the foundation,

and to which lemon or other acid is added, blend them as above directed; add *no* sugar until the cream has become stiff, and do not *beat* after the sugar is put in. Attention to these apparently trifling details would prevent many failures and much waste of material.

Bermuda Sauce.—Required: a pint of juice from red or black currants, raspberries, cherries, or strawberries—currant and raspberry juice mixed is perhaps *the* best for the purpose—loaf sugar, arrowroot, and brandy.

Dissolve as much sugar as is required in the juice, about half a pound; the fruit is to be treated as if for jelly, and the juice drawn off in the same way. Mix an ounce of arrowroot with cold water, add it to the syrup, and stir all to the boil, then put in the brandy, unless preferred plain.

This is an excellent sauce for many puddings, both cold and hot, and is wholesome and cheap. It is especially recommended with steamed batter and all light puddings, soufflés, &c., and with cereal creams of all sorts; or with a Gâteau of Rice, Semolina, &c.

Bertranda Sauce.—Put four ounces of sweet almonds in the oven after blanching and chopping them; when a good brown colour, pour over them a little milk, and set them by the fire to infuse for an hour or so, then strain off the milk, and add enough boiled custard to make up a pint; add a little brown colouring and some ratafias, about two ounces, crushed and put through a fine sieve, and a little essence of almonds, with a teaspoonful of brown brandy. This may be served hot or cold. It is a suitable accompaniment to Little Brown, Fig, and other Puddings.

Blackberry Sauce.—This is a favourite almost everywhere, and very wholesome, and there are various ways of making it. For a plain sauce, make a tureen of Melted Butter or Cornflour Sauce, and add some bottled blackberry syrup; or, in the fruit season, some juice, drawn off as for making jelly. Or, dissolve some jam or jelly for use in the same way: if jam be used, it must be strained or sieved to free it from the seeds. For a *rich* sauce to be served *cold*, good custard should form the foundation, and blackberry brandy be used to flavour it.

Brandy Sauce (Plain).—Add a glass of brandy to a pint of Melted Butter or plain custard. Serve hot or cold.

Brandy Sauce (Rich).—Use equal measures of rich melted butter and brandy; add the spirit off the fire, heat, but do not boil again.

Another way.—Make a custard of the yolks of three eggs, a gill of cream, and a gill of milk (*see* Custards); add a few lumps of sugar, and, off the fire, a gill of pale brandy. If liked, lemon-rind grated or Vanilla sugar may be added to this to heighten the flavour.

Another way.—Boil together for ten minutes a gill of water and four ounces of loaf sugar; skim a few times, take it from the fire, and stir in a glass of brandy.

These three sauces are suitable for rich plum puddings. They may also be served with many other kinds of puddings, both hot and cold; for the latter the third and fourth recipes are *most* suitable.

Brown Bread Sauce.—Take a slice of bread (made from finely-ground whole-meal) a few days old, rub it through a wire sieve, and add a pint of boiling milk to half a pint of the crumbs. Crush an ounce of ratafia biscuits to powder, sieve them, stir them into the bread and milk, then cover, and leave until cold. Make a pint of rich custard, set aside to cool, then stir in a wineglassful of pure maraschino liqueur. Put the bread and milk in a pan, and stir it to the boil; let it cool again, then mix it with the custard, after sweetening to taste, and last of all add a gill of cream. Serve very cold; iced if possible.

This is a very delicious sauce; it is

mainly intended for serving with fruit compôtes. It is some little trouble to prepare, but is well worth it; we may mention that white bread sauce similarly made is a different thing altogether, and any attempt to simplify the foregoing or to alter the method of making it will result in disappointment. The custard should be made by the recipe for RICH CUSTARD, UNFLAVOURED, in *Custards*.

Cherry Sauce.—Required: a pound of ripe red or black cherries, a gill of water, half a pound or more of loaf sugar, a few drops of ratafia essence, colouring, and a tablespoonful of sherry. Cost, about 8d.

Wash and pick the fruit; put it in a stew-pan with the water, bring to the boil, and add the sugar; cook until all can be sieved, then return the sauce to the pan, with the wine, and the kernels blanched and shredded. Serve hot or cold.

Another way.—To obtain a sauce of fuller flavour stone the fruit at first and crack the stones, then boil them with the kernels for an hour in a little water; strain off the water into the sauce, and add the kernels, pounded or cut up. A pinch of powdered cloves may be added, and if the cherries are black, port may be substituted for sherry. Either way it is a good sauce.

Cherry Brandy Sauce.—Make a gill and a half of rich MELTED BUTTER; add to it a few drops of essence of cloves and a glass of cherry brandy, put in a few drops of colouring, and serve with any rich pudding, of which METZ PUDDING is a type. (*See* also GÂTEAU DE FRUITS.)

Chestnut-Flour Sauce.—Required: two ounces of chestnut-flour (sometimes called meal), a pint and a half of milk, a little sugar (about an ounce; but the flour varies in sweetness), a pinch of salt, and flavouring to taste. Cost of flour, uncertain. French *Farine de Châtaignes* is sold at a shilling or fifteenpence per pound; but Italian flour, recently imported, and sold loose, is from fourpence to sixpence only.

Blend the flour with cold milk to a paste; add the rest of the milk, boiling, then simmer from ten to fifteen minutes, stirring almost all the time, sweeten, and flavour with lemon-rind, or spice essence, or ground nutmeg or cloves; very little is required.

Another way: Richer.—Use a pint of milk, and when the sauce is cooked add a gill of hot cream and the well-beaten yolks of two eggs, then thicken in a double saucepan or *bain-marie*. Vanilla flavouring, a few drops, may be used for this. If to be served cold, beat the cream up stiffly, and add it last thing.

Chocolate Sauce.—Required: three gills of water, two ounces of castor sugar, two ounces of good chocolate, flavoured with vanilla (failing this, use a little vanilla essence), an ounce of arrowroot, corn-flour, or rice-flour, and a tablespoonful of cream. Cost, about 5d.

"Soluble chocolate" is best for this, but ordinary cake chocolate will do. Mix it, after breaking it up, to a smooth paste with a little of the water, boiling, add the rest of the water and the sugar, boil up; then mix the arrowroot with cold water to a paste, add it, and boil for a minute; stir in the cream, and serve. If rice-flour is used, cook it for ten minutes. Colour with *coffee brown* (*see* ICES).

Chocolate Sauce (Rich).—Required: three gills of milk, one gill of cream, one egg, three ounces of good chocolate, two ounces of sugar, half an ounce of arrowroot, and vanilla essence.

Prepare the chocolate as above, using milk instead of water; add the arrowroot, and beat in the egg off the fire. Beat the cream in after separately heating it, then flavour to taste. The exact quantities of sugar and vanilla must be determined by the kind of chocolate used; some of the very best is strongly flavoured with vanilla, and contains but little sugar. In addition

to the vanilla, a pinch of ground cinnamon may be added if the flavour is liked.

Claret Sauce.—Required: half a pint of good claret, two eggs, a teaspoonful of red-currant jelly, a few drops of essence of cinnamon, cloves, or nutmeg; one to two ounces of loaf sugar, a teaspoonful of arrowroot, and a little water. Cost, about 1s.

Blend the arrowroot and water, add a little of the claret, and stir to the boil; then put the rest of the wine in the pan, with the eggs, first beaten, and all the other ingredients. Whip the sauce quickly until frothy and on the point of boiling, then pour it over a hot pudding.

Another way.—Use a tablespoonful of apple jelly (omitting the red-currant), add a glass of port, and proceed as above directed. This is a rich sauce.

Climax Sauce (*see* CLIMAX PUDDING).—Serve with it the following sauce: Mix together a tablespoonful of lemon conserve (*see* LEMON CHEESECAKES in *Pastry*), the same measure of the crumbs of a sponge finger biscuit and lemon marmalade; add a tablespoonful of rum, and the same of sherry, cover, and set the pan in a warm place for a short time, then stir in a quarter of a pint of rich melted butter, a pinch of grated nutmeg, and a teaspoonful of castor sugar; stir until quite hot, and serve. This sauce is equally good with other puddings, as LEMON or ORANGE PUDDINGS, &c.

Cocoa-nut Sauce.—Required: the white part of half a cocoa-nut finely grated, water, sugar, cream, and a little essence of vanilla, or some rose-water or orange-flower-water.

Put the nut in an enamelled pan (see that no bits of brown skin are mixed with it); first cover it with cold water, and boil it softly for an hour, then flavour and sweeten to taste, and put in some boiling cream, or add some of the milk of the cocoa-nut if very sweet and good; boil again—it should be like thick cream—and serve hot or cold.

Another way.—Simmer the nut in its own milk with a little water, if required, then add a little cream last thing, and a well-beaten egg, with the grated rind of an orange; beat hard for a minute after the egg is in. This is a very useful pudding sauce.

Cocoa-nut Sauce from Desiccated Nut.—Dried cocoa-nut may be bought sweetened or plain; in either case it should be soaked for a short time in cold water before its conversion into sauce. It can then be finished off in either of the foregoing ways. The best qualities of the dried nut are decidedly preferable to a fresh nut of inferior quality; they should never be used if rancid in the least degree. (*See* COCOA-NUT AND ORANGE PUDDING.)

Coffee Sauce.—Required: the third of a pint of strong clear coffee, made as for COFFEE CREAM ICE or, if more convenient, coffee essence may be used; four times the usual quantity will be required. Mix with it two-thirds of a pint of custard (*see* RICH CUSTARD, UNFLAVOURED), add a couple of ounces of loaf sugar and a good flavouring of vanilla, then stir the mixture in the *bain-marie* until thick and at boiling point; add half a gill of thick cream, and serve hot with coffee soufflé, or cold with coffee and vanilla cream.

Corn-flour Sauce.—For a plain sauce, mix one ounce of corn-flour to a smooth paste with cold water; first make a hollow in the centre of the flour, pour in the water slowly, and stir with the back of a small wooden spoon; when free from lumps, add a pint of boiling water or milk, pour into a saucepan, and stir until it boils up, then simmer for five to ten minutes, and sweeten to taste; add a little nutmeg or other spice, and serve with plain puddings.

Another way.—Use jam instead of sugar, or a little fruit syrup of any kind; or add, off the fire, a few drops

of essence of lemons, vanilla, or any other well-known kinds.

Make *plain* ARROWROOT SAUCE in the same way.

Cosmopolitan Sauce.—For this, five ingredients are required: viz., equal measures of port, brandy, red-currant jelly, raspberry vinegar, and rich melted butter.

Put the melted butter in a saucepan, with the wine and brandy, add the raspberry vinegar, and take from the fire; melt the jelly, and stir it into the sauce, which will be found very good with hot puddings.

Curaçoa Sauce.—Make a pint of custard, medium or rich, and flavour it with a tablespoonful of curaçoa liqueur, or use the syrup, increasing the quantity. Brandy is often added to this. It is suitable for serving with any pudding for which the same flavouring has been used.

Currant Sauce.—Use red or black currants, in the way directed under BLACKBERRY SAUCE.

Diplomatist's Own Sauce.—Required: a pint of rich custard, a tablespoonful each of brandy and the syrup from preserved ginger, two tablespoonfuls of the ginger cut small, and a teaspoonful each of essence of vanilla and lemon-juice.

Let the custard cool, then add the other ingredients; leave until cold, then pour it round the pudding. (*See* DIPLOMATIST'S OWN PUDDING.)

German Pudding Sauce.—Required: the yolks of two eggs, a gill and a half of light wine, sugar to sweeten.

Dissolve the sugar in the wine, heat it, and add it to the eggs, first thoroughly whisked in a basin. Put the whole into a pan, and whisk over the fire until frothy and hot, but not quite boiling. The juice of half a lemon is sometimes added to this. Serve with GERMAN PUDDING.

Ginger Sauce (Plain).—Add a little grated ginger or a few drops of essence of ginger to a tureen of melted butter, with a little lemon-juice, and sugar to taste.

Ginger Sauce (Rich).—Make a custard with a gill each of milk and cream and the yolks of three eggs. Stir in a gill of preserved ginger syrup, the grated rind of half a lemon, and half an ounce or more of castor sugar; serve with RICH GINGER PUDDING.

Another way.—Put a gill of MELTED BUTTER (rich) in a saucepan, with half a gill of ginger syrup and a tablespoonful of orange-juice; add a few lumps of sugar, stir to the boil, then put in a tablespoonful of ginger wine, raisin wine, or sherry.

Hard Sauce, American.—Required: four ounces of butter, eight ounces of castor sugar, a glass of sherry or Madeira, and a tablespoonful of lemon-juice. Cost, about 9d.

Put the butter in a bowl, beat it to a cream, as if for making cakes, add the sugar, and beat hard for several minutes, then the wine and juice very gradually; when quite stiff, set on ice to cool; or put it in an ice cave for a short time.

Another way.—Make as above, adding half a glass of rum and a tablespoonful of pineapple syrup in place of the wine and lemon-juice.

Another way.—As above, with brandy and vanilla essence in place of the rum and pineapple.

Another way.—Use butter and sugar as in the first recipe; add a quarter of a pound of red or black currant jelly and the juice of half a lemon; or reduce the sugar and increase the jelly. In cold weather the butter may be put in a warm basin, and the jar containing the jelly set in a pan of hot water for a short time. The blending of the ingredients will be thereby facilitated.

These sauces are served with all sorts of puddings, both hot and cold, and with creams, blancmanges, &c.

Honey Sauce.—This is made simply by adding a gill of clear honey to a pint of melted butter or corn-flour

sauce. It may be served with many kinds of pudding.

Imperial Sauce.—Required: a pound of French plums (Carlsbad, Imperial), a gill of water, a gill and a half of claret, a glass of port, a little spice if liked, and a grate or two of lemon or orange rind. Cost of plums, about 1s. 2d.

Simmer the fruit, water, and claret (*see* PRUNE SAUCE); when done, rub it through a sieve; blanch and shred the kernels, add them with the sugar and lemon-rind, or a teaspoonful of juice, and the spice—cloves, nutmeg, cinnamon, or allspice; bring to the boil, then stir in the port, and serve hot or cold. (*See* IMPERIAL PUDDING.)

For a *better* sauce, use three gills of claret; instead of sugar some red-currant jelly may be added, a very rich and delicious sauce being the result. For a *plainer* sauce, use water only, or reduce the wines as desired.

Jam Sauce (Plain).—Required: four tablespoonfuls of raspberry or currant jam (gooseberry, strawberry, or blackberry, may be used in the same way), the same measure of water, the juice of half a lemon, half a dozen lumps of sugar, a few drops of carmine, and a teaspoonful of corn-flour. Cost, about 4d.

Mix the jam, water, and sugar, and stir until the mixture boils; mix the arrowroot and lemon-juice, add to the rest, stir, and boil a minute longer, then strain through a fine strainer, and add the colouring. This is a useful pudding sauce. For a better sauce, put in a tablespoonful of wine.

Another way.—To a pint of plain MELTED BUTTER add a teacupful, or thereabouts, of any kind of jam; if stoneless, it may be sieved or strained or not, according to taste, but with stones it *must* be strained; if a red jam is used, a few drops of colouring will improve it, and a teaspoonful or less of lemon-juice brings out the flavour.

Another way.—Use a sauce made of corn-flour and water, one ounce to half a pint, with one ounce of butter stirred in; then add half a cup of jam. This is suitable for plain puddings for children's dinners.

Jelly Sauce, American.—Required: half a pound of red-currant jelly, the rind and juice of a large lemon, a grate or two of nutmeg, a glass of wine, sherry or Madeira, and two ounces of butter. Cost, about 1s. 2d.

Cream the butter as if for cakes, add the jelly, with the grated rind and strained juice of the lemon, little by little, beat very thoroughly, and leave on ice until wanted. Serve with puddings: if with cold ones, place it rockily round them; with hot ones, serve in a separate dish. If required as an accompaniment to cereal creams, &c., this sauce makes a very pretty garnish, and should be used in the same way as whipped cream.

Jelly Sauce, Economical.—A very simple sauce may be made from any of the tablet jellies.

Dissolve the tablet just as if for a moulded jelly, but reduce the quantity of water: *i.e.*, from a pint tablet make half to three-fourths of a pint only. A small quantity of corn-flour may be added to give body; it should be boiled up separately in a little water before adding it; a spoonful of jam, same flavour as the jelly, is a further improvement, and orange marmalade may be used with orange or lemon jelly.

Serve with plain puddings, boiled rice, corn-flour, &c.

Lemon Sauce, Plain.—Required: one lemon, a gill and a half of water, two ounces of sugar, and a little corn-flour.

This is very simply made. Put the sugar and water in a saucepan, add the strained lemon-juice, and boil for ten to fifteen minutes, then add the rind of the fruit, grated, and a teaspoonful of corn-flour mixed with cold water; boil a few minutes, and serve hot or cold.

ORANGE SAUCE can be made thus, but less sugar is required.

Lemon Sauce, Rich.—Required: half a pint of rich MELTED BUTTER, a tablespoonful and a half of lemon conserve (*see* LEMON CHEESECAKES), and the same measure of raisin wine or sherry, with a little sugar and the grated rind of half a lemon.

Heat the melted butter, add the conserve and the other ingredients gradually; use as little sugar as possible: the lemon flavour should not be destroyed.

Lime Sauce.—Pure lime-juice, a wineglassful or more, added to a tureen of melted butter, sweetened to taste, is a very pleasant sauce, and if honey is used instead of sugar it is greatly improved. This is suitable for plain suet puddings, dumplings, &c.

Liqueur Sauce. — There are various ways of making this sauce. The usual liqueurs employed for the purpose are curaçoa, maraschino, noyeau, kirsch, and chartreuse (for others, *see* LIQUEURS). It is impossible to determine exactly the required quantities: the strength varies much, and many British liqueurs are now sold—very good in some cases, but still they are but imitations of the genuine thing; perhaps maraschino is one of the best, as it is certainly the most useful. We may, however, put down a half gill as an approximate quantity for half a pint of sauce, supposing rich melted butter to form the foundation, though a larger quantity would better suit the palates of many people. The sauce may also be made in the way given for MADEIRA SAUCE, the liqueur being added, and the wine reduced in proportion; *or*, an ordinary rich custard may be employed for the basis; off the fire, add from half to a gill of liqueur, and serve either cold or hot. One thing should be especially borne in mind; these sauces are expensive, and to retain the full flavour, and so avoid waste, the liqueurs should not be boiled, or unduly heated; if they are, the quantity needs to be doubled. Various recipes for home-made liqueurs will be found under their respective headings in a chapter on BEVERAGES.

Madeira Sauce.—Put the yolks of four fresh eggs in a good-sized saucepan, with a gill and a half of Madeira, add two to three ounces of loaf sugar, rasped on the rind of a lemon to extract all the yellow; set the pan in the *bain-marie* or a large pan of hot water, and with a chocolate mill or an egg-whisk, mill or whisk the sauce until it is thick, then take it from the fire instantly, and serve with a rich pudding. It is very nice with CHRISTMAS PLUM PUDDINGS.

Matrimony Sauce, Plain.—Mix a pint of MELTED BUTTER, a heaping tablespoonful of brown sugar (or treacle), and lemon-juice; make hot, and serve. This is an old-fashioned sauce, best known in connection with yeast or suet dumplings.

Another way.—Use jam instead of sugar, or honey or marmalade; and vinegar is often used in place of lemon-juice. In fact, the sauce is said to take its name from the combination of an acid and a sweet.

Nonesuch Sauce.—Pick and stone half a pound of Muscatel raisins, cut them into quarters, and just cover them with boiling water; cover, and leave for an hour or two, then set the jar or basin containing the fruit in a pan of boiling water, and cook softly until all can be passed readily through a sieve. Put the sauce in a saucepan, and stir in a teaspoonful of arrowroot mixed with rose-water to a paste, just bring it to the boil, then take from the fire instantly, and stir in a dessertspoonful of pale brandy. Serve with NONESUCH PUDDING, or any good pudding, steamed or boiled.

Orange Custard Sauce, Rich.—Required: a gill of cream, a gill of milk, half a gill of orange-

flower water, two eggs, two ounces of castor sugar, and a little "apricot yellow" colouring. (*See* page 84.)

Wipe the orange, grate the rind of half of it into a jar, add the other ingredients, with a few drops of vanilla essence, set the jar in a saucepan of boiling water, and whip the sauce until it thickens: it must then be taken from the fire at once; colour a rich yellow.

The yolks of the eggs only are needed; they must be very carefully separated from the whites and perfectly fresh, or the delicate flavour of this sauce will suffer.

Orange Sauce.—Required: three large sweet oranges, a dessertspoonful of arrowroot, a gill of cold water, and some loaf sugar. Cost, about 5d.

Wipe the fruit, rasp it with a few lumps of sugar to extract the yellow part of the rind, and put the sugar in a saucepan with the water; bring to the boil, then put in the pulp and juice of the orange—the pips and white skin being first removed; a spoon should be used for scraping out the pulp—and thicken with the arrowroot; add a little more sugar if required, boil up, and serve.

For a very superior sauce of this kind use the juice of an extra orange in which to dissolve the sugar (omitting the water), then proceed as above, and when the sauce is done rub it through a sieve, and re-heat it with a tablespoonful of maraschino or curaçoa.

Orange Sauce, Plain.—Put half a pint of plain Melted Butter in a saucepan, with one to two ounces of sugar and the strained juice of a large orange; remove the yellow rind first, either by grating it or peeling, and cutting into very thin shreds; if the latter, boil it for half an hour in water to cover, and add to the sauce; if grated, stir it into the sauce with the juice. Serve with any plain pudding.

The sauce in the previous recipe is only suitable for *rich* puddings or Orange Soufflé.

Peach Sauce (*see* Apricot Sauce).—Make this in the same way, using peaches instead of apricots, and reducing the lemon by half, also the water; in addition to the flavouring, add a dessertspoonful of brandy. Noyeau is more suitable than almond flavouring, if at hand, and the kernels of the peach stones, skinned and pounded, are an excellent addition to the sauce.

Peach Sauce from Fresh Fruit.—Divide the fruit, and lay it in a saucepan, with a gill of water and four ounces of crushed lump sugar to half a pound; add the kernels after blanching and shredding them, and boil altogether to a pulp, then rub the purée through a hair sieve; re-heat it, and add a tablespoonful of red-currant juice, from fresh or bottled fruit, or a little lemon-juice and a few drops of carmine, with more sugar if required, and if liked, a teaspoonful of brandy. Serve hot or cold; if the latter, set it on ice for an hour or so.

Nectarines can be used in the same way.

Peach sauce with raisins is a favourite sauce in America; it is made by boiling stoned raisins in the juice of canned peaches until soft; it is then sweetened and flavoured, and served with or without the raisins, according to taste.

Pineapple Sauce, Plain.—Put half a pint of the syrup from tinned pineapple into a stew-pan, with the juice of half a lemon; mix a teaspoonful of arrowroot with cold water, add it, and boil up the sauce; if not sweet enough, put in a few lumps of sugar; when dissolved, it is ready to serve.

For a *richer* sauce, add a glass of sherry or half a glass of rum—the latter always blends well with pine-apple—and a tablespoonful of pine-apple jam, or the grated pine sold in tins.

Pineapple Sauce, Rich.—Put a small tin of grated pine in a saucepan, with a glass of sherry and half a glass of rum, a half teaspoonful of lemon-juice, and half that measure of grated lemon-peel; put in a little castor sugar, about an ounce, stir just to the boil, and serve hot or cold. In the latter form this is particularly suitable for serving with blancmange, cereal cream, custard pudding, &c.

Prune Sauce.—Required: a pound of prunes, a gill of water, a gill of claret, sugar, and lemon-juice.

Wash the prunes thoroughly, rubbing them between the hands: they are often very dirty; put them in a saucepan with the water and claret, bring slowly to the boil, and cook until they are half done, then add the juice of half a lemon, and cook until soft; pass the liquor through a strainer, and stone the fruit, rub the latter through a sieve, mix it with the juice, and sweeten with loaf sugar, from four to six ounces; put in a few drops of essence of nutmeg or any other spice, or a pinch of mixed spice, and stir the whole over the fire until it boils. Serve with boiled puddings, *or*, when cold, it is a wholesome and delicious accompaniment to cereal creams, &c.

If the prunes are very dry, they may require from a gill to half a pint more water. For a *plain* sauce, all water instead of claret may be used. It is important that no sugar be put in at first, or the fruit will take much longer to soften, and be more difficult to sieve. As a great improvement to the above, we advise that the kernels be blanched and shredded, and added with the sugar.

Punch Sauce.—Required: a gill of rich Melted Butter, a glass of sherry, half a glass of brandy, a lemon, loaf sugar, and two eggs; a few drops of spice essence, if liked.

Wipe the lemon with a cloth, take off the yellow rind by rasping it with the sugar, from two to three ounces, put it in a saucepan with the wine and brandy, add the melted butter (previously boiled in the usual way) and the yolks of the eggs, well whisked; set the pan in a *bain-marie* or another pan of hot water, and whisk the sauce until thick and nearly boiling. Before adding the melted butter, crush the sugar or let it dissolve, and strain the eggs after beating them, before adding them. This may be varied by using rum instead of sherry, or whisky instead of brandy; or the melted butter may be increased and the eggs omitted if a *plainer* sauce is required: in that case it should just be stirred, not whisked, until hot. An orange may be used instead of a lemon. Serve with any good pudding.

Punch Sauce No. 2.—Required: a gill each of rum and Madeira, half a gill each of water and orange-juice, the rind of half an orange, from two to four ounces of loaf sugar, and a teaspoonful of arrowroot.

Boil the orange-juice, sugar, water, and grated orange-rind to a syrup, mix the arrowroot with a little cold water, add it, and boil up; put in the wine and rind, and thoroughly heat, but do not boil the sauce. Serve with Plum Puddings. (*See* also Soufflés of various kinds.)

Quince Sauce (from Canned Fruit).—Required: a tin of quinces, sugar, spice, and colouring. Cost, about 10d.

Turn the quinces, with their juice, into an enamelled pan; add a little essence of any spice (cloves, cinnamon, mace, or nutmeg are most suitable), boil for a few minutes, then add as much sugar as may be required (sometimes none is needed); when soft, rub all through a sieve; re-heat, and colour the sauce if necessary (it should be a pale pink), and serve. The fruit makes a nice dessert dish. If a small quantity of sauce only is needed, put some of the fruit aside, for serving plain or with cream, and make sauce of the rest; it must be boiled longer than usual, or, owing to the larger proportion of juice, it would be too thin.

Canned pears make a good sauce of this kind. They are suitable for serving with cereal puddings or creams.

Raspberry Sauce.—(*See* BLACKBERRY SAUCE, and substitute raspberries. A little colouring improves the appearance.)

Rose Custard Sauce.—Make a pint of rich or medium custard (*see* CUSTARD), add half a gill of rose-water, and colour it a pale pink; pour it round the pudding (*see* PUDDING À LA ROSE), and sprinkle it with crystallised rose-leaves.

The above is also suitable for serving with any light pudding or soufflé.

Royal Sauce.—Make a pint of rich custard, colour it a pale pink, and add to it a couple of tablespoonfuls of mixed crystallised fruits, which have lain in enough liqueur and sherry to cover them for several hours; they should be cut up very small, and the greater the variety both of colours and flavours the better. Set aside to cool, and place it on ice or in an ice cave for an hour, before serving with any rich *cold* pudding of the ordinary kind, or with ROYAL, or any other *iced* pudding.

Royal Seville Sauce.—Required: a quarter-pound jar of Seville orange jelly, a tablespoonful of orange brandy, a teaspoonful each of lemon-juice and castor sugar, and the same measure, or rather more, of maraschino.

Dissolve the jelly by gentle heat, add the other ingredients, stir for a minute without boiling, and serve. There are few better sauces than this, and it is equally good hot or cold. In the latter case, let the jelly cool before adding the spirit, and use double the quantity of brandy, sugar, and lemon-juice. (*See* ROYAL SEVILLE PUDDING.)

Sauce à la Comtesse.—Put in a lined saucepan a jar of green gooseberry jelly—about half a pound; as soon as dissolved, add to it a tablespoonful of pale brandy and a little colouring. Cut up finely some mixed green fruits, glacé, not crystallised, angelica, almonds, &c., enough to fill a couple of tablespoons; stir them in, and leave the sauce a short time, then serve it hot with PUDDING À LA COMTESSE, or any similar sort.

Sauce à la Damiette.—Required: six bitter almonds, a gill of milk, a gill of cream, the yolks of two eggs, some chestnuts, a tablespoonful of castor sugar, and a little flavouring.

Blanch the almonds, cut them up, and infuse them in the milk for a quarter of an hour; it should be set on the range to keep warm, but not to boil; strain it when flavoured nicely, add it to the cream, sugar, and beaten eggs, and stir in the *bain-marie* to thicken. Boil some chestnuts, rub them through a hair sieve, and mix a tablespoonful of the purée with the cream, &c., then stir in a little brandy or essence of vanilla; re-heat in the *bain-marie*, and serve hot with PUDDING À LA DAMIETTE, or with a good chestnut or potato pudding of the ordinary kind. (*See* recipes.)

If the chestnuts are not obtainable, use chestnut-flour; it should be boiled in the milk, then added to the eggs, cream, &c.

Sauce à la Duchesse.—Beat three ounces of butter to a cream, add three ounces of castor sugar, and beat for ten minutes or more, then add a wineglassful of orange flower-water, with half the quantity of capillaire syrup and a tablespoonful of sherry; put all in a saucepan, and stir until quite hot, then serve.

This is a very rich sauce, only suitable for high-class puddings. (*See* DUCHESSE PUDDING.)

The sauce may be served cold; it should be placed on ice or in a refrigerator.

Sauce à la Victoria.—Set a jar of damson jam in a pan of boiling water; when heated and liquefied, pass it through a hair sieve, the syrupy

portion only; put about a teacupful in a saucepan, with half a glass of port and a few drops only of lemon-juice; as soon as hot, serve round a pudding of light batter, or any with which the rich colour of the sauce forms a contrast. (*See* PUDDING À LA VICTORIA.)

A very good imitation of the foregoing may be made by the aid of the syrup from bottled damsons. It should be boiled up, with more sugar if required, and finished off as above directed.

Sauce of Four Fruits.—Required: half an orange, half a lemon, a small teacupful of stoned raisins, quartered, the same measure of apples, first peeled, cored, and cut into dice, one pint of MELTED BUTTER made thin, a glass of wine, sugar, and spice.

First cut the rind of the orange and lemon into strips; boil them in a little water to draw out the flavour, add the water to the melted butter, put in the raisins and apples, then the orange and lemon, freed from skin and pips, and cut up like the apples, put in a little sugar, with grated ginger, and nutmeg or cinnamon to taste, and boil slowly; the fruit should be tender, but not broken up. Last thing add the wine, and as much more sugar as may be required.

This is an American sauce, and a very good one for many kinds of hot puddings.

Another way.—Use pineapples instead of apples, and rum instead of wine; then the spice should be reduced.

Sovereign Sauce.—Take half a pint of jelly which has been clarified in the usual way, and coloured pink (*see* JELLIES), and mix with it a quarter of a pint of good port: it must be clear: the dregs will not do for this sauce; it should be added when the jelly is cool, but before it begins to set. Put aside until cold, then at the moment of serving put in a small quantity of gold leaf. (*See* JELLIES.)

This is a suitable accompaniment to various cold sweets. (*See* SOVEREIGN GÂTEAU, and other dishes in the Chapter on SWEETS.)

Tunis Sauce.—Required: a pound of good dates (if Tunis are not obtainable, use Tafilat), water, and a little lemon-juice. Cost of dates, 5d. to 8d. per lb.

Cut the dates up small, put them with cold water to cover in a stew-pan, simmer them until quite soft, and then add the lemon-juice; take out the stones and serve hot or cold.

This is a very delicious and wholesome sauce; sometimes grated cocoa-nut or ground almonds are put in, and wine is used to flavour; but perfectly plain, as above, we can recommend it.

Vanilla Sauce (Plain).—Add essence of vanilla or vanilla sugar to some plain custard or melted butter; if the essence is used, about a teaspoonful to each pint is required. Do not boil the sauce after adding the flavouring; add it off the fire for hot sauce, and for cold ones let the sauce cool before putting it in: a saving of half the quantity will be thereby effected.

Vanilla Sauce (Superlative).—Required: two eggs, two ounces of fresh butter, a tablespoonful of brandy, a teaspoonful of vanilla essence, half a pint of custard, flavoured with vanilla pod (*see* CUSTARDS), two ounces of castor sugar, and a grate of lemon-juice.

Melt the butter in an enamelled pan: it must not discolour; stir in the sugar, using a wooden spoon; when thick, take the pan from the fire, and add the yolks of the eggs (first beaten well) by degrees, beating for some minutes. Then add the custard, which should be warm, but not hot, very little at a time; thorough mixing is very necessary, and it is important that the custard be carefully strained. When quite amalgamated, cover, and set aside until cold, then stir in the brandy, vanilla, and lemon-peel, a pinch only. No sugar must be used in making the custard; the above

quantity is sufficient. Serve cold with rich puddings.

Wine Sauce (Good). — Required : three eggs, yolks only, a gill of sherry or Madeira, and a tablespoonful of castor sugar.

Put the ingredients in a jar, set it in a saucepan of boiling water, and whisk until thick; it must not boil, or it will curdle. Serve with plum pudding, or any other kind that requires a nice sauce.

Wine Sauce (Plain). — Put a gill of home-made wine (raisin, cowslip, &c.) in a saucepan, with a gill of water, add a little sugar and a tablespoonful of jam: apricot or good plum gives a nice flavour; stir just to the boil, and pour through a hot strainer round the pudding.

Another way.—This is very plain. Make a pint of Melted Butter or Corn-flour Sauce; add to it a glass of home-made wine and a little sugar. This may be served with plain puddings, dumplings, &c.

Whipped Sauce (or Egg Foam Sauce).—Rasp a lemon with two ounces of loaf sugar, mix a teaspoonful of arrowroot with a gill of cold water, put altogether in a good-sized saucepan, and add a large tablespoonful of rum, a saltspoonful of vanilla sugar, and the whites of two eggs, with the yolk of one. Whip the sauce briskly until frothy, and serve hot.

This is improved by *boiling* up the arrowroot and water, and adding the rest when somewhat cooled, then whipping as above directed.

FISH.

GENERAL REMARKS.

No article of food is more abused in the cooking and more neglected as a standing dish than fish of every sort. The public are not solely to blame, and the neglect is sometimes only apparent; for where there is the wish to purchase it may happen that the supply is not forthcoming or the price too high. But this is not the place for argument with respect to high prices, due to "rings" and other causes; we can only hope that the day is not far distant when the fish supply will be plentiful, and all may enjoy it as a daily article of food, instead of once a week, or in some houses once a month. One thing the public *are* guilty of—we have it on the authority of a leading fishmonger, in a town which is rich in its fish supply, though far from the sea—and that is the unwillingness to try any variety which they may not before have seen, especially "if they cannot be told how to cook it." We hope that the recipes in this work, together with the description of many kinds, may be a help in this respect; and we would first advise that our readers familiarise themselves with the several kinds of fish, or rather the several classes, and then with as many varieties of each class as possible; for it is only the knowledge of the sort—the composition, that is—that will guide one aright in the cooking. Suppose, then, we divide fish into classes, and give a little consideration to each.

First, WHITE FISH, because it is best known and most digestible, in fact, the only sort eaten by some; taking for examples whiting, soles, turbot, brill, plaice, flounders, haddock, and cod-fish—not an exhaustive list, only a typical one. Here, the first on the list gives the most digestible; the sole (with smelts) ranks next, and cod-fish gives an example of the least digestible of this tribe, unless crimped and in fine condition: by which we wish only to say, that when a really digestible fish is needed, for an invalid or otherwise, the others rank higher than the cod. These are all rich in nitrogenous matter, but poor in fat; and although they are proved by analysis to contain but little more water, weight for weight, than animal food, they are less satisfying; hence, supposing the price to be the same as meat, fish would be the dearer; relative nutriment must always be considered in estimating the cheapness, or otherwise, of any food. But with meat, say, at eightpence, and good white fish, say, at fourpence, the economy of a fish dinner becomes apparent.

Were it, however, even the same price, it should be eaten, especially by brain workers and sedentary livers generally, if only for a change. That fish is good for the brain is now a truism, but it seems due not to the possession of any special brain-restoring element, but rather to the fact that what is easily digested, and imposes no hard task upon or causes suffering to the rest of the body, is good, too, for the brain: this, in brief, is the conclusion arrived at by those who are best able to speak.

Now for the tests of the goodness of fish. Under various headings we have specified the tests for that particular sort. Bright eyes and red gills: yes, at one time these alone proved goodness; now alas! the brightness and colour may be artificially produced, so more is wanted. Well, given firm flesh, which rises when pressed, and a pleasant odour, together with aforesaid brightness, there will be nothing the matter with the fish; and, although fresh scales, uninjured, prove goodness, yet it does not always follow that loose scales are indicative of a stale condition, rough handling or packing may cause it. Turbot, cod, haddock, and soles, *keep* very well.

Closely allied to sea fish are the *mild* kinds of FRESH WATER FISH. The muddy varieties, found in stagnant water, must be divided from the foregoing by a decidedly sharp line; however well cleaned and cooked, some people cannot eat them. As a rule, all fresh water fish from streams and pools with sandy, gravelly bottoms are more agreeable than such as are caught in dirty water, the flavour of fish being due both to its food and the state of the water in which it lives.

Then come the OILY FISH, of which salmon, mackerel, eels, and herrings, are familiar types. The eel is richest in fat, then come mackerel, herring, and salmon, in the order named. These are highly nutritious, when they can be digested; all the tribe have to be avoided by some, and others can indulge in one or two sorts, while the rest cause suffering; as a rule, they should never be given to invalids unless ordered. The same may be said of smoked, dried, and pickled fish. Sprats, sardines, and pilchards, must be classed with the above in point of digestibility.

We must now turn to SHELL FISH. There are two varieties: the *crustacean* and the *mollusc*. Oysters, cockles, mussels, scallops, and other fish enclosed between two shells, comprise the last named; while in the crab, lobster, shrimp, prawn, cray-fish, and craw-fish, we get well-known types of the former. We are beset with difficulties in attempting to deal with these; to repeat a tithe of all that has been said against them would be to condemn them absolutely. Here, indeed, every man must be a law unto himself: one can eat a lobster and suffer nothing; another fights shy of a shrimp; sometimes a shell fish of any sort (oysters excepted) causes pain if eaten with tea, and no discomfort whatever if taken without liquid. The crab, from the foulness of its feeding, is the most likely to disagree; it has been called the scavenger of the sea, and should never be eaten by any one, except it is in very prime condition. The oyster stands alone; when eaten raw it is highly digestible and nourishing. A mere crushing between the teeth is sufficient to place a large part of the oyster beyond the need of further digestion, because it consists largely of liver, and this contains a ferment, which converts it into digestible sugar. "Cooking, by destroying this ferment, and rendering the body of the oyster hard, reverses the state of matters": so writes Dr. Bridger, in his valuable work on "The Demon of Dyspepsia."

A last hint on sauces and other accompaniments to fish. It may be laid down as a general rule that the white-fleshed, nitrogenous kinds need a fatty sauce, *i.e.*, of the melted butter type: this is a scientific combination; while for the fatty sorts of fish the piquant varieties are suitable. Condiments in moderation are in such general demand, that it

may be accepted that they aid the digestion as well as increase the palatability of the fish.

A table showing the best season for all sorts of fish will be found at the end of the book. Various recipes for FISH generally will be found in the following alphabet under that word, and many other recipes will be found scattered in various chapters on reference to the INDEX.

Anchovy.—This little fish plays a very important part in present day cookery. The best fish are small and plump; they are to be bought preserved in brine or oil; the former are more generally used. The bottle containing them must be kept corked, as the air spoils them. The scales should look silvery, and as there is a little knack required in filleting the fish, we will here detail it. First slide them out of the bottle carefully, if a fork is stuck in them they will most likely break; keep as many as are needed, put the rest back, and see that the brine covers them. Wash away all the brine, any bits of salt, and a soft part near the breast (it is like the soft roe of a herring); use several lots of water; dry them in a cloth, then open them from head to tail: the fingers are best, but some manage them better with a knife. Then take hold of the bone, tail end, with the fin, and pull away the flesh, then take out the little fins. Each makes two fillets, and these can be cut again with a good knife in two or three strips. It is a mistake to wash the fish after boning. Gorgona anchovies are the best. The island of Gorgona is the centre or head-quarters of the fishery. (For the various dishes made from anchovies, *see* HORS D'ŒUVRES and SAVOURIES.)

In all the recipes wherein anchovies are named it is assumed that they will be washed as above, unless otherwise specified; if soaking is needed it will be indicated. (*See* also SAUCES, SANDWICHES, SALADS, &c.)

Barbel.—This at its best is only poor eating. A rich method of cooking is always recommended, and it is questionable whether so poor a fish is worth the trouble and expense sometimes bestowed upon it. It takes its name from the barbs about the mouth. Wine is considered necessary in all



FIG. 19.—BARBEL.

dishes of barbel; a brown gravy mixed with port or claret is used to stew it, or sauces with wine are served with it when cooked in other ways.

Bass.—This is a name given to many kinds of fish: a kind of perch is thus named, so is a large striped fish, found in North America; but the real sea bass is said to be a small striped fish, of two to three pounds weight. This is never found in fresh water. The varieties are all cooked in one or other of the usual ways. The following is an American recipe.

Bass Boiled.—Take as much water as would enable the fish, if alive, to just swim;* add to each quart a teaspoonful of salt, a half cup of vinegar, a blade of mace, and a dozen

* This must be left to the reader's imagination; and we would remark that the drawn butter is the same thing practically as our oiled or clarified butter. The water, prepared as above, is good for many other fish: we can recommend it for fresh water fish of the coarse kinds.

black peppers, with a sliced onion and a bay-leaf. Cleanse and sew up the fish in muslin, fitted to its shape; when the water is warm, put it in, and let it boil gently, skim well, and give from eight to twelve minutes per pound, according to thickness; boil faster at the end than the beginning. When done, unwrap, and serve with white sauce of the melted butter kind, well flavoured, or with drawn butter, mixed with lemon-juice.

Bream.—This is a good-looking but not very good-tasting fish. It is

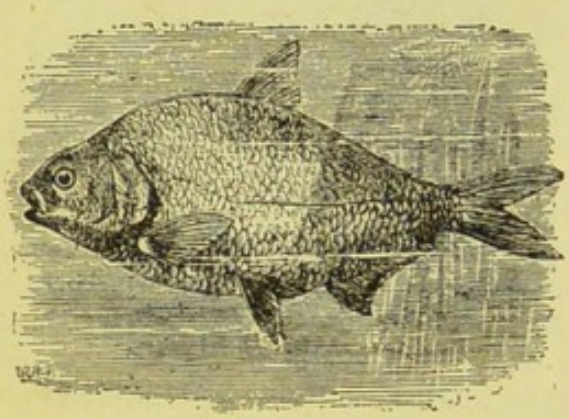


Fig. 20.—Bream.

to be had in abundance in Cornwall. Of the various ways of cooking, it is said to be best when boiled (*see* below), but it may be baked, plainly, or first stuffed, and served with a good sauce. It is nice stewed, and a little white wine improves the gravy.

Bream, Broiled.—Wash and dry the fish inside and out, but do not take off the scales; season it inside with a little salt, pepper, and cayenne; herbs may be added; then broil it for half an hour, or more, according to size, at a distance from the fire; it should be browned well, and floured slightly if it cracks. In serving, lift up the skin and scales, and take portions from the under flesh, which will be found juicy. Any white sauce or a brown piquant one may accompany it.

Grilled in the same way, bream is better still; the fire must be clear and the cooking gradual; but, although these are the usual methods, we advise that the fish be first brushed over with a little oil, or clarified butter or dripping. Frequent turning is necessary, that it may be evenly cooked.

Brill.—This is a good fish; it is flat, not unlike the sole, but broader; it should be firm, and, in choosing, look out for a creamy under flesh; if bluish and the fish is thin, it will be poor eating. At its best, it is regarded by many as little inferior to turbot, while it is cheaper, often ranging from 4d. to 10d. per pound. It may be cooked in any of the ways given under Turbot, Plaice, or Soles (large soles, that is). When plainly boiled, Anchovy, Shrimp, Lobster, or any similar sauce may be served with it. For any of the fish *réchauffés* where white fish is named, brill may be used; it is an excellent fish for serving cold with mayonnaise or other good sauce, and it is very good curried, &c.

If the fish is large, slit the back before boiling, and always rub the white side with lemon-juice, however it is to be cooked.

Carp.—This is a pond rather than a river fish. The flesh has a muddy

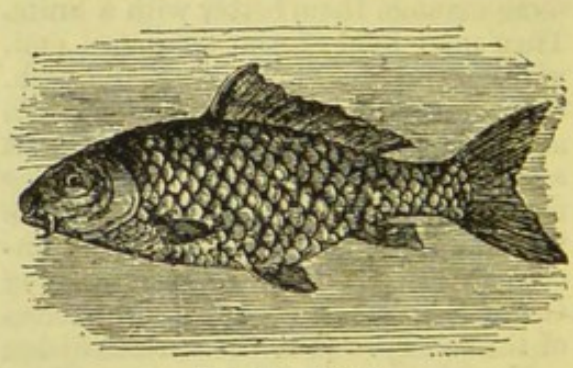


Fig. 21.—Carp.

taste, owing to the habit of the fish of burying itself in mud. The best are of a moderate size, and they should be kept a day before using. The gills should be removed, and the fish most thoroughly cleansed, plenty of salt being rubbed on the back-bone. If put in salt and water (a handful to the gallon) with a cup of vinegar for a time, and well rinsed, carp is improved. Plain methods of cooking are not suited to

carp, and it needs a good sauce. It is a great improvement to take out the back-bone.

Carp, Baked.—Clean and scale the fish, stuff it with Herb or Oyster Forcemeat, or use bread-crumbs, well seasoned and flavoured with anchovy butter; bind with beaten egg, and add an ounce of butter to two or three ounces of crumbs. Sew up the fish, brush it with beaten egg, and dredge with crumbs. Bake and finish as directed for Fresh Haddock. If a gravy is made in the tin, add a spoonful of Worcester sauce and a little French mustard; the last named is a good addition.

Another way.—After getting the fish ready, squeeze over the juice of a lemon, or two if a large fish; turn often, and wipe the fish dry after an hour, then cover it with chopped shalots and bread-crumbs mixed, and bake as above.

Carp, Baked, with Tartare Sauce.—Prepare the fish as usual, but instead of stuffing it use a lump of butter, say three or four ounces for a medium-sized fish, a chopped shalot, a tablespoonful of chopped parsley, a teaspoonful of thyme, basil, and marjoram in powder, a little salt and black pepper, and a pinch each of ground cloves and nutmeg. It must be understood that this is not intended to *fill* the fish, but to moisten and season it. After working the ingredients together, put them in, sew the fish up, rub it over with a clove of garlic, brush with oil, and wrap in two sheets of oiled paper. Have ready a baking-tin and meat-stand, the latter well oiled; put the fish on, and baste often with a little more oil, warmed in the tin to commence with; when done, take the paper off, and serve with Tartare Sauce (cold).

This is a French dish, and very good; all fish of the same class may be cooked thus. Brown Mustard Sauce is also good with it.

Carp, Boiled.—After washing and scaling the fish, put it in boiling water with salt and vinegar (*see* Fish, Boiled), add an onion stuck with cloves, some whole pepper, a bay-leaf, and a bit of scraped horse-radish; this must be well skimmed, and the fish boiled very slowly. Serve hot with a good sauce, or cold; in the latter case leave the fish in the liquor until cool, then drain, and garnish it with parsley, cut lemon, and horse-radish in little tufts, and send a nice sauce to table with it.

Carp Roes.—Put the roes in a saucepan, with a little salt, cover them with vinegar and water, equal parts, simmer a few minutes, ten or fifteen if large, then cut them up small; mix with half their bulk of bread-crumbs, season with cayenne, lemon-rind grated, mixed herbs, and salt, bind with beaten egg just enough to hold the mass together, then form into small cakes or little sausages; pour a little oiled butter over, and bake brown in a quick oven, or cook before the fire in a Dutch oven.

Carp, Stewed.—Wash and cut up the fish, put it in a stew-pan, with chopped onion to cover it, and some mixed sweet herbs; pour over a glass of white wine (to each pound), cook for ten minutes, then add some sauce or gravy, and cook until tender. A piquant sauce is the most suitable.

Char.—This is a delicacy of the Cumberland lakes. It must be carefully handled in the cleansing, and thoroughly dried. It is usually floured and grilled or broiled, and served with

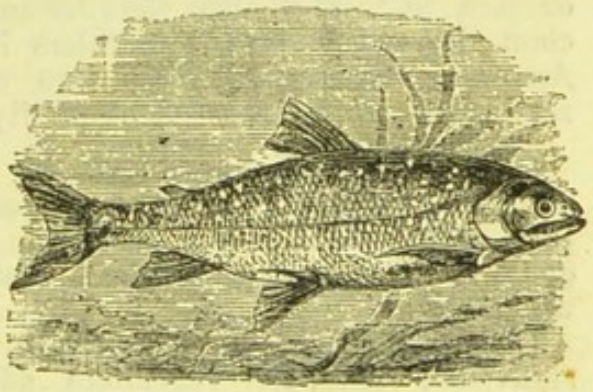


Fig. 22.—Char.

a piquant sauce. This fish is sometimes potted and preserved in various ways.

Chub.—This is a river fish, somewhat like the carp, but longer; its

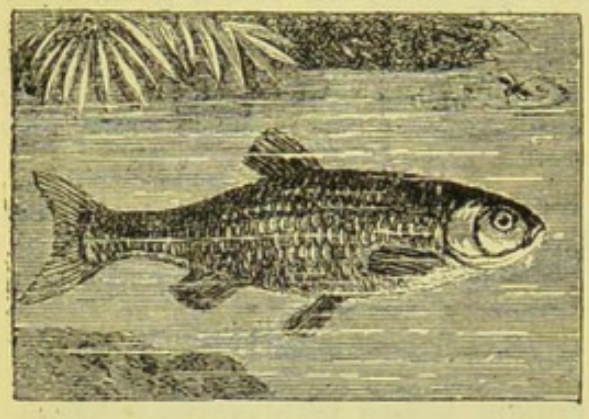


FIG. 23.—CHUB.

flesh is coarse, but the roe is good, and the best of the flesh is about the head and throat. The roe may be cooked by any of the recipes given for the roe of other fish.

Clams.—These are a sort of cockle, found in Devon, Cornwall, Wales, Scotland, and Ireland. They are not much used in England, but figure largely in American cookery. No less an authority than Soyer says that they are superior to the oyster in flavour, but this is certainly a disputable point. If eaten raw, they should be about the size of an oyster; larger ones are best reserved for cooking. Clams in tins or jars, as well as clam chowder and clam juice, are sold by dealers in American produce. They are of reasonable prices, and excellent quality.

Clam Chowder.—Required: a dozen large clams, four ounces of salt pork, two onions, three potatoes, a quart of milk, and seasoning. Cost, uncertain.

Cut up the pork, fry it lightly in a stew-pan; slice the vegetables, add them with the liquor from the clams, strained; cook gently for a short time, add some of the milk, cook until the pork, &c., are done; put in the clams and the rest of the milk, bring to the point of boiling, and serve in a quarter of an hour.

Clams, Fried.—Divide them if large, and roll in egg and pounded biscuit-crumbs; or coat with batter, and fry in the usual way; or cut the clams up, and mix with stiff batter, and fry by dropping from a tablespoon. In this way they are called CLAM FRITTERS.

Cockle.—This is a favourite bivalve; it is very abundant on many parts of the coast, where sandy. Some people can eat cockles largely with impunity, and they have sometimes staved off the pressure of starvation amongst the poor of our coasts. They attain to a large size by culture. Cost, about 3d. per quart.

Cockles, Boiled.—Wash them, and scrub the shells with a brush, put them into salt and water for some time, then put them in a saucepan with a little water, just to cover the bottom; put a towel on the top, shake the pan constantly to prevent burning, and when the shells open they are ready to serve.

Cockles, Roasted.—Wash, scrub, and dry them, and cook on a tin laid on a stove, or cook before the fire until the shells open, and eat them with salt, pepper, and lemon-juice or vinegar, and bread-and-butter.

Cockles may be stewed, scalloped, made into sauce, or cooked in any way given for OYSTERS and MUSSELS, except frying.

Cod.—This is a useful fish; it lends itself readily to all methods of cooking, and is often to be had very cheaply. A good fish is plump, with firm stiff flesh, which will rise instantly upon pressure; the tail should be well rounded. It is not advisable to cook a whole fish, or the tail is overdone before the thick part is cooked. The head and shoulders may be boiled; the gelatinous parts of the head are much enjoyed by epicures. The middle of the fish forms a good dish if baked, or

it may be stewed, or divided into cutlets. The tail may be served any way; if split open, boned, and fried, it is very nice. As to *réchauffés*, many of the daintiest may be made from cod. The Dogger Bank cod are the best, and fetch the highest price. Cost, on an average, 6d. per pound.

Cod à la Drusille.—Required: one pound of crimped cod in slices, half a pint of SAUCE À LA DRUSILLE, and some milk and water.

Put enough milk and water in a pan to cover the fish (it should be laid for a short time in cold water with a little salt and lemon-juice, then dried). When the liquid boils, lay in the fish in a single layer; cook very softly, then drain, and dish the slices in a row; take the skin off, and pour the sauce over.

Cod à l'Espagnole.—Required: two pounds of the tail end of a cod, a pint of BROWN SAUCE, a little salt, cayenne, and lemon-rind, the juice of half a lemon, a glass of sherry, a small onion stuck with a couple of cloves, and a little butter.

Melt the butter in a sauté-pan; wash and dry the fish, and cook it in the butter until lightly browned; then drain it very thoroughly. Put it flat in a stew-pan, with the other ingredients, wine excepted, and cook gently for twenty minutes, more or less, according to thickness. Lay it on a hot dish, add the wine, and give a boil up; skim, and pour the sauce over the fish through a strainer. It is a great improvement to skin the fish and remove the bone.

Cod à l'Indienne.—Required: three pounds of cod, the thick end of the tail, some forcemeat, sauce, &c., as below, some tomatoes and pickles.

Wash and dry the fish, remove the bone, and put it on with the usual seasonings and a pint of water, to boil down to a gill; strain, and add to it three-quarters of a pint of BROWN SAUCE, a dessert-spoonful of hot chutney, a tablespoonful of French mustard (or some curry or mulligatawny paste can be used instead of the mustard), a tablespoonful of tomato purée or conserve, and a little lime or lemon juice, with a small quantity of soy, and salt to taste. Have the fish baked, after filling it with HERB FORCEMEAT highly seasoned with pepper and French mustard. It should be sewn or tied in shape. (*See* COD, BAKED.) When done, remove the thread or string; dish, after draining well, and when the sauce has boiled up pour it round the fish. Garnish with grilled tomatoes in thick slices, each slice brushed over with warm thin glaze, and sprinkled with chopped clear pickles (Indian), first warmed in a spoonful of stock. Serve hot, for dinner or luncheon.

Cod à la Maître d'Hôtel.—Put a cut from the middle of a cod in a steamer: say, from two to three pounds. In the water, under the steamer, put the usual quantity of salt and vinegar, and a teaspoonful of peppercorns. Brush the fish on each of the cut sides with lemon-juice; before putting it in the steamer lay it in a shallow tin or dish, the shape of the steamer; put a buttered paper over the top, then close the steamer, and cook until tender, turning when half done. When ready to serve, the flesh will look creamy at the ends and white all through, leaving the bone readily. Take it up, remove the skin, and brush the top over with warm butter, and sprinkle it with a little chopped parsley. Strain the liquor from the fish, and mix it with a pint of MAÎTRE D'HÔTEL SAUCE, then pour it round the fish. This is a very good dish. The fish will be excellent in flavour if not overcooked. Fish cooked in this way can be served with other sauces (*see* recipes); the liquor from the tin should always be added.

Cod, Baked.—A piece from the middle is nice for this, or the tail end does very well. Either may be finished off, after washing and drying, as directed for HADDOCK. Or the fish may be

boned and stuffed; oyster forcemeat is delicious, and oyster sauce should accompany it; or the herb forcemeat, with parsley or caper sauce; or shrimp or anchovy forcemeat, with the same sauces, will be found equally good. In either case, supposing a cut piece of fish, after stuffing, bind with tape, and tie a piece of greased paper over the ends, taking them off to brown up last thing. Another good plan is to tie a greased paper all over the fish, without any previous preparation. Then, when done, brush over with glaze, top and ends, and dredge with raspings warmed in the oven. (*See* also FISH, ROASTED.) Any thick fish is very good thus cooked.

Cod, Boiled.—If the head and shoulders be the part chosen, very careful washing is needed in salt and water; the eyes should be removed, and every part of the head rubbed with salt, and rinsed in cold water and vinegar. In case of no fish-kettle with drainer being handy, it will be well to tie it in a thin cloth, that it may be lifted out without breaking. Put it in water prepared in the usual way, and when it has boiled up and been well skimmed, lay the fish in, and cook slowly. It will take forty minutes and upwards, according to size. Drain and dish carefully, and serve with the usual sauces. Garnish with cut lemon and parsley or horse-radish and parsley. (*See* FISH, BOILED.)

For a cut from the middle, boil as above, or in milk and water, or COURT BOUILLON AU BLANC. Oyster sauce is very good with it.

Cod, Fried.—The tail end is a good part to fry. It should be washed and dried, and split open, and the bone removed, then divided into neat pieces of even size. Steaks may be cut from the middle and served in this way also. Cut the fish into slices an inch thick, wash them well and dry them thoroughly. Plunge them into boiling fat, and fry them brown. Put them on a piece of clean paper to clear them from fat; serve them on a hot napkin, and send them to table garnished with parsley. Before frying, the fish should be dipped in batter, or egged and crumbed; the latter method is the better.

Cod Heads, Browned.—After boiling two or three heads as previously directed for COD, BOILED, take the skin off, and dry them; put them before a sharp fire or in an oven, and baste them with hot dripping; as soon as brown they are ready to serve. A little flour may be dredged over, and allowed to froth up, or some raspings can be used. MELTED BUTTER, with a little browning, some caper or other flavoured vinegar, or a little ketchup, makes a good sauce. The heads should be dished and garnished with parsley and lemon or horse-radish.

Cod, Moulded.—Required: a pound of cooked fish, three eggs, four tablespoonfuls of bread crumbs, and some browned crumbs besides, a gill of plain white sauce or melted butter (*see* HOT SAUCES), salt and pepper, and a grate of lemon peel and nutmeg.

Butter a plain mould, round or oval—a cake tin does very well; coat it with the browned crumbs, putting plenty in, and shaking out all that do not adhere to the tin. Pass the fish through a coarse sieve, after freeing it from bones and skin; add the crumbs and cold sauce, with the beaten eggs and seasoning, and mix thoroughly. Put it in the mould firmly, and dredge more crumbs on the top. Twist a sheet of buttered paper over, and bake in a moderate oven, for half an hour, or thereabouts, according to the depth of the tin. Remove the paper in time for the top to brown well. Turn out carefully on a hot dish, and pour some sauce round it, the same kind used in the mixture, or plain OYSTER or WHITE MUSHROOM SAUCE is equally suitable. For a better dish of the kind, use any rich sauce, both in the mixture and round the mould; and garnish tastefully with cut lemons and fried parsley, or with prawns or shrimps.

Cod, Moulded, with Macaroni.—Prepare a mould exactly as detailed in the preceding recipes, then put in a layer of cooked macaroni, pressing it firmly to the bread crumbs. Prepare the fish in the same way, but use a gill of thick tomato sauce, in place of white sauce, to moisten the fish, and add to the mixture an ounce or two of cooked macaroni, cut in short lengths, as well as the crumbs, eggs, and seasoning above named. Then cook as above detailed, and serve with tomato sauce poured over, and boiled macaroni, and hard boiled eggs, quartered, placed round the mould.

In this, and all similar dishes, the mould must be very evenly coated. If the crumbs are thick in one place, and thin in another, not only is an unsightly dish the result, but the mould is very liable to break in turning out. For plainer dishes, the fish can be cut up or flaked, instead of sieved. The mould may be steamed if preferred. It should be set in a potato steamer, or saucepan with boiling water to half its depth, as directed for puddings in a later chapter, and cooked for thirty to forty minutes; as soon as firm on the top it is done.

Cod, Salt, with Parsnips (a dish for Ash Wednesday).—Salt cod is usually accompanied by parsnips, probably because that wholesome root is at its best and sweetest during the course of Lent, and it is very generally served with them and egg sauce on Ash Wednesday. Wash the fish thoroughly, and lay it in cold water to draw out the salt. It must lie for at least twelve hours, and longer if it is very salt, and the water ought to be changed every four or five hours. When thoroughly soaked, put it in a saucepan with tepid water, and let it heat very gradually. It must not be allowed to boil, or it will harden. When nearly boiling, draw it to the side of the fire, and let it simmer gently until done. Drain it, and serve it on a hot napkin, accompanied by parsnips. (*See* VEGETABLES.)

Cod Sound as Chicken.—Soak and wash three large sounds (*see* recipe below), and boil them in milk and water for half an hour. Scrape off the dark skin, and let them cool. Make a forcemeat with a dozen chopped oysters, three ounces of finely grated bread-crumbs, half a teaspoonful of salt, and the same of white pepper, a blade of mace pounded, two chopped anchovies, and three ounces of butter. Work all well together with the yolks of two eggs, spread the forcemeat thinly over the sounds, and truss each one to resemble a rolled fowl. Dredge flour over them, and cook them in a Dutch oven, basting them well with butter or lard. Serve with OYSTER SAUCE poured over them.

Cod Sound, Boiled.—Cod sounds are much liked by many persons, and may be procured salted. Put them into plenty of cold water all night, then scrape and rub off the dark skin with a cloth, wash them thoroughly, and put them in a stew-pan with equal parts of milk and water, and boil them very gently until tender. Be careful to remove the scum as it rises. Serve them on a hot napkin, with EGG SAUCE. Time to boil, forty minutes to an hour.

Cod, with Mashed Potatoes.—Take the remains of cold cod and its weight in mashed potatoes, remove the skin and bones, and to every pound of fish allow one teaspoonful of salt, half a teaspoonful of white pepper, and one or two grains of cayenne; pound all together to a smooth paste with a little butter, oil, or cream. Place the mixture in a well-buttered dish, roughen the top with a fork, and bake it in a moderate oven. As soon as brown it is ready. A little plain sauce of any sort improves it.

Conger Eel.—This is less used than it might be; the flesh is wholesome, nourishing, and palatable. There are many ways of cooking it. The head and tail can be used for soup, while the middle serves for pies or

stews; or it may be baked, boiled, fried, &c. The value of the conger for turtle soup is recognised by many; and in a paper read at the Fisheries Exhibition of a few years ago by Sir Henry Thompson, he stated that turtle soup when at its best was composed of a stock made from conger eel, the turtle furnishing the garnish and the name. Cost, from 3d. to 6d. per pound.

Conger Eel, Baked.—Take a piece of eel a foot long; after skinning and cleansing, dry it well, and stuff it with plain fish stuffing (*see* FORCE-MEATS); tie a greased paper over each end, and bind it with tape to keep in the stuffing. Have some hot fat in a baking-tin; flour the fish, and baste it well, then cook it gently, with frequent basting, for an hour or longer, according to thickness; see that it is well done. Dish on a hot dish, dredge with raspings, and send a piquant sauce or gravy to table with it. This is both good and cheap. Cost, about 4d. per pound. This may be cooked in a Dutch oven with still greater success, as the chances are it will get more basting. To *boil* conger, add a bunch of herbs to the water, and rather more than the usual quantity of vinegar. To *fry* it, parboil, and let it become cold, before frying. (*See* EELS.)

Court Bouillon.—Required: half a pint of vinegar, half a pint of wine, a quart of water, an ounce of salt, a bunch of thyme, parsley, bay-leaf, and marjoram or basil, a sliced onion, a carrot cut up, a teaspoonful of white peppercorns, and a bit of mace.

Put the whole of the ingredients on to boil; let the liquid attain simmering point as slowly as possible, then skim, and boil from forty to fifty minutes, and strain for use. This is used for fresh water fish; the quantity made must depend upon the size of the fish, which should be well covered; the recipe will serve as a guide to the respective quantities. For ordinary purposes a less expensive bouillon, made with a gill of wine only and the same of vinegar, answers very well; but the above is a preparation which may be re-boiled, and used many times, if diluted each time with half a pint of fresh water; otherwise, it would become too strong and concentrated. Fish boiled in Court Bouillon is often served cold, simply with oil and vinegar, or any sauce of which oil is the principal ingredient. (*See* COLD SAUCES.)

Court Bouillon au Blanc.—Boil some water with a bunch of parsley, thyme, and bay-leaf, an onion, a teaspoonful of white peppercorns, and a couple of ounces (or more) of salt to each half gallon; skim very thoroughly, and after twenty minutes' simmering strain, and add an equal measure of new milk. Put together in a fish-kettle, and when it simmers put in the fish.

The above is used for boiling white fish of various kinds; when for invalids, the salt should be reduced. No lemon-juice or vinegar must ever be added, but in preparing the fish it may be rubbed on the white side with lemon-juice and left for a while, then rubbed again, finally rinsed in clear water; and during the boiling it must be kept skimmed constantly.

Crab.—Select a crab of medium size; it should be heavy: a light crab is likely to be watery. To test it, hold it by the claws, and shake it from side to side. If it rattles much it should be rejected, as it will contain water and be of inferior quality. If good and freshly boiled, it will be stiff, with the tail pressed to the body. The male crab is considered the better, and preference should be given to those with rough shells and claws. The points of the claws should be stiff, the shells bright red, and the eyes bright and firm. The crab is at its best and cheapest in the summer; it may then be had from 4d. or 6d.; while in winter it may reach 3s.

In preparing dishes of any sort from crabs, the gills and the bag found inside the shell should be thrown away.

The creamy meat of the large shell, and the flesh of the claws are the parts to use. The small claws serve for garnishing. For recipes from crab, in addition to the following, *see* INDEX. Crab may also be used in place of lobster, for some of the dishes under LOBSTER.

Crab, Boiled.—Put some water into a saucepan, and to every quart add a tablespoonful of salt. When it boils, put in the crab, previously taking the precaution to tie its claws. Boil briskly for twenty to thirty minutes, or longer if the crab is large. When taken out, rub a little sweet oil on the shell.

Crab, Curried. — Required: a crab, half a pint of cream and milk mixed, salt, lemon juice, cayenne, a tablespoonful of grated cocoanut, the same measure of curry paste, and an ounce of butter.

Melt the butter in a lined saucepan; mix in the curry paste mixed with some of the milk; add the cocoanut and the rest of the milk; stir to the boil, and simmer for a few minutes. Then put in the crab and the cream, with cayenne to taste, and a little salt. Stir for a few minutes, then put the cover on, and leave the saucepan where the contents can remain below the point of boiling for a quarter of an hour. Give another stir, just to the boil; add some lemon-juice, and serve with a border of rice.

This is a delicate and delicious curry. To make it more piquant, put in a dash of French mustard, and a teaspoonful of hot chutney. For a plainer curry, use milk or milk and fish stock, and leave out the cream.

Note.—Simmer the cocoanut in just enough milk or water to cover it for a few minutes before putting it in the curry; and, if liked, use the liquid only in the curry, then a slight thickening of rice-flour must be used, or the sauce will be thin. A morsel of shalot will improve this for some palates.

Crab, Devilled (American).—Put the meat of a freshly boiled crab in a basin, first throwing away the part called the "apron or sand bags," and the gills. Season highly with pepper, mustard, and cayenne; add a grate of nutmeg, some chopped parsley, a suspicion of minced onion, first scalded, and a little chutney sauce or mushroom ketchup: tomato sauce can be used instead of either. Stir all in a saucepan, moistening with milk or fish stock; add a tablespoonful of cracker (biscuit) crumbs, and serve on a hot dish. Garnish with the "feelers" of the crab, and some sprigs of parsley. Send crackers to table, also brown bread-and-butter, with cayenne and cut lemons.

Crab, Dressed.—For a plain dish, pick out the meat of a crab; mix it with half a wineglassful of mild vinegar, half a teaspoonful of white pepper, a little salt and mustard to taste; then add a tablespoonful of salad oil, or a bit of fresh butter. Put the mixture in the shell, put it on a napkin laid on a dish, and garnish with the small claws, and some water-cress or parsley.

For a hot dish, mix some bread crumbs in with the rest, and moisten with a little fish stock or milk. Cover with crumbs, put bits of butter over, and brown in a quick oven. Chopped parsley may be put in this, or a bit of cooked onion.

Crab, Minced.—Cut up the meat of the claws of a crab; mix them with that of the body; add the flesh of a couple of boned anchovies, or some good anchovy paste; put all in a saucepan with a glass of sherry, a tablespoonful of French vinegar, a morsel of mustard, and a heaping tablespoonful or two of cooked rice. Stir for a minute; draw the pan aside, and beat in the yolks of two raw eggs. Continue to beat without further boiling, and pour the mixture over a large slice of fried bread, divided into pieces ready for serving. Garnish with fried

parsley, the small claws of the crab, and slices of lemon with fillets of anchovy.

This is a very good dish. It may be varied by adding shrimps or prawns, with which the dish should then be garnished. The same mixture, made a little thicker with rice or bread crumbs, may also be put into scallop shells, and finished off as directed for other kinds of scalloped fish in this chapter.

Crab in White Sauce.—Mix the flesh of a medium sized crab in a basin, with a quarter pint of WHITE SAUCE, and a small shalot minced and scalded; season nicely with salt and pepper and a little lemon-juice. Wipe out the shell, rub it with oil, put in the mixture, and make the top level; dredge with crumbs, and brown slightly. It should just heat through, and will take but a short time if the sauce be mixed in while hot.

This is a cheap dish. For a better one of the sort substitute any rich white sauce given for fish, and add a little cream. Before serving, sprinkle with lobster coral, and put a few tiny fancy-shaped croûtons in a pattern on the top. (*See* GARNISHES.) This should take its name from the sauce, as CRAB À LA BÉCHAMEL, &c.

Craw-fish.—These, like most of their tribe, are somewhat indigestible, and are considered rather coarse eating by some; with others, they are a great favourite. They attain a large size, and when very large are often divided, and sold at a shilling or eighteenpence per half, though the price is very uncertain. They are generally sent to table plain, or in a salad, but any of the recipes under LOBSTER are equally suitable for craw-fish. In all the recipes for CRAY-FISH the small ones are referred to; we mention this, as very often the terms *Craw-fish* and *Cray-fish* are used synonymously, and this is apt to mislead.

Cray-fish.—This is a delicious fish, somewhat similar to lobster, but considered superior in flavour by many. Celebrated gourmets are loud in praise of cray-fish soup and dishes of a like kind; and cray-fish stewed in wine is a popular dish across the Channel. The cost here is very uncertain; out of London the fish are not, as a rule, easily obtained. To boil the fish, proceed as for lobster, giving them from ten to fifteen minutes. If required to keep them alive, there must be a small quantity of water only, and that constantly renewed; if put in a bucket with an inch of water it is quite sufficient, if a fresh supply is added in four hours.

Cray-fish, Creamed.—Mince the meat of a dozen fish, chop a truffle and a button mushroom, put a tablespoonful of white roux into a cup of cream and milk mixed; stir to the boil, add a pat of cray-fish butter (*see* GARNISHES), with seasoning to taste, then stir in the meat of the fish, mushroom, and truffle, and do not boil again. A small quantity can be made in the above proportions, but if the fish are large, not more than eight or nine will be wanted. The mixture should be like a rich creamy sauce. The mushroom must be cooked first in a little butter. This is used for small savouries, patties, &c.

Cray-fish in Jelly.—Required: a pint of fish to each pint of jelly, some small salad, and a dressed salad.

Line a mould with jelly, lay in the fish, backs down, with any green salad: capers, cress, cucumber, &c.; if liked, hard-boiled eggs can be added; add more jelly, then more fish, &c. Proceed in this way until the mould is full; each layer of jelly must set, or the fish will all sink to the bottom. Turn out, and garnish the base with any dressed salad, or with sprigs of parsley or cress, and cut lemons. Or for a more elaborate dish, use chopped aspic, and salad mixed with mayonnaise, coated with lobster coral, or garnish the edge of the mould with cray-fish butter from a bag and small rose pipe. Any plain mould does for this dish.

Cray-fish Mould (or Krebs Koch; a German dish).—Required: half a pint of cream and milk mixed, half a pint of bread-crumbs, five eggs, a dozen cray-fish, some CRAY-FISH BUTTER, and seasoning. Cost, uncertain.

Put the crumbs in a bowl with the boiling cream and milk, cover, and when cooling stir in two ounces of cray-fish butter, and the yolks of the eggs when cold. Then beat the whites to a froth as if for soufflés. Butter a basin, using cray-fish butter or plain butter: in the latter case sprinkle with lobster coral; put in some cray-fish tails at the bottom, then some of the bread, after the whites have been added, then more tails and bread. When quite full, twist a sheet of buttered paper over, and steam for forty-five minutes. Turn out, and pour round a little CRAY-FISH SAUCE, the bodies being used up in making it.

Cray-fish Tails.—These may be bought in bottles usually where the Krebs butter is obtained. (*See* CRAY-FISH BUTTER in *Garnishes*.) They are excellent for small dishes of various kinds, and for garnishing fish, as mayonnaise of turbot, &c. They cost from one to two shillings per bottle, according to size. They would be found handy for some such dish as the above; a little lobster meat might be added to the sauce; or a plain one of melted butter, flavoured with cray-fish butter, would answer very well.

Crimping of Fish.—This operation consists in making deep cuts in the flesh of the fish on both sides as far as the bone. It must be done while the fish is fresh, as soon after landing as possible. It makes the flesh firmer and better, both for cooking and serving. Crimped cod is always valued more highly than plain uncrimped fish, and sold at a higher price. A salmon which is caught in the morning, crimped, and cooked for dinner the same evening, is quite a revelation to those who have never before eaten a really fresh salmon.

Curried Fish.—For each pint of CURRY SAUCE take about two pounds of fish; if the white sorts, as cod, haddock, &c., simply take the bones out, and divide the fish into pieces of an inch and a half square, and cook them till tender in the sauce. If river fish, cleanse in the way given under the various headings, and if strong fish of the carp tribe, parboil them, and finish cooking in the sauce. All sorts of cold fish may be curried, the bones stewed down for stock for the sauce, and the fish broken into good-sized flakes. Shrimps or prawns may be added to the sauce, or used in garnishing the rice; a flavouring of ketchup, shrimps, or anchovy essence, &c., can likewise be put in. There should always be a good supply of rice, and the proper way to serve it is on a large dish, with the fish and sauce in the centre; or it can be put in a separate dish. In putting the curry on a plate, take the rice first, hollow the portion, and serve the fish and sauce in the hollow. Various tinned fish may be curried; when in oil, like sardines, use the oil for the sauce instead of the ordinary curry fat, butter, &c.; most kinds are best taken from the tin and laid in the sauce to get hot, for example, herrings, lobster, mackerel, and eels; the last-named are improved if some of the liquor from the tin be strained and used for the sauce.

Dabs.—These fish are small, but very good; they are caught mostly in rivers near the sea; the Thames furnishes a good kind. If washed in salt and water, and put to soak for a short time in water, with an ounce of salt and a tablespoonful of vinegar to each quart, they will be improved in flavour. They are best fried or grilled, and should be sent to table with cut lemon or melted butter flavoured with lemon-juice. In some parts of England tiny soles, usually termed *slips*, are called *dabs*; indeed, many fish which are

similar in taste or appearance are called by one name in some parts of the

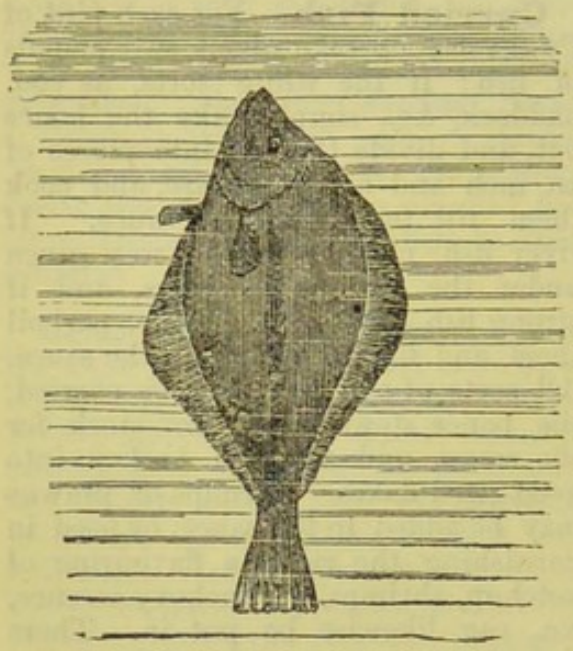


Fig. 24.—Dab.

country, which is more or less confusing to the uninitiated.

Dace.—This is enjoyed by those who angle for amusement's sake; it is

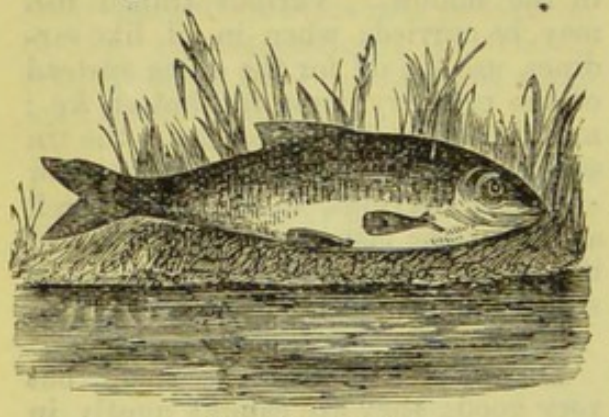


Fig. 25.—Dace.

best when treated as above described. A sauce of lemon-juice with cayenne is served with it, or any sharp sauce may be used. Dace is sometimes stewed like eels; and we may mention that any fish can be served *en matelote*. (*See* recipes in this chapter.)

Eels.—Of the tribe of eels there are several varieties; all have smooth heads and slippery skins, with soft scales, scarcely visible; all are rich, and to be at all digestible need very thorough cooking. Eels are taken both in fresh water and the sea; the silver eel is the best. Buy them alive if possible, and kill them by dividing the spine just behind the head, without severing it from the body. The vivacity of its motion and colour and appearance of the skin are tests of the goodness of an eel. Cost, from 6d. per pound.

Eels, Baked.—A good-sized fish is best for this. After cleansing and drying, fill it with Plain Shrimp Force-meat, fasten it securely, and put it in a round baking-dish with hot butter, and cook gently, basting often, until done. Then put the eel on a dish, add browned flour to the butter in the tin, then a glass of any light wine and half a pint of fish stock or water; boil up and skim, put in a little seasoning and a teaspoonful of shrimp essence, or some shelled shrimps cut in small pieces, and pour round the fish.

There are many recipes for baked eels, but the above is very good. They can be baked unstuffed, and any brown fish sauce served with them. Tomato Sauce is also suitable, but a little fish stock added is a great improvement.

Eels, Boiled.—After cleansing, soak the eels for an hour in salt and water. Prepare the water in the ordinary way, add a good bunch of parsley, and when it is quite hot put in the eels, and simmer them until tender. Melted Butter sharpened with lemon-juice or vinegar, is a sauce often served; but Brown Caper or the sauce named in the previous recipe, is also good with boiled eels.

Eels, Fried.—Cut the fish into four-inch lengths, or fry small ones whole, curling them round like a whiting; they should be floured, egged, and crumbed (*see* Eels, Grilled), and dished on a napkin, with fried parsley as garnish. Tartare Sauce, hot or

cold, is excellent with fried eels, so are any of the brown, sharp sauces.

Eels, Grilled.—It is usual to find in recipes for grilling, broiling, or frying eels, that the fish in the raw state is indicated; but they should in each case be parboiled, or three parts boiled. They then need but little further cooking, and are more tender and digestible, while equally savoury. After parboiling, dry the fish, then coat it with egg and bread-crumbs as usual, adding to the crumbs some powdered sage or mixed herbs, or parsley only, with a little black pepper. Grill over a clear fire until delicately browned (first brush the grid with oil or butter), and serve hot, with sauce as above directed. Instead of crumbing the eels, they may be lightly floured and brushed over with salad oil.

Eels, Mayonnaise of.—Required: two pounds of silver eels, a glass of light wine, a gill of French vinegar, a bay-leaf, sprig of parsley, tarragon, and chervil, half a dozen allspice berries and peppercorns, an onion stuck with two or three cloves, and a morsel of mace.

Prepare the fish, cut them into two-inch lengths; sprinkle them lightly with salt in a baking-dish, add the foregoing ingredients, and water to cover the fish. Cover, and cook in a slow oven until tender; then remove the fish, and add a little sheet gelatine to the liquor: half an ounce to half a pint, or less may do (*see* Aspic Jelly). Then clarify, and pour in a shallow tin to cool. Serve the eels, when quite cold, piled high in the centre of a dish; cover them with half a pint or more of thick Mayonnaise, and chop the jelly, using it as a border. Garnish with shrimps or prawns, and with slices of lemon or cucumber here and there amongst the jelly; fancy shapes, cut from thin slices of beetroot dipped in salad oil, are very effective; capers, chopped parsley, cress, etc., are all suitable.

Eels, To Skin.—(*See* Whiting.)

Eels, Stewed, Brown.—Required: two pounds of eels, a glass of port or claret, a teaspoonful of mushroom catsup and Worcester sauce, a pint of Brown Sauce, a gill of fish stock, a few black peppercorns, salt to taste, and a few drops of anchovy essence.

Prepare the fish, cut it into short lengths convenient for serving, lay them in a stew-pan with the fish stock, seasoning, and all but the brown sauce; cook very gently for a quarter of an hour, then add the brown sauce, and boil gently until the eels are quite tender, then pile them in a dish and pour the sauce over.

Eels, Stewed, White.—Required: eels as above, a glass of white wine, the juice of half a lemon, a few drops of cayenne vinegar, some powdered herbs, tied in muslin, or herbal vinegar, a gill of good fish stock and three-quarters of a pint of white sauce made with milk, fish stock, or veal stock. (*See* White Sauce.)

Put all except the lemon-juice and white sauce in a stew-pan, cook as above; serve in the same way, remembering to keep the stew under boiling point after the white sauce is added, and to put the lemon-juice in last thing; adding also, if liked, some chopped parsley. Remove the herbs, squeezing the bag well. A garlic flavour may be imparted by mincing a morsel with the parsley, or a slighter one by rubbing the bottom of the pan. If possible, before serving stewed eels take the fish out of the gravy and let the gravy cool, then skim it well, and re-heat it; put back the eels to get hot through. Button mushrooms are a good addition to either brown or white eel stew, and to a brown one some small onions fried a little may also be added. (*See* Vegetables.)

Egging and Crumbing Fish.—(*See* Fish, Egging and Crumbing, and Sole, Fried.)

Fish and Potato Puff.—Re-

quired : two pounds of mealy potatoes, two ounces of butter, two eggs, seasoning, two ounces of grated Parmesan cheese, one pound of cooked white fish, one pint of Béchamel Sauce, and some raspings.

The potatoes should be weighed after cooking, and passed through a sieve while hot. Mix with them the butter, seasoning, the yolks of the eggs, and half the cheese. Butter a flat dish, spread some of the potato mixture at the bottom, then the fish, flaked, and mixed with the sauce; the centre should be higher than the sides. Cover the top with the rest of the potato mixture, putting it on from a spoon, and smoothing with a hot wet knife. Beat up the white of one of the eggs, brush the top all over, sprinkle with a few raspings and the rest of the cheese, and bake in a quick oven a golden brown. This is a good luncheon dish, is equally suitable for breakfast, and all except the egging and crumbing of the top may be prepared over-night. A fire-proof china dish, such as are used for macaroni, is nice for savouries of this description. Instead of browning in the oven, it can be set over boiling water for a short time, and browned before a clear fire. Any plain white sauce may be used.

Fish, Baked, with Savoury Custard.—Cut slices of half an inch thick from a cod, large fresh haddock, hake, or any similarly shaped fish; lay them close together in a buttered pie-dish: a shallow one. Season with pepper, salt, and a grate of nutmeg. Required, in addition, the following ingredients—for three or four slices, according to size—two level tablespoonfuls of flour, a teaspoonful of curry-powder, the same of chopped parsley, one ounce of butter, two eggs, half a pint of milk, and a saltspoonful of anchovy essence. Mix the flour, &c., to a smooth batter, with the eggs and milk beaten together; if lumpy it is spoilt. Dissolve the butter, and stir it in; pour over the fish, and bake in a very moderate oven from twenty to thirty minutes. Send to table in the dish, after sprinkling the surface with raspings, or lobster coral or parsley, if for serving at dinner.

This is novel, cheap, and a good dish for any meal. It is necessary that the dish be only large enough to take the fish; the custard should coat the surface. Whiting, or similar fish, cooked whole in the same way, are excellent. If preferred, sweet herbs can be used instead of curry-powder.

Fish, Boiled.—To ensure the fish being taken up without breaking, a fish kettle with strainer, as shown in the accompanying illustration, is the best utensil. It can be lifted out as soon as ready, and well drained, by setting the drainer for a minute across the kettle. If such a vessel is not at hand, a pot the size of the fish (that is, it must take it comfortably) is the next best thing. But the difficulty is the removal; a couple of fish slices will be needed, and the fish must be tied in a thin cloth. Another way is to lay it on a dish or plate, and set that on a cloth, then tie up the corners like a boiled pudding, and hold them, when putting the fish in and taking it

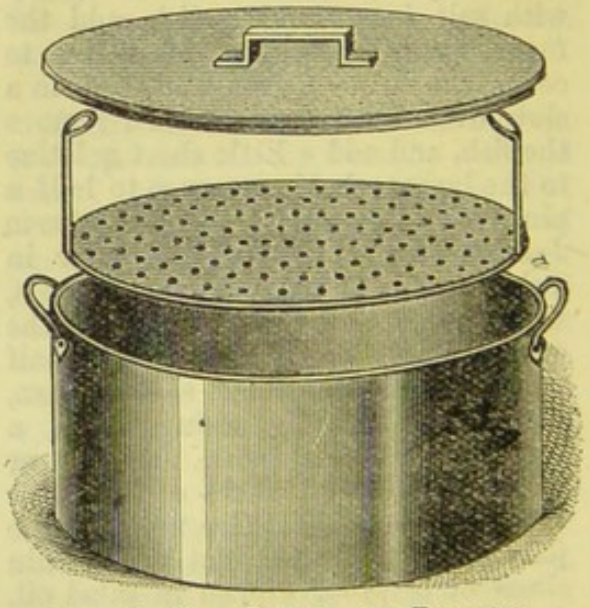


Fig. 26.—Fish Kettle and Drainer.

out. But in all houses where fish is an institution we strongly advise the

purchase of a fish kettle; one of block tin is strong enough for use on a gas or oil stove or close range, and will last some time, though an extra strong block tin, with copper bottom, or a kettle of steel entirely, is worth the extra money. After using, the kettle should always be washed in boiling water and soda, and thoroughly dried, or the next boiling of fish, however fresh it may be, will have an unpleasant flavour, and the fishmonger may be unjustly blamed.

For plaice, large soles, haddock, and the usual varieties of white fish, proceed as follows. Wash it well, but quickly; if soaked it loses flavour. Have in the fish-kettle water to cover it only; too much robs it of more flavour and goodness. Add salt in the proportion of four ounces to the gallon; four tablespoonfuls of vinegar, and a teaspoonful of white peppercorns should also be used to the same measure of water, unless strong white vinegar or lemon-juice be used, then less does. The three combined give flavour, firmness, and whiteness. After boiling up, skim well, and unless the fish has a delicate skin, like whiting and mackerel, put it in while boiling. The cold fish lowers the temperature, and for small fish this reduced heat should be maintained to the end; for large thick fish the water should barely simmer, certainly not bubble. It may sound very contradictory to say that boiled fish should *not* boil; yet so it is. The very knocking about, if rapidly cooked, would result in a broken mass, almost destitute of flavour. Those who have given much attention to and made the most careful experiments in fish boiling say that there is always an escape of nutritive matter. This is proved by evaporating the residue. Five per cent. may be taken as the lowest, though it is very seldom so little as this; only when the most minute care is exercised from start to finish. The loss *may* reach thirty per cent., if fish be put on in cold water, and left too long in the pot. This is a serious loss, and explains how it is that a boiled fish is often a costly, wasteful, and highly unsatisfactory dish.

The time required may be estimated at from five to fifteen minutes per pound, according to kind, size, and shape; the fish with the denser grain taking longer than the softer sorts. But experience here is the only teacher. A beginner would be wise to note the time required for various kinds by making experiments with a few sorts; after a few boilings, it will be easy to hit the medium between pulp and rawness, for fish should be served as soon as done. If it *must* be kept hot, dish it; set the dish over the kettle, lay a clean cloth wrung out of the fish water over it, and put a cover over.

To know when fish *is* done: in many books one reads "boil until the eyes start and the tail cracks." Not a practical test, because every piece of fish is not supplied with a head and tail (and the eyes should be removed). In short, a redness near the bone, or a firm adherence of the flesh thereto, is an indication that a little longer must be given; when the flesh looks white, opaque, the same all through, and parts easily from the bone, the fish must be dished at once; every second longer spoils it. It is of course much easier to watch for these signs in a cut piece than in a whole fish; in the latter case, by the time the tail begins to look cracked and in danger of breaking, the middle is generally done.

For *oily* fish the water may be salted rather more, especially for salmon, and for that no vinegar is needed; acids bleach, and in salmon the object is to retain the pink tinge.* Time required may be twenty minutes per pound if the fish is thick.

For *strong* fish—to use an expressive term—the vinegar may be increased, not only for its bleaching properties, but because it nullifies unpleasant flavours. The vegetables and herbs named in some of our recipes serve the same purpose, and make the fish

* Vinegar is sometimes used for the sake of the flavour, although the colour of the fish suffers a little.

more digestible. Time in proportion to thickness, but all of this class need to be well done. In adding water, if more is wanted during the cooking, pour it from the sides, not over the fish, or it will break.

The above process is far from common; many adhere to the custom of putting fish into *cold* water. Perhaps a trial of the two modes for the *same* fish would be more convincing than any argument as to the need of *boiling* water to retain the goodness; and although our remarks are the outcome of personal experiments, it is satisfactory to know that many of the leading lights in the culinary world, from a chemical standpoint, are now loud in condemnation of the cold water plan.

A last warning: the slightest putridity will spoil both the colour and flavour of the fish. To be good, it must be fresh.

Fish Bombes à la Carlton.—Required: four ounces of cooked sole, turbot, or whiting, three eggs, half a gill each of cream and milk, garnish, sauce, &c., as below.

Drain and dry some French capers;

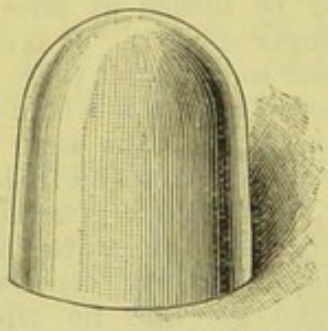


Fig. 27.—Bombe Mould.

wash and dry some parsley; chop them both, and sprinkle them over the insides of some small, deep moulds, as shown above: they are sometimes called "dome top dariole moulds." Then put at the bottom some small, pink shrimps. Cut the fish up, add the eggs, cream, milk, a little salt and pepper, and two tablespoonfuls of any good fish sauce, anchovy, shrimp, &c. Pass all through a sieve, and add a few drops of carmine colouring. Nearly fill the moulds with this, and put more shrimps on the top. Twist a buttered paper over the tops, and cook in a steamer, or in a stewpan, with boiling water to half their depth, until firm, about twenty minutes. Turn out on a border of rice (*see* Rice à la Carlton), and pour round it a little sauce, as used for the interior. Fill the centre of the mould with a ragoût of white fish, and ornament the top with shrimps or prawns. For the ragoût, cut up some cooked white fish; moisten it with sauce as used for the bombes, and add a spoonful or two of minced shrimps, and a little of the chopped capers and parsley. Serve as an entrée.

Fish, Broiled or Grilled.—In addition to the methods of preparation given in our recipes, so far as the utensils are concerned, we may mention the use of common whiting. The bars are rubbed with this instead of grease by some; and by many cooks the use of oiled straws is considered necessary. In our opinion, the method is an admirable one if there is fear of scorching by the time the fish is cooked—say, if very thick, or if the fish is *en papillote*, as the danger of burning the paper is reduced; but for ordinary use straws can be dispensed with. In using them, grease them well, and see that they are longer than the fish, or piece of fish; put them near together, but not touching, in the contrary direction to the bars of the grid. The straws on which cream cheeses are sold answer the purpose, but it is not enough to rub a bit of grease on them: they must lie in it; either liquid butter or some oil is best.

Fish Cakes.—Required: twelve ounces of boiled or stewed white fish, any kind, six ounces of cooked potatoes, a little seasoning of salt, pepper, chopped parsley, and grated nutmeg, if liked, one egg, one ounce of butter. Cost, about 9d.

Take the fish from the bones while warm, if convenient, and sieve the potatoes while hot (steamed ones are

better than boiled, but best for this, and all similar uses, are potatoes baked in their skins). Melt the butter, stir in the potatoes, then the fish, flaked or cut up (not pounded); take from the fire, stir well, and put in the yolk of the egg when cooled a little, and the seasoning; turn out on a board, make small balls of the mixture—about a tablespoonful—then flatten them into cakes, making the sides even; this is best done by dipping a knife in milk or beaten egg. When all are ready, beat up the white of the egg, brush the cakes over, then coat them with bread-crumbs, and fry them a light brown in hot fat. Dish *en couronne*, and garnish with fried parsley.

These are very plain, and the cost is trifling, but they are very tasty as a breakfast or luncheon dish.

Another way.—These are better. Add to the fish a large tablespoonful of any nice sauce left over from the previous meal (anchovy, oyster, lobster, or any other); let the mixture become perfectly cold before making it into cakes. Use the whole of an egg to bind the cakes, and a second one to brush them over.

Fish, Casserole of.—Required: one pound of cold fish, half a pint of sauce (any kind suitable for serving with the fish), some mashed potatoes, bread-crumbs, and butter or clarified dripping, one egg, seasoning, &c.

Mash some potatoes carefully (*see* POTATOES), add salt and pepper and a beaten egg to a couple of pounds. Grease a plain cake-tin and put in some browned crumbs; use plenty, then shake out the loose ones. Put the potatoes in, about three-quarters of an inch thick at the bottom, and half an inch at the sides, or more for a very plain dish. Set in it a jar or smaller tin, to keep the sides up, and put in some hot water, then bake in a good oven until brown, and turn on a hot dish; reverse it on to another dish; it is then ready to receive the fish, which should be flaked, and heated in the sauce. Put some chopped parsley or other plain garnish over the top, and serve hot. Remove the jar carefully, to avoid spilling the water.

Another way.—Bake the potatoes in a border mould, turn them out, and fill the middle with the fish and sauce. A tin of salmon, with a half pint of anchovy or caper sauce, makes a nice dish of this sort. (*See* also RICE CASSEROLE and POTATO CASSEROLE.)

Fish Chowder.—Required: two pounds of fish, four ounces of pickled pork, an onion, two medium-sized potatoes, salt and pepper, milk and water, spice, and flour.

Cut the pork up and fry it a light brown, then slice an onion or two and fry with the pork. Slice the fish on a dish, season it with pepper and salt, and put on it the onions and pork; leave for an hour; stir a tablespoonful of flour into the fat left from the pork; when smooth, put in a pint of milk, and stir to the boil; slice the potatoes, and boil them for a few minutes in the water, then take them out, and put them in a clean pan, with the fish, onions, pork, and a pint of milk and water mixed; boil until the pork is tender (the fish must be thickly sliced), about half an hour or forty minutes. Then add the pint of milk which was added to the thickening, with seasoning to taste, and a little spice.

Another way.—Put in a kettle pork as above, after frying, with two pounds of fish in slices, half a pound each of sliced onions and potatoes, seasoning, and the liquor from canned tomatoes, to come to the top. Cook gently until all are tender, then stir in a pint of boiled milk, thickened and seasoned, and serve hot. Any firm white fish—mixed kinds if convenient—should be used for these dishes. Sometimes pounded cracker (*i.e.* plain biscuit) crumbs are added to thicken the liquid.

Fish, Cold, Savoury Cake of.—Required: one pound of cold fish (baked or roasted is preferable to boiled for this dish), three ounces of bread-crumbs, a large onion, a tablespoonful

of chopped parsley, some powdered mixed herbs, about a saltspoonful, the same of pepper, a teaspoonful of mushroom ketchup, a gill of fish stock, one ounce of clarified fat, a gill of brown sauce, and three eggs.

Melt the fat in a pan; chop the onion, add it with the parsley, and brown it well; add the sauce, fish stock, the fish minced, and the bread-crumbs; stir well, and season; leave to cool, then mix in the eggs, adding them unbeaten, one at a time. Have a shallow cake tin or plain mould of any sort, grease and coat it with browned crumbs, put the mixture in, and bake in a moderate oven, about an hour. Turn out, and pour any nice sauce round; or if for breakfast, no sauce is needed.

There are many ways of varying this; a little tomato conserve or a fresh tomato, or a chopped mushroom instead of catsup, less onion, and, for a cheaper dish, two eggs only, with another ounce of crumbs, will suggest variations of other kinds. Any cold sauce can be used up instead of the brown sauce.

Fish, Egging and Crumbing of.—See that the bread is at least a day or two old, and, if possible, sieve it (*see* Bread Crumbs, To Prepare). The eggs must not be stale. We do not mean that a new-laid egg, strictly speaking, is necessary, but a watery egg is no good; it will not stick on the fish. Details of the application of the egg and crumbs are given under Sole, Fried, but we may add a necessary warning: never handle the fish after preparing it; take it up on a fork or skewer after the crumbs have been well shaken over it (*see* also Haddock, Baked). If the whites of eggs can be utilised for any other purpose, use the yolks only for the fish. Should strict economy be necessary, use the whole egg, and a spoonful of milk, beating them well. In such cases be extra careful that there is a good coating of crumbs.

Fish en Blanquette.—Required: a pound and a half of white fish, half a pint of good Melted Butter, half a gill of fish stock, wine, and cream, three eggs, seasoning as below. Cost, about 2s.

Bone and skin the fish, cut it in suitable pieces for serving, make stock of the bones, and boil to half a gill; put this in the pan, with the fish and a little salt and half a gill of light wine; cook until soft, then mix the melted butter with the yolks of the eggs and a tablespoonful of cream; stir until thick, custard fashion, or in the *bain-marie;* then take up the fish, dish in a pile on a hot dish, reduce the liquor rapidly, pour it over the fish, and then mask it with the sauce, using a palette-knife. Some potatoes, first scooped out into olive or any other fancy shapes with a cutter, may be used as garnish. They should be carefully boiled or steamed, brushed over with warm butter, and sprinkled with lobster coral, coralline pepper, or chopped parsley; a little of the same garnish should be put on the sauce. This is a rich dish, and can be served as an entrée. If preferred, nicely fried croûtons can be used instead of potatoes (*see* Garnishes). For a still richer dish, use creamy béchamel, mixed with eggs, for masking the fish.

Fish, Fillets of, in Potato Pastry.—Required: some fillets from medium-sized fish, sole, plaice, brill, &c.; some Rich Potato Pastry, mushroom purée, &c., as below.

After filleting the fish, cook the fillets in a steamer, or as directed in the next recipe; then let them cool, spread half of them, after dividing again, with White Mushroom Purée, mixed with the yolk of a raw egg and a tablespoonful of fine crumbs, making about a gill altogether; lay the other half over, like a sandwich. Have ready the pastry rolled thinly, cut a little larger than the fillets; lay one on a piece of pastry, cover with another piece, and press the edges firmly all round; they should be brushed first with a little raw egg. Then brush the tops with raw egg, mark them with a skewer or

back of a knife, and fry them pale brown; sprinkle them with a little chopped parsley or lobster coral, dish them in a circle, one against another, on a paper, with fried parsley in the middle, and serve white MUSHROOM SAUCE with them.

Fish with shrimp forcemeat and shrimp sauce, anchovy, oyster, or other forcemeat, with appropriate sauces, will be found quite as good as the foregoing. Serve for luncheon or dinner, or for breakfast without sauce. In covering with the pastry, remember to cut the top pieces larger than the bottom, to allow for covering the sides of the fillets.

Fish, Fillets of, Plainly Steamed.—This mode of cooking can always be resorted to when a digestible dish is desired or when whiteness is the main object; other advantages are apparent in the flavour, which is all retained, and the comparatively little trouble. Take a couple of plates, tin ones, such as are used for baking tarts; slightly butter them; on one lay fillets of fish (skin side down, if the white skin is left on), then sprinkle with salt, pepper, a few drops of lemon juice or vinegar, and put the second plate over. Set them on a large pan of fast-boiling water, and if the water is kept boiling, they will be perfectly cooked in fifteen to twenty minutes. Small, whole fish, like whiting, are excellent so prepared. If sauce is used, add the liquor from the tin. This is a good way of cooking fish for made dishes. Slices of fish may be thus prepared, but take from thirty to forty minutes if thick, and when half done they should be turned.

Fish, Fricasseed.—Required: two pounds of white fish, herbs, seasoning, and sauce as under.

Prepare the fish by cleaning and cutting it up, then put it in a pan with boiling stock to cover, about half a pint; add a bunch of herbs, a bit of nutmeg, and a few peppercorns, tied up in a bit of muslin, with a little salt; boil until done, then take out the bag, and put in half a pint of thick white sauce; boil up, and season with lemon juice or any flavoured vinegar. This is plain.

Another way.—Pour equal parts of milk and stock over the fish at starting, and when nearly done, add white roux to thicken; or use flour and butter, giving it time to boil up and cook the flour. When required richer, use a better sauce, or add the yolk of an egg to each half pint of sauce as above. Hard-boiled eggs, cut in slices or quarters, may be used as garnish to the above.

Fish, Fried.—Under SOLE, FRIED, we have given what we consider the best way of frying fish—*i.e.* by the complete immersion in fat, as described in FRYING (p. 8). But there are many reasons why this method cannot be adopted universally. The next best way is to use a pan as deep as can be obtained—a good-sized, deep frying-pan, for example—and to heat in it at least as much fat as will half cover the fish. It is then necessary to cook one side and turn it, and give the other side nearly as long as the first; not quite, though, because, although not in the fat, the upper side gets heated through, and soon cooks. Care is needed in turning; if a whole fish, put a skewer or fork in the head; be careful not to drop it, or the hot fat may be splashed in the face. It should be drained and served very hot, and if much is being done, fillets or slices, more fat must be added now and then and allowed to get hot, or the result will be the sodden dish we have previously referred to. If the egging and crumbing method be adopted, the crumbs may be mixed with a small proportion of flour, if liked, and pepper and salt can be added to taste, so may powdered herbs. For this way of frying, batter cannot be used; it would run off the top while the bottom was cooking.

Fish, Fried Plainly.—For this we will suppose that something plainer than egged and crumbed fish is wanted; or if the fish is to be served up eventually in a curry or other dish,

and the frying is regarded as the preliminary process, then egging and crumbing is really better dispensed with. A coating with flour is a very economical way to treat the fish, and very satisfactory if the fat be hot, and the fish cooked at once; for while it improves it to stand after crumbing, it does not after flouring, as the flour gets damp, and the fish does not brown so well. Then, there is a mixture of fine flour and oatmeal, used for herrings and other small fish; fish so coated is pretty sure to be crisp and brown, but everyone will not like it. Another good way is to brush the fish with milk, then flour it and coat with crumbs, patting them on firmly. Again, there is the well-known coating of batter. The more watery the fish, the thicker must be the batter, and a little flour should always be dredged on the fish first. (*See* BATTER, FRYING.)

Fish, Fried to Eat Cold.—Prepare the fish some time before cooking, and leave it in a dry cloth; flour it well, shake off all loose flour, and cook it in enough oil to thoroughly cover it, to a light brown; drain before the fire, dish when cold on a paper, and garnish with bunches of raw parsley, fennel, or cress. Any of the cold sauces may be sent to table with it, and a nice salad is a welcome accompaniment. If the fish are small, fry them whole, but slices from large fish are nice; they may be skinned or not. As there is no coating of egg and crumbs, the oil must be quite hot, and the fish well floured, or the juices will escape and it will not be brown and crisp.

Fish Livers.—The liver is the *bonne-bouche* of the red mullet, and furnishes a good deal of the gravy which is so much esteemed by epicures; but with respect to fish generally, while by some the liver is regarded as a delicacy, others cannot partake of any kind or in any form; it should not, therefore, be put upon anyone's plate unless it is first ascertained whether it will be agreeable. Liver exposed for sale separately should be bought with care, of reliable vendors only, for unless in good condition it is apt to be productive of unpleasant after-consequences. A large liver is made more digestible if steamed for a short time, before cooking in any of the more favoured methods, as baking, &c. (*See* also SAVOURIES.)

Fish, Roasted.—This is undoubtedly the least known mode of cooking fish, though it is so nearly related to baking as to be practically the same thing on an improved scale. The juices are fully preserved, and it is an easy matter to give due attention to the process known as basting. We may here remark that unless the fish is very large, a little fat put on with a brush is all that is required. The dish should be adapted in size to the fish, but deep enough to keep in the juices; a Dutch or American oven answers admirably. Properly prepared, fish thus cooked has a most savoury flavour and odour, a crisp brown surface, and is juicy inside; care is needed to avoid over-roasting, and consequent dryness. The fish should be cleansed, and prepared as if for baking, a stuffed fish being particularly good thus treated. If, when done, the surface is not as brown as it should be, brush over with a little weak glaze, and dredge some raspings over; or use a salamander. The rules are the same as for roasting meat, therefore the condition of the fire is of equal importance; and a special warning with regard to smokiness may not be out of place. Sir Henry Thompson, in the revised edition of "Food and Feeding," refers to roasted fish as a "new method of cooking fish." This is doubtless due to the fact that few if any writers on cookery make any mention of the method; for ourselves, we can only say that we have cooked fish in this way for many years, and have advocated the process whenever opportunity offered; and we here strongly recommend any to whom such a dish is at present unknown to make trial of it, feeling sure that they will

agree that it is one of the best possible ways of cooking fish. In fact, it is a complete revelation to people who are for the most part acquainted with insipid fish dishes only, by which we mean boiled fish, particularly when care has not been taken to preserve the flavour. (*See* FISH, BOILED.)

Fish, Roasted, with Oysters.—Required: a large haddock or small cod-fish (many others are quite as good), a tureen of OYSTER SAUCE, a score of oysters, and some cracker-crumbs and seasoning.

After preparing the fish and drying it well, rub the inside over with a little butter and anchovy essence, mixed with salt and cayenne. Season some crumbs of any sort of plain dry biscuits—TOAST, WATER, MILK, and the like—and roll the score of oysters singly in them, lay them in the fish, sew it up, and roast; add the superfluous liquor from the oysters to the sauce, first reducing it. MELTED BUTTER only, flavoured with it, minus any more oysters, will do if strict economy has to be studied. The dish, which hails from America, is a very good one.

Fish Roes.—When to be served with the fish, the roes should be taken out and cleaned, then replaced. In a sole, a black streak is sometimes seen near the roe on holding the fish to the light, said to be due to death by suffocation when the fish are crowded. From the roes of herrings, mackerel, and other fish, many nice little savouries may be made while large ones will form quite a meal: cod's roe, for instance. A good way to cook the latter (if hard, tie it in buttered muslin) is in warm water, salted, from half an hour to an hour, in proportion to thickness; it may be served with any nice sauce. Or if left to cool, and then skinned, it can be dipped in batter and fried. A favourite dish is one of cod's roe and bacon. After cooking bacon, take a boiled roe, skinned and cut in slices, and brown it in the bacon fat. We recommend steaming as the best way of cooking soft roes generally, as when prepared in other ways they want delicate handling to prevent breaking. After this preliminary treatment, they can be finished off in many ways. (*See* SAVOURIES.)

Fish, Scalloped, à la Cardinal. (*See* SCALLOPED FISH.)

Fish Souchet.—For any flat fish souchet, take soles, dabs, flounders, plaice, or any similar fish; they may be neatly trimmed, and left whole, or filleted. Cover with hot stock, made from fish of the same sort, with a well cleansed parsley root, a sprig of thyme, a few peppercorns, a little salt, and a sliced onion. Cook until the fish is tender, then remove it, and put in a deep dish, with the strained liquor over, a tablespoonful of chopped parsley being added to each quart.

This is a simple dish; no other sauce is needed. Brown bread and butter should be served with it.

Another way.—Boil a small carrot, cut it in shreds and add it with the parsley, the inferior part being boiled with the fish to flavour it. Sometimes a little hot milk is stirred in first, to whiten the fish; and for superior dishes the stock is clarified before pouring it over the fish.

For fish other than the flat kinds, cut it up into neat pieces, and cook in the same way; small eels are very good. Perch, tench, &c., are good fish for a souchet, but give them the usual preliminary treatment in the way of washing.

These dishes are not very popular, but they can be recommended as very light and easily digested, though not so savoury as many other fish dishes. Any left over can be made into a salad, or re-served in any way preferred.

Fish, Tinned.—Fish in tins, while amongst the most popular and useful of preserved provisions, requires the greatest possible care in its

selection and after-treatment. We have elsewhere urged the necessity of buying only good brands of such goods, bearing the name of the importer or exporter, or a trade mark, such as many firms—whose aim is to supply good value for money—adopt. By taking this precaution, coupled with that of looking out for any bulges in the tins (*see* remarks under TINNED MEATS in the chapter on COLD MEAT AND SCRAP COOKERY), the purchaser is fairly safe, and it only remains to empty the contents of the tin as soon as opened. To this rule, the only exceptions are fish in oil, as sardines, or potted fish in which there is much salt, of which anchovy paste is a type. Here, providing they are quickly consumed, there is no harm in leaving them in the tins; at the same time, it is better to empty those in oil into a china dish, and to add fresh oil; while potted fish in stone jars is greatly to be preferred to that in tins. The fish in liquor of any sort, fresh herrings, eels, and the like, are those which most require attention; they should never be left in the tins; the same may be said of salmon and lobster. The latter are now to be had in lined tins; the lining is a patent article, a thick, white, paper-like substance, and as it protects the contents from contact with the tins, it is to be hoped that its use will soon become almost universal; it adds but a trifle to the cost, and is a guarantee of excellence and purity.

Recipes for cooking and serving various kinds of tinned fish will be found under their respective headings, some in the present chapter, and others in the chapters on SAVOURIES, PASTRY, and SALADS.

Fish, To Keep.—Any of the kinds that *will* keep may be treated as follows:—

1. If a whole fish, wrap it in a cloth that has been wrung out of vinegar; pepper the fish first, tie or pin the cloth to keep it on, and hang in a cool cellar.

2. Lay the fish on a dish, put a little salt on, and a very small quantity of vinegar; or if to be left for a short time only, salt does alone. This method also helps to "firm" and whiten fish. The dish containing the fish may be set on ice, but do not lay pieces of ice *on* the fish; it makes some sorts flabby.

Always take the inside from fish to be kept, and after cleansing well, by wiping with a wet cloth dipped in salt, season it inside, after careful drying. In the case of a cod-fish, sprinkle salt over the backbone; it improves it much; the same may be said of fresh haddock.

See also PICKLE FOR FISH.—By preparing some of the pickle (quantity in proportion to the size of the fish), and giving the fish a boil of a minute or two only, it will ensure its keeping, and it may afterwards be cooked in any desired way, and served hot. The only difference will be that the usual flavour is made more piquant: an improvement rather than otherwise. Fresh water fish can always be treated thus.

Fish, To Scale.—Scrape the fish with a rather blunt knife, for fear of cutting the flesh, and as the scales are removed let water from a tap run on the fish. Fish which are scaled with difficulty may be dipped for a minute in nearly boiling water; or the fish can be cooked unscaled, the latter being lifted off with the skin, before the fish is served.

Fish, To Skin.—Flat fish of all sorts are skinned in the same way as soles (*see* SOLE, FRIED); whiting and other fish of the round shape are skinned in the opposite direction. Skinned fish take rather less time to cook, and greater care is needed, as the skin is a protection to the flesh.

Fish, To Steam.—In the recipe for COD À LA MAÎTRE D'HÔTEL we give the method for steaming when an ordinary potato steamer, or any similar kind is used, that is, the fish should always be placed in a vessel to retain the liquor from it, when steamers with

perforated bottoms are used, otherwise much of the goodness of the fish would escape, by running into the water below, and be wasted. Some steamers are furnished with inner tins to fit the outer vessel (*see* STEAMING, page 18). But we will suppose that no steamer of any sort is at hand: by a little ingenuity, it is very easy to cook the fish by the action of steam, and although a little more trouble, the result will be almost as good as if a proper vessel were used. For a flat fish of three or four pounds, lay it in a baking tin with a turned-up edge, and set this on the top of a deep pie-dish, or a good-sized pudding basin or cake tin; whichever is used, should be placed in the boiling kettle, with boiling water, salted as usual, to half its depth. Or, if a few slices of fish (or a short, thick piece), they can be put in a pie-dish, with just a little water boiling round it. In any case, keep the lid on tightly, and replenish the boiling water if necessary. Another way is to cook between two plates over boiling water (*see* FISH, FILLETS OF, PLAINLY STEAMED).

Fish, White, Quenelles of.— Required: the flesh of a raw whiting, panada, butter, eggs, and seasoning.

Free the fish from bone and skin, and scrape it; weigh six ounces of the scraped flesh, and pound it with one ounce of butter. Pound separately four ounces of PANADA (*see* FORCEMEATS), add to the fish, and pound again, with a little salt and cayenne and a pinch of nutmeg. Mix in the yolks of three eggs and the white of one, then pass all through a sieve, and leave in a cold place until ready to use.

Fish, White, Quenelles, Moulded. — Required: ingredients as in the foregoing recipe and some little moulds, well buttered. The annexed illustration gives an idea of the kind; various sizes and patterns may be had, but such as shown are a useful size, either to serve as an entrée or for garnishing large fish. They should be garnished prettily, according to taste, the materials at command, and the purpose for which they are required. A plain decoration can be found in chopped parsley, hard-boiled yolk of egg, and chopped shrimps; while truffles, lobster coral, chopped lax, and filleted anchovies, serve every purpose when elaborate dishes are wanted. The mixture must then be put in from a bag with a plain pipe; take care not to disturb the garnish; knock the moulds on the table (for the mixture to sink well they should be quite full); then dip a knife in warm water, and level the tops. Then cook them in a potato steamer with a buttered paper over; or put them in a stewpan, with a sheet of paper at the bottom, and boiling water just enough to float them; cover with paper (buttered), put the

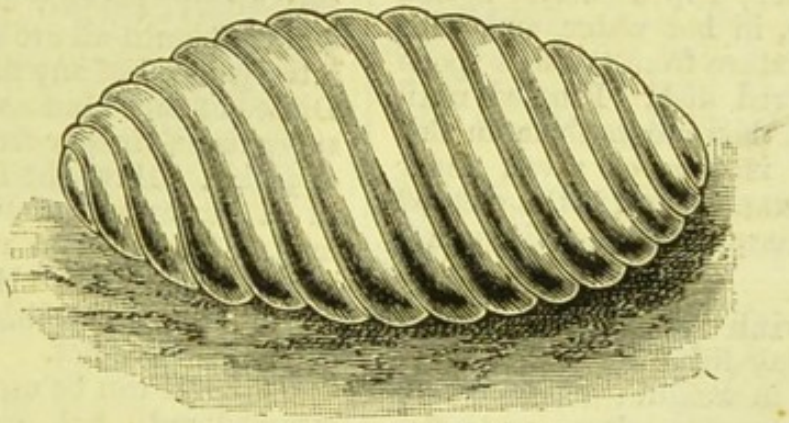


FIG. 28.—QUENELLE MOULD.

lid on the pan, and cook them very gently (they must not boil) until firm enough to turn out, about twelve or fourteen minutes; larger ones would want twenty minutes. If for an entrée, there are many ways of serving. They can be put on a border of fried bread, rice, or potatoes (*see* INDEX), and a rich sauce in the middle; or they can be used for garnishing a TURBAN OF FISH.

Fish, White, Quenelles, Moulding of.—Take a spoon, the desired size; fill it with the force-meat, and smooth the surface with a hot, wet knife. Dip a second spoon, the same size, in hot water, and with it slip the mixture from the first spoon on to a buttered dish. Proceed until all are ready, then poach them in fish stock. This is done as given under SALMON QUENELLES, and is the method to adopt when quenelle moulds are not used.

Fish, with Herb Sauce.—Take any flat fish, of a couple of pounds or so in weight; divide it into four fillets; lay two down on a flat baking tin, greased, and spread over them a gill of sauce, made by mixing half a pint of thick white sauce with a teaspoonful each of chopped parsley, scalded onion, and chopped chervil. Lay the other fillets over, cover with a greased paper, and cook until the fish is almost done; then take the paper off, and spread the other gill of sauce on the top; sprinkle with a little salt, grated nutmeg, and coralline pepper, and browned crumbs, rather thickly; pour some oiled butter over, and brown up in the oven or before the fire. When dished, put round the fish some croquettes of rice or macaroni of the savoury kind; or some boiled rice mixed with a little of the same sauce, or some grated cheese; *see* recipes under CEREALS, PULSE, and CHEESE, &c.

This is an excellent dish for any meal. *See* also SAUCE HERBACÉ AU PARMESAN.—The tail end of a small salmon is very good cooked with it, just as the fish above; or cold salmon, heated in the sauce, is very tasty.

Fish with Tomatoes (a breakfast dish).—Required: half a pound of cooked fish (if ordinary white fish, mix with it a small quantity of bloater or sardine, but if dried haddock is used, this can be omitted); a very small onion, and a good sized tomato, with seasoning, &c., and some cooked rice or macaroni.

Skin the fish, take away any bone, and break the flesh in flakes. Chop the onion very small, put it in a pan with an ounce and a half of butter, and cook it for ten minutes; cut the tomato in dice, add with it a pinch each of salt, sugar, pepper, and dried herbs, and cook until all are soft; then stir in a teaspoonful of any flavoured vinegar. Dishes of this kind assist in using up superfluous vinegar from various kinds of pickle. Have the fish ready heated in a spoonful of white sauce or melted butter, then mix it with the rest, off the fire. Have the rice or macaroni on a hot dish, pile up the fish on it and serve hot.

Cold rice can be used up; it may be steamed until hot, or can be mixed with a little thin white sauce, or a spoonful of milk to moisten, and stirred in a saucepan until hot through.

Flounder.—This is a flat fish, inferior to the sole, indeed by some considered inferior to plaice; it is plentiful in the London markets as a rule. Any of the ways of cooking small plaice and other flat fish are suited to the flounder; grilling or broiling is a

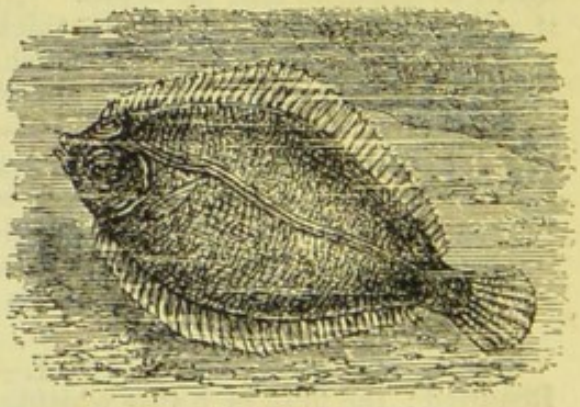


FIG. 29.—FLOUNDER.

very good way of cooking them, as they are but little trouble, and the most is made of the flavour. By rubbing with salt the flesh is made firmer, and by soaking, as recommended for other kinds of river fish, the muddy taste is removed. Flounders are very suitable, and often used for a *Souchet*. (*See* FISH SOUCHET.)

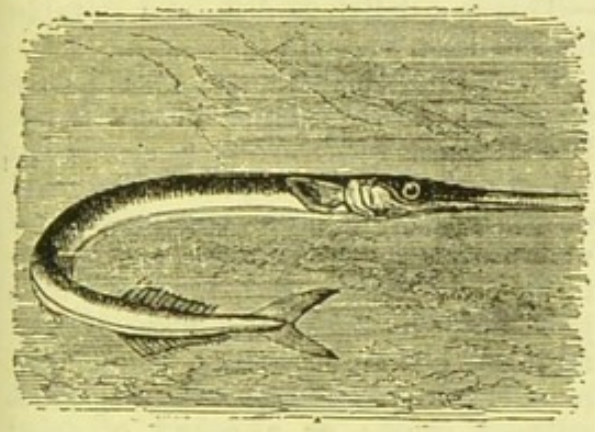


FIG. 30.—GARFISH.

Garfish.—This has a strong oily taste, but as the oil lies in the skin, if that is removed the flesh is not to be despised. The cost is uncertain, this fish being seldom offered for sale; it is improved by a marinade of oil, vinegar, and seasoning; after an hour or two it may be taken out, and cooked in the same way as eels.

Grayling is a pretty silvery fish, very palatable. It usually weighs from

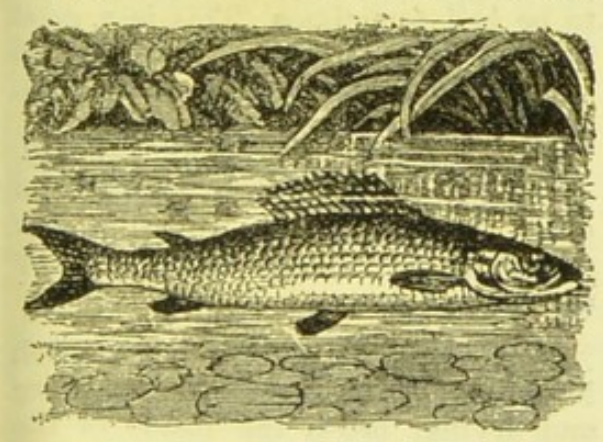


FIG. 31.—GRAYLING.

two to three pounds, but is sometimes found larger. It abounds in our northern rivers, and may be baked, broiled, or fried. The cost is uncertain, being seldom offered for sale.

Gudgeon.—This is a small, fresh-water fish, of good flavour, and digestible. In preparing them for cooking, wash and dry carefully, scrape the fish lightly, but do not remove the scales; dip in flour, or batter, or egg and bread crumbs, and fry crisply. Serve plain, or with a sharp sauce. Cost uncertain; seldom sold. Gudgeon are used as garnish for large fish; the largest only being reserved for serving separately, as a rule.

Gurnet.—This fish is of good flavour, and has firm, white flesh; it has a very large head when compared with its body. It may be boiled, but

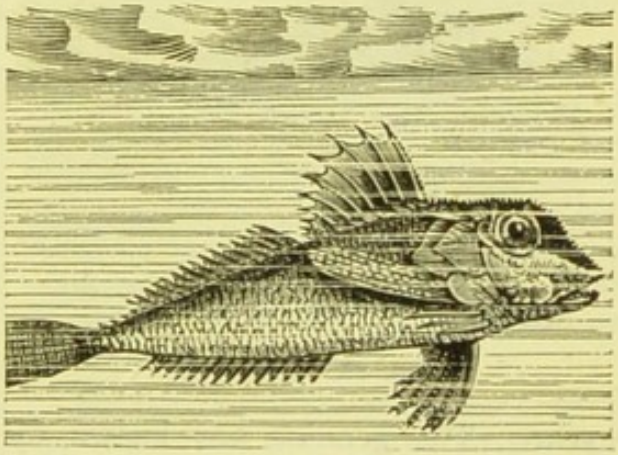


FIG. 32.—GURNET.

is better when cooked by the following recipe. Cost uncertain.

Gurnet, Baked.—Wash the fish, take off fins and gills, fill it with VEAL FORCEMEAT (*see* also HERB and other forcemeats), sew it up, and skewer the tail in the mouth. Cover with slices of fat bacon, and bake in a well buttered dish, the depth of the fish, in a moderate oven. Pour sauce over before serving: anchovy or parsley if stuffed as above; but sometimes shrimp forcemeat is used, then shrimp sauce is best with it. Or, it may be baked without stuffing; it should be well seasoned inside, and brushed with liquid bacon fat, then cooked just as above.

When gurnet is boiled, any nice

sharp sauce is best with it. It may also be filleted and fried.

To guard against bitterness, cut the head off before cooking; that is where the bitterness lies. The fish must then be baked flat.

Haddocks, Finnan (or Findon).—These are held in great esteem owing to their excellent flavour; they are favourites almost everywhere, and are generally both plentiful and cheap, except in the hottest months of the

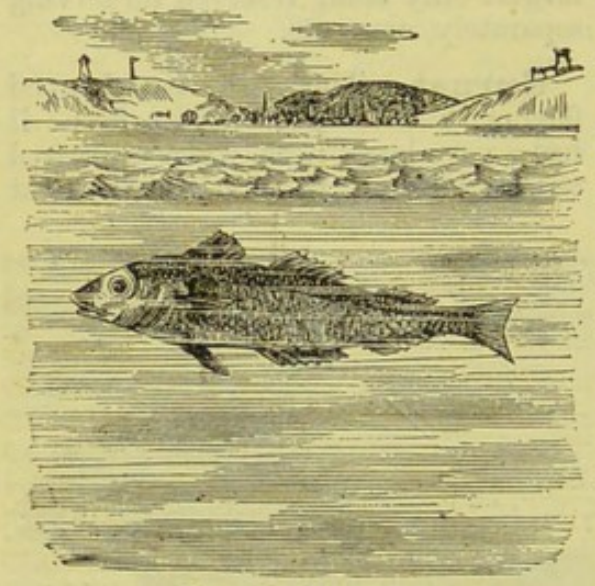


Fig. 33.—Haddock.

year. The genuine are known by their odour and peculiar yellow colour. They are cured in large quantities in a village near Aberdeen. Those of a pound and upwards in weight are the most satisfactory, and are improved by skinning. Cost, about 4d. per pound.

Haddock, Finnan, Broiled.—Wash the fish quickly in warm water; lay it in a dish of hot water, covered, for a few minutes, then drain, and dry it. Brush it over with butter or oil, and broil or grill for ten minutes if a large fish; five to seven minutes for a small one. Serve with a pat of butter, or Maître d'Hôtel Butter.

Haddock, Finnan, Fried.—Prepare the fish as above, and after drying it, remove the skin; cut it into even-sized pieces, and flour them, then dip into Frying Batter, and fry crisply. Serve on a hot dish; garnish with fried parsley.

The fish may be egged, and dipped in savoury crumbs before frying if preferred; it is then a delicious morsel, preferable to many more expensive kinds of fish. The soaking above advised prevents dryness of the flesh.

Haddock, Finnan, in Sauce.—This is a delicious dish, and suitable for luncheon or breakfast.

First, soak the haddock as previously directed; skin, and flake, or cut it up. Have ready some White Sauce, in which a shalot, minced, has been boiled until tender, add a teaspoonful of white vinegar, and cayenne and salt to taste. Put in the fish, a pound to a pint of sauce; cover, and leave for ten minutes, just under boiling point, then pour out on a round of buttered toast without crust; or a round of fried bread. Cut a hard boiled egg into slices, and garnish, together with some prettily shaped slices of lemon or beetroot.

Other recipes for cooking this fish will be found in the chapter on Savouries.

Haddock, Fresh.—This fish is deservedly esteemed; its flesh is firm and delicate in flavour, and is usually cheap, about 3d. to 5d. per pound.

It seldom weighs more than three pounds on an average; larger fish are to be had sometimes This is a good fish for *réchauffés*, and it may often be substituted for whiting in forcemeats, &c.

It should be firm, with undisturbed, even scales, and be bright in gills and eyes. It requires to be gutted as soon as caught, and if stale becomes flabby and poor in flavour.

Haddock, Baked.—This is much improved by stuffing; after washing and drying, brush the inside of the fish with a little warm butter, and sprinkle it with salt and pepper, then fill it with Herb Forcemeat, or Oyster Forcemeat, or use Mushroom Forcemeat if preferred; sew

the fish up; if small, put the tail in the mouth; if large, truss in the form of the letter S. Then, either brush it with milk and dredge with flour, or flour it; then brush it with a well-beaten egg (a little left from the forcemeat will do, if mixed with a spoonful of milk), and coat it with fine bread crumbs. To do this, have plenty of crumbs on a large sheet of paper; take up the corners, and shake the crumbs all over the fish, coating every part, especially the head, which is always an unsightly part. Then lay the fish in a tin, with hot clarified dripping or butter in; baste thoroughly to commence (this is important); then cook at a moderate heat, from twenty to forty minutes according to size. Drain well, put on a hot dish, and pour brown gravy, or a good brown sauce round the fish. Or the usual sauces, as Anchovy, Parsley, &c., may be served with it. If stuffed with oyster forcemeat, plain Oyster Sauce is suitable.

Haddock, Boiled.—Proceed as for cod-fish, reducing the time in proportion to the thickness of the fish. If overdone, it becomes hard; it wants careful watching. A steamed haddock is nicer than a boiled one. (*See* Fish, to Steam.) Serve with anchovy, egg, parsley, caper, or shrimp sauce.

Haddock, Fried.—Fillet the fish in the way directed for whiting; dry the fillets in a cloth, then fry them in the usual way, first coating them with batter, or egg and bread crumbs.

Haddock, various ways of Cooking.—For all the other methods of cooking, the reader is referred to whiting and cod-fish; a large whiting and a small fresh haddock can be cooked in precisely the same way; while as to dishes from cold fish, those from the above named answer equally well for haddock.

Hake.—This is a West Country fish, very common in Devonshire, where it is to be had in perfection at a very low price; it is often called "white salmon." It would probably be more highly esteemed if sold at a high price; it is good cooked in many ways, but perhaps best when baked. If a whole fish be bought, the thick part may be cut into slices, and the tail end salted, but it is preferably eaten while fresh. It is of a more satisfying nature than many other kinds of fish, and for that reason is well calculated to take the place of meat in a meal. Hake may be treated like cod, or fresh haddock, but we give here a separate recipe, for a very excellent dish of

Hake, Baked.—Cut from two to three pounds of hake in slices an inch thick. Required, in addition, six tablespoonfuls of bread crumbs, one tablespoonful each of grated cheese, chopped parsley, onion, and flour; a saltspoonful of pepper, and twice as much salt; some dripping and vinegar.

Melt some clarified dripping; pour some in a shallow baking tin; lay in the slices after coating them with the dry seasoning; pour more dripping over the top, and bake the fish about half an hour. Send to table, after draining well, with a brown piquant sauce. The slices may either lie in the vinegar, or be sprinkled with it.

Halibut.—This is a very good fish, less prized than it deserves, perhaps on account of its comparative cheapness. The flesh is delicate and very wholesome, not unlike that of the turbot. This fish grows to a great size, twenty to forty pounds is considered the best weight; larger fish are

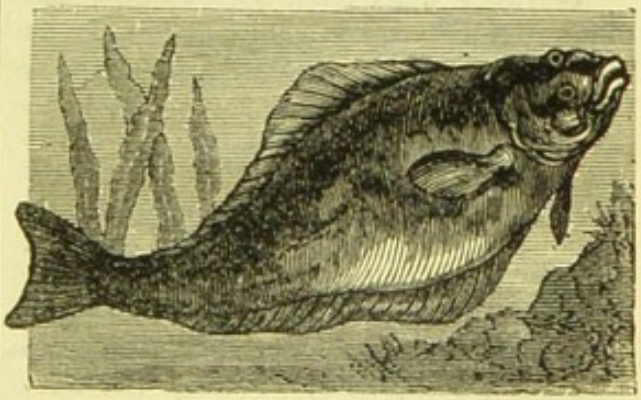


Fig. 34.—Halibut.

coarser. The tit-bits are the pickings over the fins, the flackers, and about the head. Cost, about 6d. to 8d. per lb. Boiling is perhaps the least satisfactory way of cooking halibut, and the time must be carefully reckoned in the case of thick fish. COURT BOUILLON AU BLANC may be used with advantage. If plain water be used, salt it well, and add lemon juice or vinegar. After dishing, brush the fish over with butter, and send the usual sauces to table.

Halibut, Baked.—Proceed as for cod, taking any desired weight; it may be a cut from the middle, or near the tail; it should be cooked slowly. A brown gravy or sauce, or SHRIMP, TOMATO, or WHITE SAUCE, may be served with it. The tail end may be boned and stuffed; *see* recipes for COD and FRESH HADDOCK.

Halibut, Baked (American).—Wash and dry three or three and a half pounds of fish; rub it well with pepper, pour milk over it in the baking tin until it reaches half way up the fish. Bake moderately, basting with the milk; when done, dish and keep hot; strain the milk, and make a sauce by boiling it up with flour and butter, or roux, and flavouring to taste; *see* SAUCES.

Garnish with hard-boiled eggs, cut lemon, and parsley. The milk may be mixed with a little white fish stock, and used for egg sauce if preferred. Any white fish may be thus cooked; it is of delicate flavour, and somewhat resembles steamed fish when cut, though it is more savoury, and is easier of digestion than fish crisply baked by the usual methods; as it will be noticed that in the foregoing, no crumbs (or anything to crisp the surface) are added.

Halibut Cutlets.—These are very good, and should be cut from half to an inch thick; it is not desirable to use the very thickest fish for them. After washing the fish, lay it for a short time in water, with salt and lemon juice, then divide it, and wipe dry. Flour, and egg and crumb as usual, then fry them; or coat with batter and fry; or brush over with oil, and sprinkle with cracker, *i.e.* biscuit crumbs, and grill them. They may be dished with a sauce in the middle; and a cold sauce, as TARTARE, can be served if preferred. *Thick* fish should be filleted.

Herring.—This is a well-known favourite. Herrings are found in shoals, and are usually cheap; they are one of those dishes which are often enjoyed as much by the well-to-do as the poor, though doubtless they would be still more valued if sold at a higher figure: they are not easily digested, being rich, but where they do agree, they are very nutritious. We will first detail a few methods of preparing fresh, or uncured herrings, which should be plump, bright in appearance, and with scales uninjured: when many of the scales are off, it indicates that the fish have been crushed in heaps, either in boats or baskets. The cost is variable; herrings may be had sometimes at a few pence per dozen.

Herrings, Fresh, Boiled.—Few fish are more delicious than fresh herrings boiled. Wash, scale, and gut them, sprinkle a little salt over them, and dip them once quickly in vinegar; skewer them securely with their tails in their mouths, put them into nearly boiling water, and simmer very gently until done enough, when they must be taken out immediately. Drain the water from them, and arrange them neatly on a dish; garnish with parsley or scraped horseradish, and send SHRIMP, ANCHOVY, or PARSLEY SAUCE to table in a tureen. Time, about ten minutes.

Herrings, Fresh, Broiled.—Fresh herrings are better for broiling when they have been salted for a night, as this renders them firmer and improves their flavour. Scale and gut the fish, opening them very little; score them in two or three places, draw them through oil on a dish, and broil them

before a clear fire. Move them gently now and then, to prevent their sticking to the bars, and turn often. Squeeze the juice of a lemon over the herrings before sending them to table. The roes must be served with them. They are nicer if fried.

Herrings, Fresh, Broiled, à la Farleigh.—Scale and wash the fish; dry them in a cloth, take out the back bones, and, for half a dozen fish, mix together the following: one ounce of butter, a saltspoonful each of salt, white pepper, French mustard, and vinegar; a good pinch of ground nutmeg, a teaspoonful of chopped parsley, and a fourth as much thyme in powder. Brush the insides with this, then skewer the fish two together, skins outside; flour them a little, and broil twenty or twenty-five minutes. Serve with a gill or more of Melted Butter, flavoured with lemon juice; or with Mustard Sauce.

Herrings, Fresh, Grilled.—A Scotch recipe.—Scale, gut, and wash the herrings, cut off the heads, tails, and fins, flatten them with great care, remove the back bone, and any little bones that can be taken out with it. Sprinkle the inside of each fish with a little pepper and salt; then place them together in pairs, and press the two inner surfaces as close as possible. Dip them in oatmeal, lay them on the gridiron over a clear fire, and when the undermost fish is done, turn them quickly and carefully, without separating them. Serve as hot as possible.

Herrings, Fresh, Grilled, à la Graythorpe.—Wash the fish; split them, take out the back bones, and as many others as possible. Required, for six fish, two tablespoonfuls of salad oil, one tablespoonful of chopped parsley, a teaspoonful of anchovy essence, and a saltspoonful each of mignonette pepper and salt. Mix the dry materials, and sprinkle the fish, after brushing over with the oil; then lay the halves together, and flour the fish; grill for fifteen to twenty minutes, and serve with a pat of Maître d'Hôtel Butter on each. This and the preceding are delicious dishes for breakfast, luncheon, &c.

Herrings, Fresh, Pickled.—A French recipe.—Required: half a score of the freshest fish obtainable; four ounces of salt, warm and in fine powder; a large onion, half a dozen cloves, the same of allspice berries, a teaspoonful of black peppercorns, a blade of mace, two bay leaves, and a capsicum, minced.

First take away heads and entrails, leaving the roes; split them open, wipe, and strew the salt evenly over them on a dish; leave them for twenty-four hours, turning them once. Then drain them, fold them together, and put them in an enamelled stewpan, with equal measures of cold water and French vinegar to just cover them; slice the onion, add it and all the rest; bring gently to the boil, and cook for three minutes. Take them from the fire, and when cool, turn all into a dry, earthen jar, with the liquor, &c.; when quite cold, cover, and set in a cool place. They will keep very well, and furnish material for some of the most dainty little savouries at a merely nominal cost; for which see Savouries.

Herrings, Kippered.—To give recipes that shall please all is not easy, for while some people find the flavour so palatable that they will not so much as wipe the herrings before cooking, others soak them so long that there is but little flavour left in them. To take a medium course, kippers should be washed and dried, then cooked like haddock (*see* Haddock, Finnan, Broiled or Fried); or should they be thick ones, and not too highly smoked, they may be wiped with a damp cloth, then brushed over with butter, and cooked before or over the fire, turning them, and giving them a few minutes only. They are done, for some palates, as soon as hot through. Brush them with butter before serving, and send them to table very hot.

Herrings, Marinaded.—These may be bought in tins, either in wine, or with the addition of other ingredients, as mushrooms, tomatoes, pickles, &c. For little dishes from these, *see* SAVOURIES. HERRINGS' ROES may be bought also in tins, and serve the same purpose of furnishing material for savoury dishes. They are often used together with the marinaded fillets above referred to.

Herrings, Red or Cured.—Under this head we will class all the cured fish, mild cured Yarmouth bloaters, red herrings, ham cured, &c., KIPPERS excepted. There are several varieties, and the mild cured are the most wholesome as well as the most liked, as a rule. When very dry or salt, the fish should be soaked for an hour or two in warm water or milk before cooking.

Herrings (Cured) Broiled.—Split the fish down; take out the back bones, and the roes; wipe the insides with a cloth dipped in warm water, or wash them quickly, then brush them over with butter, and dredge with mignonette pepper; wash the roes, and replace them; brush the outsides of the fish with butter, and "score" in a few places, then cook gently for ten minutes or more. Serve hot. Brush them over with butter last thing, if wanted oily looking.

Another way.—Simply wash and dry them, opening as little as possible; flour them, and make an incision or two, then broil or grill. This is a plain method, but usually liked.

Herrings (Cured) with Crumbs.—Wash, bone, and split some Yarmouth bloaters; lay on each fish a sprinkling of bread crumbs, with pepper to taste, and some powdered herbs; put before the fire until the crumbs begin to brown, then brush over with butter (or rather shake a little butter over from a brush); finish the cooking, and serve hot. In cleaning always take out the gut.

Another way.—Dredge the fish with crumbs, then with cayenne and grated Parmesan cheese; level with a knife, and add a little oiled butter; cook, as above until nicely browned and serve very quickly. (*See* SAVOURIES.)

John Dory.—This is said to take its name from the yellow tints on its surface (*Jaune Doré*). It is a comparatively rare, and consequently expensive fish. The flesh is very firm and white. In fish of six pounds and upwards, the flavour is somewhat strong; four or five pounds and under are considered best. Dory is not a good fish for broiling, but it may be baked, boiled,

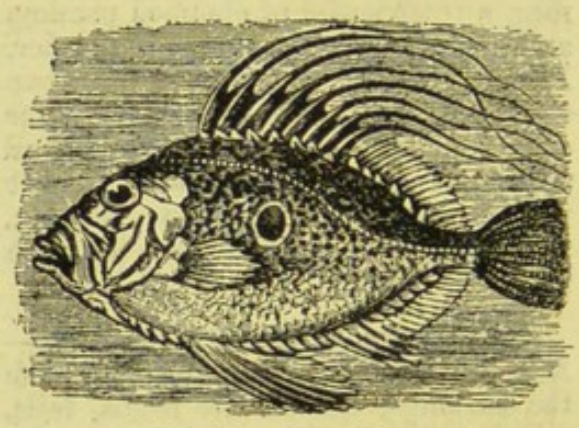


FIG. 35.—JOHN DORY.

or fried. It needs washing and trimming, and the fins should be removed. It is unsightly, and for that reason a plentiful garnish is necessary. Dory, when re-heated, is apt to taste a little strong, and therefore it is preferably re-served in salad or mayonnaise. Or, if preferred warmed, flake and lay it in any sauce left over, just to coat it, but do not let it boil; the sauce should be boiled, and the fish put in just to heat through. If stewed, it is advisable to parboil the fish, and finish it off in the sauce or gravy. Small fish only should be used for frying. Follow the recipes given for TURBOT, and serve the same sauces; or mix the flesh of a boiled red mullet with a tureen of melted butter; this is thought by some the very best sauce for dory.

Lamprey.—This is a fish both rich and rare; it needs twice as much cooking as an eel, and cannot be eaten

too fresh. It is an inhabitant of the sea, but spends some of its time in fresh water, returning again to the ocean. It is regarded as unwholesome,

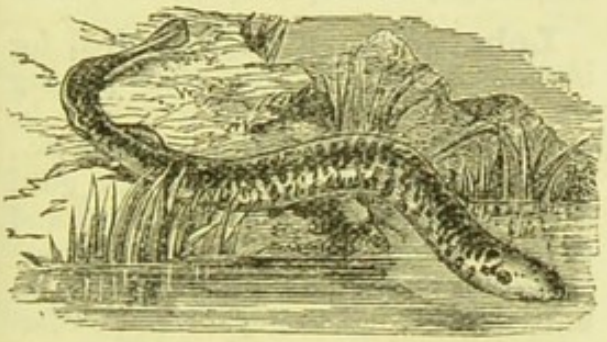


Fig. 36.—Lamprey.

but a great delicacy. Cost from 8d. to 1s. or more per pound. The recipes given for eels will serve for this, care being taken to cook it well, and when fried, it must be previously cooked by stewing or boiling.

Lemon Soles.—*See* Soles.

Limpet.—The limpet is abundant on rocky coasts, and may be procured by the aid of a good knife. It is considered nutritious, though tough. Limpets uncooked are poisonous; they should be boiled in water well salted for a few minutes.

Ling.—Ling is of the same species as hake, and, like that fish, is both cheap and nourishing. It is a native of the northern seas. In form it is not

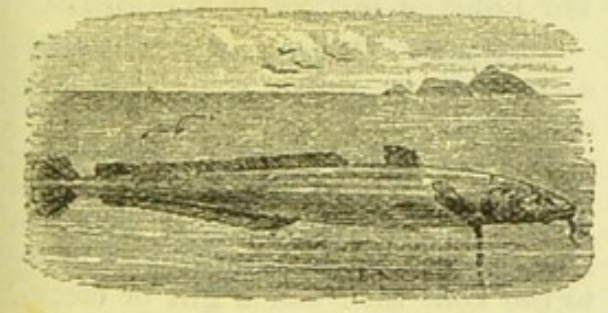


Fig. 37.—Ling.

unlike the cod, but it is more slender, and grows to the length of six or seven feet. Its colour is grey, inclining to olive; the belly silvery; the fins edged with white. The tail-fin is rounded. The ling is a very voracious fish, feeding principally on smaller fishes. It is captured in vast quantities off the Orkney, Shetland, and Western Islands, and is also found near the Scilly Islands, and off Flamborough Head. When ling are less than twenty-six inches long they are called *drizzles* on the Yorkshire coast, and are consumed by the natives, being thought an excellent fish.

Ling is somewhat insipid when boiled, but stewed or baked it is both palatable and wholesome; frying is also a favourite method of serving it. Follow the recipes given for Hake or Cod-fish, in cooking ling.

Lobster.—This is a general favourite, though it is not a fish that all can enjoy without after-suffering, for it is not easily digested, and should be shunned by dyspeptics. The flesh of the male is considered more delicate than the hen; the latter is valued on account of the spawn and coral. Lobsters, when stale, or showing signs of putridity, are unwholesome to a dangerous degree. The cost is variable; from 1s. to 3s. may be given as the average, though they may be had sometimes for 8d., or they may cost 4s. The size and the season both affect the price.

In addition to the following, recipes for lobster dishes will be found under Salads, Pastry, Scrap Cookery, Savouries, and Soufflés. (*See* Index.)

Lobster au Gratin.—Required: half a pint of Béchamel Maigre, a small lobster, the yolk of an egg, two small shalots, a tablespoonful of chopped parsley, and a fourth as much essence of anchovies; salt and pepper to taste—mignonette pepper is nicer for this.

Melt a little butter in a stewpan; put in the shalots, minced, and cook for a few minutes; add the seasoning and sauce, stir to the boil, and for a few minutes; then put in the flesh of the lobster in slices: that from the claws may be in small dice. Beat in the yolk of the egg, and see that it is well seasoned. Wipe out the lobster shell, rub it with salad oil inside and put in the mixture; it will be higher than the shell, and should be made smooth.

Dredge some bread crumbs over, and pour on a little oiled butter. Set it over boiling water for a few minutes, and brown the top with a salamander. Put it in a small dish, and set that on another dish, covered with a lace paper. Put a little fried parsley round and serve hot.

Lobster, Bashawed.—This is a very easy dish to make, and very tasty. Prepare it by cutting up the whole of a lobster; if no coral or lobster butter be at hand, use some colouring, as the mixture should be red. Mix with it a spoonful or two of thick cream or white sauce first to moisten it, a teaspoonful each of chopped parsley and anchovy essence, some black pepper (it should be well seasoned), and a *hint* of finely chopped onion or shalot, first scalded. Stir altogether, and make the mixture hot. This can be done in two ways: if fresh fish be used, fill the shell of the lobster, first buttering and dredging it with fine crumbs. Put more crumbs on the top, and bake it in a sharp oven. It is done as soon as hot through. If a tinned fish is used (and it answers excellently), substitute scallop shells of china, or use the shells of oysters or scallops, or a fireproof china dish, just as most convenient. If the top is not as brown as it should be, dredge some raspings over, and put a pinch of chopped parsley on the top, or a little lobster coral, by way of garnish.

Lobster, Boiling of.—Wash the lobster well before boiling, especially if it be a hen, tie the claws securely, and throw the lobster, *head first*, into plenty of fast-boiling salt and water. If this be done life will be destroyed instantly.* Afterwards let it boil gently. When done enough, take it out, wipe it, and rub the shell with a little salad oil, which will give it a clear red colour. Care should be taken not to boil a lobster too long, or the meat will be stringy. The Germans put a handful of carraway-seeds into the salt and water. Time, moderate-sized lobster, fifteen to twenty minutes; large lobster, thirty to forty minutes; very large, one hour.

* This assertion is based on the opinions of competent authorities.

Lobster Coral.—If required for immediate use, this only needs passing through a sieve, supposing it is to be used for sprinkling any sauce, fish, &c., by way of garnish. If, however, a good supply is at hand, it can be washed and dried, and put in a slow oven (a hot one would spoil it) on an old plate or dish, until dry enough to grate into powder, when it can be stored in bottles, and will be found very useful. In many books "live lobster spawn" is referred to. This means spawn taken from the outside of the shell before the lobster is boiled (the coral is of course cooked inside the lobster); when that is used, it is generally pounded with butter, and rubbed through a sieve, then put in soup, sauce, &c., and boiled until it turns red. It is also taken from the fish and preserved, when lobsters are cooked for sale, and may sometimes be got from fishmongers. The "coral-line pepper" referred to in some of our recipes is a pleasant, natural pepper, of beautiful colour; and as well as serving the purpose of a seasoning, is equally useful as a garnish in place of the above; but it has no connection with coral, except its colour. For Lobster Butter *see* Garnishes.

Lobster, Creamed.—Required: a large lobster, cream, stock, roux, and seasoning.

Boil down the shell of the fish (*see* Stock, No. 15) and reduce the liquor to a gill; put it in a saucepan with the scraggy part of the lobster, and bring to the boil, then add a gill of cream, the firm flesh cut into dice, seasoning, and roux to make the mixture thick; it should just drop from the spoon; a tablespoonful of thick *béchamel* or other good sauce improves it; take it from the fire, put in a teaspoonful of lemon juice, salt, cayenne, and a little anchovy essence, and some of the coral. Have ready on a hot dish a

potato border, or rice border (*see* INDEX); turn the fish into the centre, and sprinkle the rest of the coral over the border, garnish the outer edge with shrimps or prawns, and fried parsley; or, if no shrimps are handy, use the whole of the little claws of the lobster.

Serve for luncheon or dinner.

Lobster, Curried.—This is a plain method, for which tinned lobster may be used. Required, half a pint of CURRY SAUCE; a tin of lobster, and some boiled rice (plain method), seasoning as under.

Heat the sauce, cut up the fish into neat pieces, and lay them in for ten minutes, to heat, not boil. Have the rice in a hot dish, sprinkle it with lemon juice and a pinch of coralline pepper, and pour the fish and sauce in the centre.

Lobster Curry (Mandarins').—Required: a lobster of medium size, a tablespoonful of good curry paste, a pint of sauce, a pinch of cayenne and grated lemon peel, the juice of half a lemon, a tablespoonful of tomato purée, a bunch of herbs, a capsicum, two ounces of freshly grated cocoanut, and a half gill of cream.

Put the sauce in a stewpan, creamy *béchamel*, or a plainer sauce of the same consistency (*see* HOT SAUCES); mix the tomato, lemon juice, capsicum seeds, and herbs, with a little salt; simmer for a quarter of an hour, then rub through a sieve. Cook the cocoanut in fish stock to cover it; stir in the curry paste and the tomato purée; add this to the sauce; put the lobster in, and leave to heat through. Last moment put in the cream, separately heated, and add more seasoning if required. Dish as described in the recipe above, and chop the capsicum, then sprinkle the rice with it, adding some lobster coral, or a dust of coralline pepper.

Lobster Cutlets.—Required: a small lobster, three raw eggs, a gill of any good sauce, *béchamel* for choice, bread crumbs, seasoning, &c., as below.

Cut the meat of the lobster in small dice; boil up the sauce, and stir in the yolks of two eggs off the fire; add salt, cayenne, a grate of nutmeg, and the lobster, with a little colouring; set away to cool; then take up the mixture from a tablespoon, and form into balls of even size, on a slightly floured board. Beat up the other egg yolk, coat the balls, take a palette knife and form them into cutlets; coat with crumbs, again use the knife, and level the crumbs in every part. Then set aside, and coat again with egg and crumbs in an hour. Put the cutlets in a frying basket in a single layer, fry them in hot fat, and drain well. Dish them in a circle on a lace paper, or serviette; stick a bit of parsley stalk in each, or use the tiny claws of the lobster, or a morsel of macaroni, coloured pink (*see* GARNISHES). Fill the centre with fried parsley, and serve hot.

Another way.—Add to the mixture above a little lobster butter, fry and dish the cutlets on a border of rice, potatoes, or bread (*see* GARNISHES). Put fried parsley outside the border, and fill the centre with any rich fish sauce, hot or cold. If the latter, add it last moment. Serve as an entrée.

Lobster Cutlets (a cold entrée).—Prepare the lobster mixture as above; when cool, make into cutlets, and instead of egging and crumbing, proceed as follows:—Have a tin with aspic in a thin layer, just set; lay the cutlets on after shaping them nicely—using no flour, and making them small—leaving a margin between of half an inch. Then sprinkle the tops with lobster coral; pour more aspic over, and when set cut out with a cutlet cutter. Dish in a ring on a lace paper, the red side up, with a small lobster claw in each, or a bit of pipe macaroni, coloured. Fill up the centre with salad, mixed with mayonnaise, and garnished with chopped or fancy shapes of aspic. If there is plenty of coral, roll the cutlets in it to mask both sides.

Another way of serving.—Take some paper cutlet cases (*see* FANCY PAPER CASES); put a little bed of dressed salad

at the bottom, lay the cutlets in (without coating with jelly) leaving a space between the cutlet and the case; fill the space up with chopped aspic, and mix in a few shrimps; or colour a little mayonnaise green, and put it from a forcing bag, in a pattern round the edges of the cutlets, or here and there on the chopped jelly. These can be served for any cold collation, and are useful for such purposes, as they can be prepared some time beforehand. They should be set on ice until ready to serve.

Lobster Darioles.—Line some plain dariole moulds, flat-bottomed ones, such as are shown in the next recipe, with pale aspic jelly. Put a star, cut from hard-boiled white of egg, at the bottom of each, and sprinkle the sides with chopped truffle; or it may be cut into fancy shapes. Mince some lobster meat, and to four good tablespoonfuls add two boned anchovies, sieved, two and a half tablespoonfuls of liquid aspic, the same of thick mayonnaise and thick cream, and a teaspoonful of chopped fennel, parsley, and tarragon mixed; very little of the latter. Mix well, and season to taste with cayenne, lemon juice, and salt, if required. Fill the moulds, and set on ice until they are thoroughly cold; then turn out each into a little paper case. Put some green mayonnaise into a forcing bag with a leaf pipe, and ornament the tops of the moulds; a little bunch of lobster coral should be piled in the centre. The dish they are served on should be garnished with chopped aspic, chervil sprigs, and small claws of the lobster; or other small shell-fish may be used.

Lobster Darioles, à la Clarence.—Take some moulds as illustrated below; make a ragoût, by mixing together some cooked asparagus points, ripe tomatoes in dice, chopped prawns, and cooked sole in little squares; then add just enough thick white mayonnaise to make a creamy mixture. Line the bottoms of the moulds thinly with pale pink aspic, then put in a layer of the ragoût, half an inch thick; when set, cover with more aspic, and let it become very firm. Next cut up some lobster, both the white meat and claws, into even

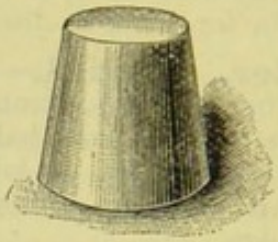


FIG. 38.—PLAIN DARIOLE MOULD.

sized pieces, and season them with cayenne and lemon juice; pack them loosely in the moulds, then fill up with pale yellow aspic. When cold, turn out, and dish each on a cooked artichoke bottom, first spread over evenly with green mayonnaise. Arrange them nicely on a dish, and garnish with green salad, blocks of aspic, and mayonnaise, and prawns.

Both this and the foregoing may be served as entrées for dinner, or at any cold collation. They are very pretty dishes.

Lobster in Aspic.—Required: a lobster, aspic, salad, mayonnaise, &c., as below.

Pour some aspic to form a thin layer on a flat tin, with a turned-up edge; cut the back of the lobster in slices, lay them on, and garnish them nicely, using the coral and any small green salad, capers, &c., forming a pattern according to taste; pour more aspic over to set the garnish, then pour another thin layer all over, and when cold, cut out with a fancy round cutter; take up the slices carefully with a palette knife, and set aside. Chop up the jelly left on the dish, with more to make half a pint. Cut up the rest of the lobster (excepting the large claws), mix it with salad (*see* SALADS), and dress it with oil, salt, mignonette pepper and vinegar; pile in the centre of a dish, pour some thick mayonnaise over, and ornament the

top (*see* SALMON MAYONNAISE). Then put the chopped jelly round, and on that lay the slices of lobster; divide the claws, lengthwise and across, and place between the slices, with a few nice prawns or shrimps if at hand.

If tastefully arranged, this is a nice looking dish, suitable for all sorts of *al fresco* gatherings, ball suppers, or any cold collation.

Lobster, Tinned. — Generally speaking, the flat tins will be found the most satisfactory. We do not mean that the lobster in tall tins is never good, but that a few firms of high repute always pack the fish in flat tins, each tin containing the whole of a lobster; therefore, if there should be no coral, there will be all the red meat of the fish, and providing some lobster butter be at hand in the larder, the tinned fish can be used for any dish for which the fresh fish is suitable. Then, in these tins, the fish is but little broken, as a rule; the claws are intact, and there is an appreciable difference between fish of this sort and the raggy-looking pieces that are often to be found in the cheapest brands. To serve this plainly, as a breakfast or tea dish, it should be turned out, and nicely arranged in a glass or china dish, the best pieces on the top, and garnished with watercress or parsley. Oil and vinegar, cayenne and ordinary pepper, should be served with it. Cost, from 10d. to 1s. per tin, on an average.

Lobster, To Dish.—Break off the tail and claws, and divide the tail in two lengthwise. Cut the head and body through, following a line between the eyes, then crack the claws. Put the head in the centre, the parts together at the top, but dividing a little at the bottom. Arrange the tail and large claws at the ends and sides of the dish, and put the small claws upright, between the head and other parts. Use plenty of parsley about the dish, the centre of which should be covered with a lace paper, or neatly folded serviette.

Lobster Quenelles.—Required: four ounces of lobster, three ounces of panada, one ounce of butter, a teaspoonful of cream, a tablespoonful of thick *béchamel*, the yolks of two eggs, and the white of one, a pinch each of salt, white pepper, grated nutmeg, and cayenne, and a few drops of anchovy essence.

Cut up the lobster, then pound it with the butter; pound the panada, add the cream and sauce, then put the two together; pound again, putting in the eggs and seasoning gradually; put all through a sieve, and use as required. If small ones, for soup or garnishing purposes, they can be put from a forcing bag with plain pipe, any size, sometimes not much larger than a pea; then several are put together to form a little bunch, but the method of cooking is the same (*see* SALMON QUENELLES).

A little lobster coral improves the above, or carmine can be used to give a pink tinge. Quenelles should always be nicely seasoned, or they are very insipid, and not worth the trouble bestowed upon them.

Mackerel.—This is one of the most beautiful of fish, being brilliant in appearance when perfectly fresh; no fish spoils more rapidly, and to be eaten in perfection it *must* be fresh from the sea. Its usual size is from fourteen to eighteen inches long, and under two pounds in weight. In some countries mackerel are salted, and if soaked and well cooked are very appetising; they are perhaps most relished when grilled or broiled. Cost is variable; where caught the fish may be had sometimes twenty or more for 1s.; but from 4d. to 8d. each is the usual price in large towns. Many who cannot eat mackerel with safety when cooked in the usual way will find that if steamed (supposing it to be quite fresh) it is as digestible as some other kinds of fish; at the same time it is one of a class of fish not digestible on the whole. The flesh of a good mackerel is very stiff; when stale and limp it is notoriously unwholesome. In emptying and cleaning mackerel, take care not to break the skin.

Mackerel, Baked.—Required: two mackerel, and some seasoning as under. Cost, about 1s. 6d.

Prepare the fish just as for MACKEREL, WITH ONIONS. Mix the following ingredients: two heaped tablespoonfuls of bread crumbs, the same of chopped parsley and minced onions, mixed with a mushroom, if possible (the onions should be scalded); a good pinch of cayenne, salt to taste, a little powdered or fresh thyme, and a grate of nutmeg. Sprinkle this over one fish, laid skin down in a greased baking tin; lay the second one on skin up. Grease a sheet of paper, put it over, tucking it down, and bake in a good oven for half an hour; less if small fish. Have a hot dish, slide the fish on, add their liquor to some good brown piquant sauce, as caper, mustard, &c.; boil up and skim, and pour round the fish; shake some raspings over the top, and serve. Garnish with fried parsley, or small onions or mushrooms, fried and glazed.

It will be noticed that no fat enters into the seasoned crumbs; on account of the oily nature of the fish, none is needed.

Another way.—Pour in the tin a glass of vinegar and the same of water; omit the greased paper, and baste the fish, while cooking, with the liquor. When done, add some brown sauce; boil up, and serve as above.

Mackerel, Boiled.—Open the fish just enough to take out the roe, and to cleanse the inside; wash the roe clean, and lay aside; have the water salted as usual, but below boiling point, or the skins will break; lay the fish on the drainer, and the roe by their side; cook, after boiling point is reached, for about fifteen minutes, simmering only, and skimming well. The roe may be replaced in the fish, or can be kept for other dishes. Drain, and lay on a napkin on a hot dish; garnish with parsley or fennel, and serve the same sauces with them; or gooseberry sauce is equally suitable. Sometimes the sauce is poured over the fish.

In washing mackerel use salt and cold water; and in drying use a soft cloth; avoid rubbing, dab gently, or the skin will come off. Always take the eyes out. Small, tender fish must go into water only warm, then they must be carefully watched. Time, about eight or ten minutes to simmer after the water boils, or less will do if very small. Steaming is a better method.

Mackerel, Broiled or Grilled.—Wash and dry as above; open as little as possible; make three incisions in a slanting direction on each side the fish; put in a little seasoning of salt, cayenne, mixed mustard, and salad oil, and brush all over with oil only. Cook gradually for twenty minutes or more, turning it often, and giving it a few minutes cooking on its back last thing. Put a pat of MAÎTRE D'HÔTEL BUTTER in; close, and serve hot. Or use a little TOMATO BUTTER in the same way, first mixing with it a saltspoonful of French mustard. The latter method is very delicious.

Another way.—Fillet the mackerel before cooking, and serve devil sauce, or any similar kind with it; sauce tartare is excellent; a spoonful may be put on each fillet; small croûtons may be used for garnish.

Mackerel, Fillets, in Wine.—Raise the flesh from the bones on each side; cut into two or three parts, slanting, according to size; sauté or broil them until very delicately browned, then lay them in a stewpan with equal parts of fish stock and Madeira; cook for ten minutes gently; lift out with a slice, dish them in a row, leaning one against another, slightly overlapping; stir a bit of glaze in the wine, and pour over the fillets. Garnish them with slices of tomato, cooked in a little butter without browning; put on each slice a little heap of chopped cucumber, cooked, and sprinkle with parsley and capers, chopped; put between the tomato some lemon, cut first into thin slices, then each slice into quarters.

This is a high class savoury. Serve for luncheon or dinner.

Mackerel, with Onions.—Required: two mackerel, twelve small onions, a large Spanish onion; other ingredients as undermentioned.

Peel, and fry the small onions; peel, mince, and boil the large onion in a little weak stock; then drain it well; sprinkle with cayenne, chopped parsley, and salt, and stir in an ounce of butter. Wash and dry the fish, cut off heads and tails, take out the backbones, and lay them flat in a stewpan; pour over wine and water to just cover; put in the little onions, with seasoning to taste, and simmer for twenty or twenty-five minutes. Have a hot dish; spread on it the chopped onion, lay the fish on, in contrary directions, then add to the liquor in the stewpan a bit of glaze, the size of a nut, and a teaspoonful of browned flour mixed with mushroom catsup; boil up quickly, pour over the fish, and use the small onions as garnish.

This is piquant and very appetising. Mackerel so cooked will be generally enjoyed. When wine is objected to, use French vinegar and lemon juice, or any nice flavoured vinegar.

Mackerel, Pickled.—Boil as usual; take the backbones out, and split the fish down the middle; then, for four fish, take half a pint of vinegar, the juice of a lemon, a half gill of caper vinegar, a small onion, a bunch of parsley, half a teaspoonful of allspice berries and black peppercorns, a few cloves, and a bay leaf; add to these three-quarters of a pint of the fish liquor, boil altogether for twenty minutes; pour over the fish laid in a deep dish, cover, and leave for twelve hours. Serve on a flat dish, with some of the liquor as required, and garnish with sprigs of fennel or parsley. Leave all the spices, &c., in the liquor, but do not put any on the dish.

Mackerel Roes.—*See* SAVOURIES.

Mackerel, Smoked.—*See* SAVOURIES.

Mackerel, Stewed à la Monica.—Make a pint of sauce (*see* YACHT SAUCE À LA MONICA); clean and fillet a couple of fish, sauté them lightly, and drain them well; then lay them in a pan, and pour the hot sauce over them; keep them at simmering point for ten minutes, then dish high in the centre of a hot dish. Garnish with fried croûtons, of any desired shape; brush them with warm glaze, and sprinkle with chopped lax (*see* SAVOURIES). MACKEREL À LA NORAH is equally good. Substitute the sauce of that name for the above. Use croûtons for garnish, with here and there a prawn or shrimp.

Mackerel, with Tomatoes.—Cook the mackerel as above; grill or fry some small tomatoes, and make some TOMATO PURÉE; serve in the same way as the above, and season similarly, omitting the onions only.

Marinade for Broiled Fish.—Mix together a gill of oil, a chopped onion, a bunch of herbs, the juice of a lemon or some white vinegar; or half cider or white wine can be used; a little salt and cayenne, or a few drops of cayenne vinegar. In place of herbs, some herbal vinegar can be used. This is a French preparation; the fish are often scored, an inch apart in a slanting direction, nearly to the bone, before putting them in the marinade; they are then wrapped in paper, soaked in the same mixture, before cooking. Many kinds of dry skinned fish are greatly improved by the treatment; river fish of suitable size may be thus cooked with advantage.

Mullet, Grey.—This is different from red mullet, and not so good. It is of variable size and quality; large fish may be boiled like COD, HADDOCK, &c.; smaller ones may be cooked like RED MULLET. COURT BOUILLON AU BLANC should be used in boiling a really large fish. Price is uncertain, lower generally than red mullet.

Mullet, Red.—This is different from, and superior to, the grey mullet; it is a much prized fish, and often reaches a high figure, though some-

times sold at 6d., or less. Mullet is called the "woodcock of the sea" as it is served without gutting. The best are red, and short, with clear eyes, and

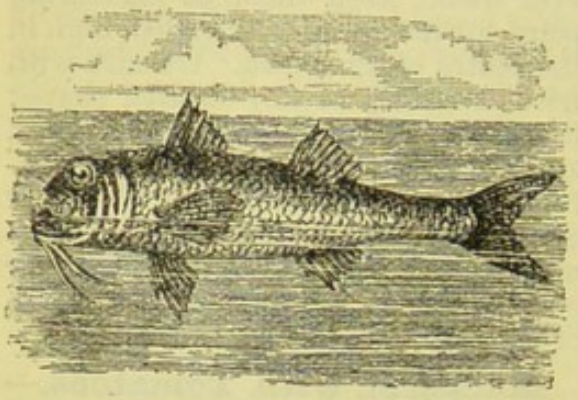


Fig. 39.—Red Mullet.

firm flesh. In cleaning them they should be very lightly scraped, and by pulling out the gills, as much as ought to be removed will come away with them. They are seldom boiled; the undermentioned methods are preferable.

Mullet à la Francaise.—Clean the fish through the gills; pound the liver with an equal bulk of finely chopped parsley, a morsel of butter, and salt and pepper; replace it, close the fish, and lay them in a shallow dish, close together, heads and tails alternately. The bottom of the dish should be well buttered. Then brush the fish with oil, sprinkle with parsley, finely chopped, powdered mixed herbs, and bread crumbs; sprinkle with lemon juice, and cook gently in the oven, brushing over with oil a time or two. Serve in the dish, and add lemon juice and white wine (a glass of each to four fish) heated together, last moment; pour round, not over, the mullet.

This is one of the best dishes of mullet, assuming fresh fish, and attention during the cooking.

Mullet, Baked.—Wipe the fish (do not wash them) using a clean, soft cloth; take off the fins and remove the eyes, pull out the gills, then season lightly with salt, pepper, and cayenne. Make a couple of cuts on each side the fish, and lay them on a buttered tin, or in a Dutch oven. Cook for twenty minutes, or more, if large. While cooking, brush over with oil now and then, and turn every two or three minutes. Serve on a very hot dish; brush lightly with a little hot, thin glaze, and put a pat of Maître d'Hôtel Butter on each.

Another way.—Prepare as above, but put a glass of wine (to three fish) in the tin. When done, finish off as above directed, and add the liquor in the tin to some good melted butter, about a gill, and put in a teaspoonful of anchovy essence. Dutch Sauce is also good with mullet cooked in any way.

Mullet, Broiled.—Prepare the mullets according to the first method above, and leave them in a mixture of oil and seasoning—to half a gill of oil, put a good pinch each of salt, cayenne, and white pepper—on a flat dish, turning them often. The fish should be cut rather deeply, in two or three places on each side. In an hour, drain the fish, and put in the incisions a little chopped parsley and thyme, well mixed. Then broil carefully; the skin should be brown and crisp; care is needed to prevent cracking, and the fire must be clear, and the utensil well oiled. Mullet can be grilled in the same way. The seasoning given is for three or four fish. A pat of Maître d'Hôtel Butter on each fish will be one of the best sauces, or Tartare Sauce is good. Of the hot sauces, Bordelaise is excellent.

Mullet, Broiled, en Papillotes.—Required: six circular sheets of white paper, six mullets, twelve ounces of butter, two tablespoonfuls of capers, a saltspoonful each of white pepper and soluble cayenne, twice as much salt, and a small onion, scalded and dried.

Chop the capers, first drying them in a cloth, and the onion *very small;* mix with the seasoning. Butter the papers, excepting round the edges; distribute the seasoning equally over the fish, lay one on each paper, and fold over, making

the edges meet. This makes a semi-circle. Then begin to fold the edges of the paper over and over, until it reaches the fish. Brush the papers over outside, especially the folds, with oil or butter, then broil or grill carefully. At the moment of serving slit the top of the cases, and send CAPER SAUCE to table, adding a tablespoonful of Madeira to half a pint.

The above quantities of seasoning and butter must be increased if the fish are large.

Mullet, Filleted, and Fried.—Take four mullets; scrape them lightly, cut off the heads, take out the insides, and carefully preserve the livers. Dry them, and season the insides with salt and pepper, a pinch of cayenne, nutmeg, and grated lemon rind. Divide the fish in halves, and lift the flesh from the bones; each mullet will make two fillets. Dry and flour them, and dip them into well-beaten egg, then into bread crumbs, seasoned. Leave for an hour before cooking if convenient. Fry in very hot fat, and serve with a sauce made by boiling the livers, then pounding and sieving them, and mixing with a gill and a half of rich MELTED BUTTER, sharpened with lemon juice or claret.

In the opinion of some epicures, rich CAPER SAUCE, mixed with the livers as above, is the sauce *par excellence* for mullet in any form.

Mussels.—These are a cheap fish of good flavour, and may be used in place of oysters in many stews, sauces, &c. They must be well washed, and the beard or "weed" removed; also a small crab, often found inside. They are gritty, and in cleansing them the shells must be brushed, and the water renewed many times; or leave them under a running tap.

Mussels, Boiled.—Take them from the water, sprinkle them with salt in a pan, and put a cloth over, then the saucepan lid; shake over the fire briskly, and when the shells open strain the liquor, and after bearding the fish, serve hot. If left on the fire a minute more than necessary they toughen. The term boiling is somewhat of a misnomer in this and similar instances, as no liquor is used.

Mussels, Scalloped.—*See* SCALLOPED SCALLOPS. Follow the recipe, but moisten the mussels with their strained liquor, and reduce or omit the white sauce. It is not necessary to add parsley.

Mussels, Stewed.—*See* recipes for oysters and clams. Another way of serving is to add the liquor, strained, to some white sauce or melted butter; heat the mussels in it, season, and serve hot. First boil them in the usual way.

Oysters.—These are universally liked, with rare exceptions. They are highly digestible in the raw state; less so when cooked, especially if subjected to great heat. "Native" oysters are the best, but many others, "blue points," &c., answer for cooking purposes; and oysters in tins are very useful, though not equal to fresh. Oysters are in prime condition when the letter R comes in the month, though imported ones may now be had all the year. Oysters cannot be too fresh; when eaten raw the sooner they are taken after opening the better. Their freshness may be known by the force with which the shell closes on the knife; the shells of stale ones "gape" very much. Lemon juice or vinegar, with white and cayenne pepper, are usually served with raw oysters in the shell, but the true lover of the fish often prefers them without any addition. Brown bread and butter should be served with them; and without going here into the question of drinks with meals, we may remark that nothing is so likely to hinder their digestion as spirits, either raw or diluted. It is an exploded notion that "a nip of brandy digests an oyster supper;" on the contrary, if taken with brandy, digestion is retarded, simply because alcohol hardens the oysters to a great extent. Oysters

may be kept alive for some days, by feeding them with salt and water (changed every twenty-four hours); oatmeal is used also; it gives plumpness, but the flavour suffers.

Oyster Curry. — Reduce the oyster liquor, and add it to twice its measure of sauce made as below; beard the oysters and lay them in to get hot through. They should be first scalded as usual, and the beards stewed in the stock with which the sauce is made. Required, for a gill of sauce, a teaspoonful each of chopped onion (scalded), lemon juice, white wine, and curry paste; the same, or rather more, of white roux; salt, cayenne, and a pinch of nutmeg, a few drops of anchovy essence, and a bit of apple pulp, scraped from a cooked apple. The whole should be cooked, and sieved or tammied, and after mixing with the oyster liquor it must not be boiled. Enough oysters—whole if small, divided if large—must be used to make a thick mixture. Serve with rice, boiled as usual, or Browned Rice can be served with it; either may be sprinkled with curry powder and lemon juice.

Oyster Cutlets.—Required: a score of small oysters, four ounces of raw veal, bread, eggs, seasoning, and sauce as under. Cost of oysters about 1s. 4d. per score.

Scald the oysters in their liquor; beard them, and mince them very small; then scrape the veal, adding the scraped meat to the oysters. Reduce the liquor to half the measure, and season with cayenne, chopped parsley, and a hint of onion, first scalded, a little salt and lemon juice, then add an equal measure of thick White Sauce; beat in the yolk of a raw egg, and stir in the oysters and veal, and a small quantity of bread crumbs. This depends upon the time the oysters can be left before frying; if they can stand all night, a good tablespoonful or two will do; if only just long enough to cool, use double the quantity. Beat the whole for a few minutes over the fire, but do not boil it; fill some cutlet tins, and when cold, turn out; then coat with egg and bread crumbs in the usual way, fry them a nice brown, and dish on a lace paper, in a circle; fill the centre with fried parsley. If no tins are at hand, pour the mass on a flat dish, and cut out with a cutlet cutter, or an oval plain cutter when quite cold; or the mixture can be formed into small cakes; *see* Fish Cakes for the manner of shaping them.

Oyster Cutlets, à la Danesbury.—For these, first prepare about half a pint of Oyster Sauce, and let it get cold. Pound together three boned anchovies, a teaspoonful each of lemon juice and thick cream, a little salt, cayenne, tarragon vinegar, and French mustard, the yolk of a hard-boiled egg, and a couple or three tablespoonfuls of any cooked white fish, whiting or sole for choice. When well mixed, stir in the oyster sauce, and work the whole well together. Have ready some cutlet moulds, as illustrated below, and put in enough



Fig. 40.—Cutlet Mould.
(Deep, straight, with round bottom.)

aspic mayonnaise (*see* Garnishes) to line the bottoms. When firm, fill up with the oyster mixture, first adding to it just enough liquid aspic to set it. It is well to test this by setting a little in one of the moulds first over ice, as the quantity varies according to the weather. When firm, turn them out, and garnish the tops with mayonnaise of a contrasting colour, forming any pretty design. Dish them down a straight block of rice (*see* Garnishes), and garnish with aspic and green salad. Serve as an entrée.

Oyster Toast, Plain. — Required: a round of buttered toast, some Oyster Sauce, made in the usual way

but rather thicker, and seasoning to taste.

Take the crust from the toast, which should be buttered liberally; pour the sauce over, and serve hot. It is a good breakfast dish. Fried bread may be used instead of toast, and be cut into any desired shape.

Oysters, à la Creole.—Put a layer of oysters in a shallow dish; sprinkle them with cracker crumbs, a few bits of butter, a dust of salt, pepper, and cayenne, a squeeze of lemon juice, then more crumbs; and so on alternately, fish and crumbs, the latter forming the top layer, over which more butter should be put, and it is preferably melted; if put on in cold dabs, some of the crumbs are apt to get dry. Put the dish in a sharp oven until the surface is nicely browned. The liquor of the oysters may be used in the dish: or it can be boiled down until well reduced, and added to a good white sauce, as *béchamel;* or the liquor itself can be simply seasoned, and thickened with roux.

Oysters, Fried.—These are sometimes used as a separate dish, or for garnishing fried fish. They are nice coated with beaten egg and bread crumbs, or with frying batter. They should be chosen as even in size as convenient, and dried well before coating; then, after frying, well drained on a hot cloth. Crispness is essential, and a plentiful supply of fried parsley is the usual accompaniment. They are generally eaten minus sauce, but a good one, when preferred, is made by boiling down the strained liquor to a fourth the quantity, and seasoning it with anchovy essence, cayenne vinegar, and mignonette pepper; it must be served very hot. Thicken it slightly, if preferred.

Oysters, Scalloped.—Choose small oysters; scald them in their own liquor, and beard them; then take them up, and boil down the liquor with seasoning (*see* Oysters, Stewed), until reduced well. Butter some deep shells, china or plated; lay in some bread crumbs, seasoned with a pinch of salt and pepper, and a grate of lemon peel and nutmeg; put in an oyster, cut in two or three pieces, then more bread, and so on, having bread at the top; use three oysters, more or less according to size, for each shell. Pour some clarified butter over, and brown in a quick oven. The oyster liquor may be mixed with a little white wine or lemon juice, and should be poured over the fish and crumbs after the last layer is put on.

Oysters, Scalloped, à la Reine.—Reduce the oyster liquor, add it to an equal measure of white wine; reduce again to half; then, supposing there is a gill of the two combined, add half a pint of Thick Béchamel, mixed with the yolks of a couple of raw eggs. Butter the shells, and coat with fine bread crumbs, fried *lightly:* then fill up entirely with the sauce and oysters, sufficient to make a thick mixture; coat again with crumbs and brown in a quick oven. Serve on a dish covered with a serviette. Always have crumbs at the bottom, or the oysters will become hard. A few minutes will suffice for the browning.

Oysters, Spindled.—Required: an equal number of oysters and thin slices of bacon, cut as nearly as possible the same size; a little pepper, ground mace, and anchovy essence and lemon juice to taste.

Mix the seasoning; put a *soupçon* on each oyster and bit of bacon; thread them alternately on a skewer, passing it through the fleshy part of the oyster; lay it across a baking tin, and cook in a sharp oven until the bacon is crisp. Pass a plated skewer through the whole, and draw out the first one; lay on a hot dish, and send cayenne and lemon juice to table. This is an American snack, and we need scarcely add, a very good one.

Oysters, Spindled, en Croustade.—Required: a croustade, made by cutting a thick slice of bread the length of the skewer, and the width of the oysters, and hollowing it in the

centre, then frying it brown; oysters to fill a skewer, seasoning, and egg and crumbs.

Thread the oysters as above (no bacon), seasoning them well; then roll them in flour, coat them with beaten egg, then with bread crumbs, or biscuit crumbs, and fry them in hot fat. Have the croustade ready on a hot dish, put in the oysters, after changing the skewers as above, and serve hot. A tasty snack for any meal.

Oysters, Stewed.—Required: twenty-five oysters, a gill of sherry, a lemon, a few drops of essence of mace and cayenne vinegar, a little salt, and a sprig of parsley.

Drain the oysters, put the liquor in a stewpan with the seasoning, bring to the boil, and skim; add the wine, boil up, then take the pan from the fire, and lay in the oysters; cover for five to ten minutes, keeping them just below boiling-point, then serve. If liked, a little thickening may be added to the liquor, with a few drops of anchovy essence.

This recipe hails from the other side the herring pond; and the oyster-eater will hardly need telling that it is a good one.

Oysters, Stewed, White.—Open some plump, small oysters; rinse them in the strained liquor, put them in a stewpan with the liquor again strained, bring just to the boil, then take them out, and remove the beards; put back the beards with salt, cayenne, and a bit of nutmeg and lemon peel, to boil until the liquor is strong; then strain it, and mix with an equal measure of Thick Béchamel; boil up, and lay in the oysters to heat through, but not to boil again. Squeeze in a little lemon juice off the fire.

Another way.—Stew the beards down in the liquor until a little is left; add it to some Dutch Sauce or good Melted Butter; put in the oysters to heat as above directed.

Oysters, Various Methods of Cooking.—Recipes for patties, vol-au-vents, omelets, soufflés, forcemeats, and small savouries, in which the oyster plays a prominent part, will be found in subsequent chapters (*see* Index).

Perch.—This is one of our commonest fresh water fish, and is considered one of the best; it is met with in most of the lakes and rivers of Great Britain, and many parts of the Continent; probably throughout the whole of the temperate regions.

Perch abound in deep, dark, sluggish rivers, and about flood gates and similar places; a fish of a pound is a fair size; three pounds is thought large; but they *are* found very much larger. The flesh is firm, of good flavour, and digestible. They are tenacious of life, and may be carried

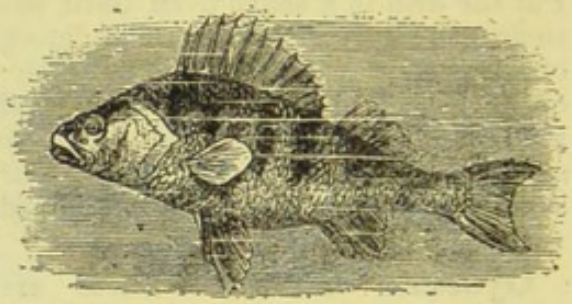


Fig. 41.—Perch.

many miles if packed in straw. When fresh, the body is bright and shiny, and the gills rosy red. Crimping improves them. To scale them is not easy; if plunged for a moment into boiling water, the operation is assisted; when boiled, the scales are often taken off *after* boiling, as being the easier method.

Perch, Boiled.—Wash the fish in warm water to free it from slime. Empty it, and take off the fins and gills. Put it in boiling water, salted, then cook it, scarcely at simmering point, until done. Serve any of the usual fish sauces with it.

Perch, Fried.—The ordinary plain methods will answer, but prepared as below the dish is superior. If small, after cleansing the fish, leave them whole; if large, fillet them; then roll them in flour, and wipe again. Mix in

a dish half a gill of oil, half a teaspoonful of salt, and the same of pepper; put the fish in and leave for an hour, turning often. Then drain them, and dip into a well-beaten egg, and bread-crumbs prepared as follows: to six tablespoonfuls of the crumbs, add a teaspoonful of herbaceous mixture (*see* SEASONINGS); a small onion, chopped finely, and a pinch of grated lemon peel and cayenne. Fry brown, and serve with any good piquant sauce. Fish for this dish must be carefully scaled. These quantities are for six or eight fillets.

Perch, Stewed with Wine.—In addition to the usual mode of stewing fish (*see* GRAVY FOR STEWED FISH) the following is recommended for perch. Equal parts of light wine and water, enough to cover, should be brought to the boil; the fish should be cleaned and skinned, and laid in the pan with a bunch of herbs, a few whole spices, and an onion, and a mushroom if handy, with a little lemon juice and salt. When done, drain the fish, thicken the sauce with brown roux, first seasoning with salt and anchovy, and straining it from the herbs, &c. It should be as thick as brown sauce, and be poured over the fish on a hot dish.

Periwinkles.—These are called pinpatches in some parts; although considered the poor man's luxury, they may be enjoyed by anybody. If eaten while hot, just after boiling, with pepper and vinegar, they are said to be very nutritious and digestible.

Pickle for Fish.—Required: a quart of vinegar, an ounce of salt, half a tablespoonful of scraped horseradish, half a dozen cloves and allspice berries, a couple of bay leaves, and a good pinch of celery seed and cayenne pepper, with some whole black pepper.

Bring the above ingredients to the boil. Wash any kind of fish, just as if for boiling, and trim it neatly; cut it up, and pack it in a stone jar; pour over enough of the pickle to cover it, tie the jar down, and cook it in a very slow oven (slow enough for a rice pudding) until the fish is done. Set it in a cellar or any cool place, and let it remain until cold, before removing the cover. Fish thus cooked is excellent for salads, or may be drained from the pickle, and sent to table with any suitable cold sauce. It keeps very well, and the pickle may be used again if reboiled with more seasoning.

Pike.—This fish is found in most European lakes, particularly the north. It was long a disputed point as to the pike being indigenous in England; it is now thought that there is full proof of its being a native. Its size is considerable; instances of pike attaining a length of three feet, and a weight of thirty to forty pounds are not uncommon. The usual colour is a pale olive grey, deepest at the back, marked by yellowish patches on the sides, with a white abdomen, slightly spotted with black. The pike is so voracious as to

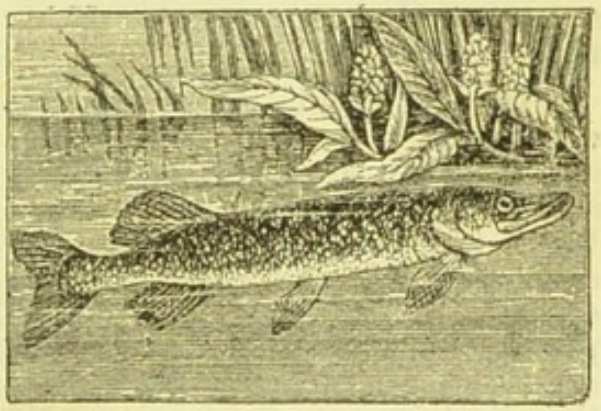


FIG. 42.—PIKE.

be called the "fresh water shark;" it attacks and devours smaller fish, and often falls a victim to its own greed in its inability to swallow its prey. It should be remembered that it is highly dangerous to swallow the bone of a pike; it is very sharp, and of a peculiarly hard nature. The roe of the pike is made into a caviare, and the flesh salted and dried in some countries. There are various ways of cooking the pike; if boiled, follow the recipe on page 145. The term "Jack" is applied

to a pike under three pounds in weight, and less than two feet in length.

Pike, Baked.—This may be stuffed with veal forcemeat, mixed with a little chopped chervil. The fish should be coiled and the tail fastened in the mouth. First brush with warm butter, then season well, and coat with beaten egg and seasoned crumbs. Finish off like haddock or cod, and serve with any brown piquant sauce or gravy. The fish needs careful cleansing and scaling.

Pike, Larded and Baked.—Scale and cleanse a moderate-sized pike. Remove the gills, empty the fish, and lard it thickly over with strips of fat bacon (*see* LARDING, page 13). Fill it with good VEAL FORCEMEAT, and sew the body up with cotton. Butter a paper thickly, cover it with sweet herbs and a little pepper and salt. Wrap the fish in this, lay it in a baking tin, baste well, and bake. Serve on a hot dish, and send any nice sauce to table. Time: twenty-five to forty-five minutes.

Pike, Stewed.—Clean and scale a pike weighing about four pounds, and cut it into slices three-quarters of an inch thick. Dissolve two ounces of butter in a stewpan. Put with it a shalot or a small onion chopped small, a tablespoonful of chopped parsley, a pinch of ground cloves, and a little pepper and salt. Shake these ingredients over the fire for five or six minutes, then pour over them half a pint of stock or water, a glass of claret, and a gill of vinegar. Lay the fish in the stewpan, cover closely, and let it simmer until done enough. Take it up, and lay it on a hot dish. Thicken the sauce with brown roux, stir in a tablespoonful of bruised capers, let it boil a minute, and pour it over the fish.

Pike, Stewed, Superior.—Take a medium-sized fish, prepare as usual, and lard it thickly with bacon (*see* page 13). Put in a stewpan a slice or two of veal and some minced bacon; lay the fish on, and pour round it a sauce as above; stew gently, then take up the fish (the tail should be fastened in the mouth), crisp it before the fire, while the sauce is finished off as above directed. Some herbs and fresh vegetables will improve the fish; they should be laid at the bottom of the stewpan.

Pilchards.—These are found in great numbers on the coasts of Cornwall and Devon. They are very oily, and are only eaten in the uncured state in or near the places where

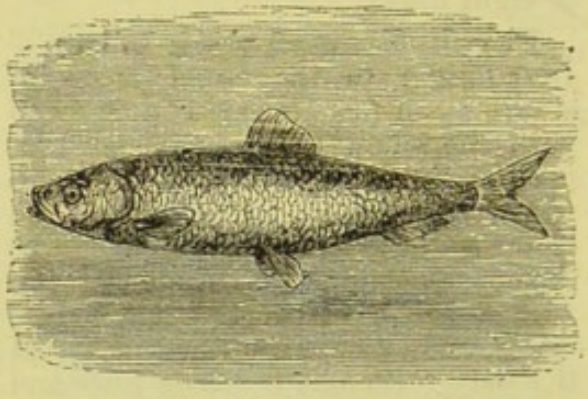


FIG. 43.—PILCHARD.

caught; but they are cured in large quantities after the oil has been extracted by pressure; even then, they are very rich. While fresh, they may be dressed like herrings, and the pilchards in oil—sold in tins, the Cornish are the best—are very useful as a breakfast dish, or they may be converted into little savouries in the same way as sardines. The cost in the fresh state is uncertain; tinned ones are about 1s. for the best brands.

In Devonshire, a pie is made of pilchards and leeks, but the taste is an acquired one, and it would probably not prove palatable to those unaccustomed to such a combination.

The fin of the pilchard is just in the middle of the back; it is thus easily distinguished from the herring.

Plaice.—Most people are familiar with the taste and appearance of plaice. If more expensive, it would probably be more appreciated, for if care is exercised in the cooking it is very good

eating. It is good when the body is thick and firm, the eyes bright, and the white side tinged with pink. The dark side is spotted, and if the spots

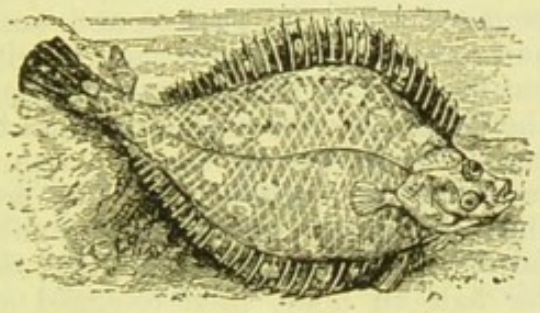


FIG. 44.—PLAICE.

are of a bright orange hue, the fish will be satisfactory. The price of plaice varies a good deal according to the scarcity of other fish, as soles, &c., for when there is a short supply, up goes the price of plaice. It is, however, generally cheap, from 3d. to 4d. per pound, and sometimes lower, though it may reach 6d. When filleted and fried, plaice is perhaps served in its best form: it can be baked, boiled, stewed, &c., and may also be cooked in most of the ways given for sole, and other more costly fish.

Plaice, Baked.—Wash the fish, trim it neatly, by taking the eyes out (or, better still, remove the head and stew it for stock), the gills off, and cutting the fins evenly round. When dried, lay it in a cloth for a short time, then melt some clarified fat in a baking tin; flour the fish well on both sides, baste it thoroughly, and cook in a moderate oven. It should be laid on a trivet, like a piece of meat, if a large fish. When the thickest part is white all through, serve, first sprinkling over some raspings warmed in the oven. Make gravy in the tin, or serve BROWN SAUCE with it. This is the cheapest and plainest way of baking plaice, but very good.

For other, better methods, *see* HADDOCK, SOLE, and TURBOT.

Plaice, Boiled.—In preparing the fish, wash it in salt and water with a little vinegar. Cut a slit, if large, on the dark side, and put it on to boil in water prepared in the usual way, white side up. Boil carefully, or rather keep it under boiling point; it cooks in a short time, and soon breaks if not watched. When done, dish, and garnish with parsley and lemon, and serve a plain sauce with it.

We would recommend steaming in preference to boiling, where suitable utensils are at hand; and where the method is not practicable for a whole fish, it could often be followed if the fish were cut into slices.

Plaice, Broiled or Grilled, is excellent. It should be well dried after washing; this is important, and should be done an hour or two beforehand. The usual modes may be followed (*see* SOLE); but it will be firmer and fuller of flavour if unskinned. Only a small fish should be thus cooked.

Plaice, Fried.—This, if small, can be cooked whole, or cut into slices an inch or two wide; or large fish can be filleted like a sole, but is better not skinned. The black skin is not easy to remove; it is of a very gelatinous nature, and sticks tightly. If, however, it is preferred removed, it may be done more easily after filleting, each piece being held on a board with the left hand, while a knife is passed between the black skin (next the board) and the flesh. The flesh must then be smoothed with a knife. Batter may be used, if not skinned, but egging and crumbing is necessary if skinned; or, owing to the watery nature of the fish, it is sometimes not so crisp as it might be. When batter *is* used (and this is more economical for a family) the fish must be well floured first, and the batter made thick.

Plaice, with Mushrooms.—Required: two pounds of plaice, a pint of fish stock, half a pound of mushrooms, seasoning, thickening, and butter.

Wash the fish, trim it, dry it, and cut into slices an inch wide. Make the

stock from the cuttings with the usual additions (*see* STOCKS), and strain it into a clean pan. Wash and break up the mushrooms, or cut them into squares; fry them a little in a bit of butter, then add to the stock with a good tablespoonful of browned flour. Put the fish in, season to taste, and simmer for twenty minutes or so; pile it in a dish, and pour the gravy over. It must be taken up carefully, or will break. A whole fish may be cooked in the same way. A boiled plaice, with white mushroom sauce; or a baked one, with brown mushroom sauce, is equally good eating, and a change from the ordinary ways of serving; and brill, or other flat fish, are very good so served.

Plaice, with Tomatoes.—Mix together a gill of fish stock, a gill of brown sauce, and a tablespoonful of tomato conserve; cook in it some plaice prepared as above—a pound and a half will be enough. When done, serve with the sauce over, sprinkle with chopped parsley, and put round some small tomatoes, fried, or large ones, sliced and grilled (*see* TOMATOES). Other fish may be thus served.

Prawns.—These are delicious fish, more delicate in flavour than the shrimp, and larger. They vary in price, and sometimes reach some shillings per dozen, when scarce or very fine. When fresh, the fish are firm and a good colour. To shell prawns, "take the head in the right hand, and the tail in the left; straighten the body of the prawn, bring the thumbs near together, give the right hand a little twist to break the tail shell, then draw it off; it will leave only a small piece if the right twist be acquired."

Prawns, Croquettes of.—Required: six ounces of freshly shelled prawns; an ounce of fresh butter, a slight seasoning of mace, salt, and cayenne; a few drops *only* of anchovy essence, two ounces of stale, white bread, a little hot cream, a tablespoonful or two of BÉCHAMEL MAIGRE, the yolks of two eggs, and the white of one.

The prawns should be chopped, then pounded with the butter and seasoning; the bread soaked in just enough cream to cover it, and stirred over the fire for a few minutes, then left until cold, and pounded with the prawns and sauce, and mixed with the eggs; put in without beating. When the mass is smooth the fingers should be floured, and the croquettes formed the size of a walnut, into round, smooth balls. They must then be egged and bread crumbed (another egg is required for this), left for half an hour, then re-egged and crumbed, and fried in a basket in plenty of fat, a delicate brown only. Dish them on a border of potatoes, or fried bread, and pour round a little rich MELTED BUTTER, flavoured with shrimp essence and lemon-juice; a teaspoonful of each to a gill and a half. A small border only is needed. The middle should be filled up with fried parsley. This is a very delicate dish; it can be served as an entrée. Shrimps may be used in the same way, the quantity being increased in proportion to their size.

Prawns, Curried.—After shelling the prawns, measure them, and make fish stock with the shells; to half a pint of prawns allow the same measure of the stock; boil it with curry paste, &c. (*see* CURRY SAUCE), and after it is sieved, put it back to heat again; add the prawns, and simmer a short time in the sauce. Serve with boiled rice.

Prawns, Tinned.—These are a real delicacy at a small cost, as valuable for garnishing purposes as for separate dishes. Some firms pack them in lined tins, already referred to; others tie them up in linen bags before putting them in the tins. Many recipes for the use of tinned prawns will be found in various chapters, but a hint here may be useful: when they are used in the place of fresh ones, by way of example, in curry, or soup, or any other dish in which stock would be made first from the shells of the prawns, as there are no shells for the

purpose with these, additional flavour must be given to the compound. A few drops of essence of shrimps or anchovies, a morsel of fish paste, or a filleted anchovy, will all serve the purpose. The prawns should not be opened long before they are used; if left lying about, exposed to the air, the flavour suffers, and they toughen.

Prawns, to Dish.—Cover a dish with a serviette; put a small basin or cup on, upside down, then arrange the fish round the basin, using parsley freely as a garnish.

Another way.—Cut thin slices from large lemons; lay them on a dish with parsley to divide them; on the centre of each slice, put a small pile of prawns, leaving a margin of lemon visible. So simple a dish as this will prove that it is worth while to give some consideration to harmony of colours; this costs but little more than a jumble of fish put anyhow on a dish, while anybody may prove the difference of the effect. Prawns, if large, can also be placed round a dish of cress, or any plain salad. Shrimps may be served in the same ways.

For other dishes from prawns *see* the chapters referred to under SHRIMPS.

Roach.—This fish inhabits shallow, gently flowing streams; the compactness of the flesh is supposed to have

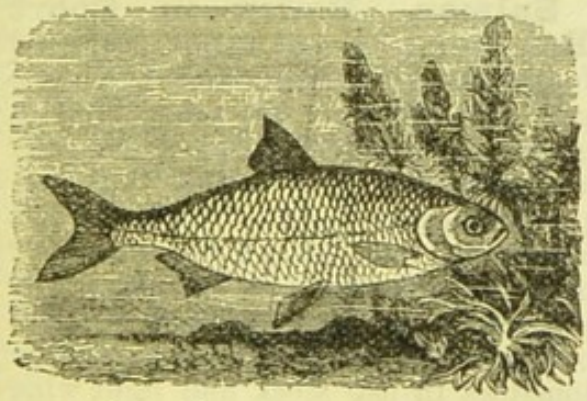


FIG. 45.—ROACH.

given rise to the proverb "as sound as a roach;" it weighs, as a rule, under a pound and a half. Frying is the best way of cooking it, but other methods are employed. If stewed in brown gravy or sauce, it is very palatable; or it can be baked, if well basted.

Roach, to Fry.—Wash and dry the fish, handle it lightly, and roll it in flour; then fry crisply, and garnish with fried parsley. Serve with any fish sauce, or with cut lemon and cayenne only.

Rockling.—This is a genus of the cod and haddock family; several species are found on the British coast, from the "mackerel midge" of an inch and a quarter, to the largest, of eighteen to twenty inches. None are of great value, as they decompose quickly, but when quite fresh may be cooked by the usual methods and sent to table, or made into soup, or rather stock for it.

Rudd, or Red-eye.—This fish is found in lakes, slow rivers, and fens in England and many other parts of Europe. It is shorter and deeper than the roach, which it resembles, but is said to be better eating. The fish is rich in colour, hence its name. Cook in the same way as ROACH.

Salmon.—The salmon, according to Izaak Walton, is the king of freshwater fish. It is called a river fish, because it is generally caught in rivers, and the river is its birthplace; but the sea is its home and its pasture ground, and to this it must return periodically to renew its strength, or die. In fact, it inhabits fresh and salt water alternately, spending its winter in the sea and its summer in the river. "Moreover, as the swallow returns to the roof or shed that gave it shelter, so does the salmon to the gravelly river's bed where it first saw the light." This fact has been repeatedly proved, and involves important consequences. If all the salmon in a river are caught, the river will be from that time salmonless, unless it can be restocked with young salmon, which, after being reared in it, will at the proper age find their way to the sea and return to the river.

Salmon are never found in warm latitudes. They are distributed over the North of Europe and Asia, and are abundant, and even comparatively cheap, in some parts of North America. The price is kept up, however, by the facility with which the fish is packed in ice, and sent long distances by rail. The flesh of the salmon is rich and delicious in flavour; few people have ever tasted it in perfection, that is, before it has "lost a tide." There is then, between the flakes, a white, creamy substance, very highly esteemed; in a day or two this disappears, and the flesh is less delicate in flavour, though said by some to become more digestible. Many, however, hold the opposite opinion, and assert that the oily taste of fish that has been caught a couple of days, is really due to the fact that decomposition has set in, and that it is less likely to agree than when quite fresh. Few of us, unfortunately, can test this point, but it is well to remember that salmon is always more or less rich, and very satisfying, and should be eaten in moderation.

In addition to the following, recipes for salmon will be found in other chapters. (*See* INDEX.)

The price of salmon is very uncertain; when at its cheapest, it is seldom below 10d. or 1s.; and early in the season, it is often 3s. or more per pound.

Salmon, Boiled.—For a plainly boiled dish allow five ounces of salt to the gallon of water; let it boil, skim well, and prepare the fish by scaling and cleaning it; put it in the water, and at once reduce the temperature by drawing the pan aside; cook evenly and slowly until done. A thick piece may take as much as twenty minutes for each pound; a thin piece may be done in little more than half the time: so long as it sticks to the bone, or looks raw in the part next the bone, it is not ready to dish; but as soon as the same appearance of opaque, cooked flesh throughout is perceptible, it should be taken up; it loses flavour otherwise. The middle, and thick end of the tail are the parts usually chosen from a large fish; or the head and shoulders, which is cheaper; some prefer the tail end, it is sold at less per pound than the middle cuts. A small fish is often boiled whole; then great care is needed, or the tail will break before the middle is done. Dish the fish on a napkin as

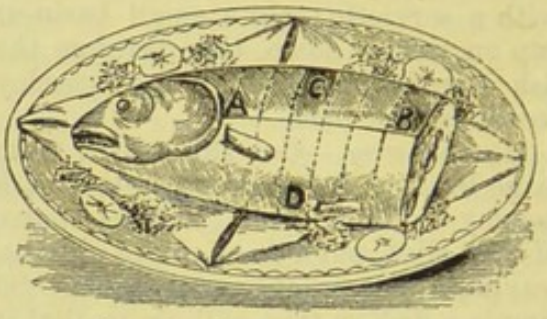


FIG. 46.—CARVING SALMON.

shown in the engraving, and garnish with lemon and parsley. Serve any suitable sauce, anchovy, shrimp, cucumber, &c., with it, and hand round a dish of dressed cucumber. To carve the fish, cut through from A to B; make cross cuts (as shown) from C to D; the former cut takes the thick, and the latter, the thin part; a portion of each should be given to each person. In the case of a very large fish, it is also necessary to make one or more cuts, parallel with A and B.

Salmon, Boiled in Court Bouillon.—*See* COURT BOUILLON, and follow the recipe in making it, using a gill *only* of wine (no vinegar) to a quart of water. Then cook the fish as above directed. Salmon thus prepared is generally coated with sauce, and served on a PURÉE OF CUCUMBER; or a TOMATO PURÉE may be put under it, and a good tomato sauce poured over: one made by cooking ripe tomatoes in fish stock and light wine to cover, then sieving, and boiling up with a rather high seasoning and a little glaze, is suitable. It should be coloured with carmine, and boiled until well reduced. This makes a very excellent dish. *Crimped*

salmon may be boiled in either of the foregoing ways; it is considered more digestible than uncrimped salmon; sometimes the slices are wrapped in buttered muslin, but where there is a drainer to the kettle this is not necessary; in fact, grease should be avoided.

Salmon Cutlets, Grilled.—Take slices of an inch and a half thick; brush them with oil, and sprinkle with salt and mignonette pepper; leave them for an hour, then wrap them in white paper, oiled well. The gridiron must be rubbed with oil and heated. Lay the cutlets on, with a little space between. Put close to the fire (it must be clear), turn in a minute, then raise the gridiron, and turn every two or three minutes; they will take about twenty minutes, and must be brushed over with oil each time of turning. They should be a nice brown when done, and quite crisp to the touch. Take about five slices for a nice dish, which should be hot, and covered with a dish paper. If a hot sauce is liked, a piquant one is best; or a pat of anchovy, MAÎTRE D'HÔTEL, or other kind of butter may be put on them. *See* also SAUCE HERBACÉ, SAUCE HERBACÉ AU PARMESAN, and SAUCE FOR SALMON.

Salmon Cutlets, Savoury.—Cut the slices half an inch thick; skin and bone them, then flour them, and dip them into beaten egg; next coat them with bread crumbs, made savoury by adding to half a pint the following ingredients:—a saltspoonful each of white pepper, powdered thyme, and grated lemon peel; a pinch of ground nutmeg and cayenne, and a dessertspoonful of chopped parsley. Let them lie for an hour, then give them a second coating of egg and crumbs, and broil, grill, or fry them. Serve with TARTARE, or other piquant sauce, and garnish with fried parsley. For breakfast, luncheon, or dinner.

Salmon, Fillets of.—Fillets of salmon differ from salmon cutlets in this: that in the latter the fish is cut into slices through the bone, but in the former the flesh is raised from the bone by means of a knife slipped along the spine. When the separation is effected, the skin is removed, and the fish is cut into neat pieces of any shape and thickness that may be desired, though they are not often more than half an inch thick.

Salmon, Fillets of, Fried.—Fillets are excellent if egged and crumbed, and fried in the usual way. They are nicer if the crumbs are seasoned with salt, cayenne, and herbs. Any of the fish sauces may be served with them, a good brown piquant is perhaps best.

Fillets of salmon are also very good stewed in brown sauce or MATELOTE SAUCE. It is best to steam or parboil them, then finish them in the sauce, seasoning with lemon juice, anchovy, cayenne, and a little sherry.

Salmon in Cases, à la Barricotte.—Take the skin and bone from a pound of salmon, the tail end; cook it by parboiling in the ordinary way, then drain it from the water, and lay it in a flat tin, with a spoonful or two of light wine, and a buttered paper over the top. Finish it in the oven, or on the hot plate, basting often with the wine. When done, leave until cold, then flake it, and season nicely, and mix with it some thick mayonnaise and a dozen or so of chopped shrimps. Half fill some small oval china cases with the fish, then add a layer of sauce (*see* ANCHOVY CREAM or LOBSTER CREAM, under *Cold Sauces*). Make the surface smooth, and put here and there a morsel of green garnish—capers, chervil leaves, or small cress. Next cut some ovals from aspic jelly poured in a tin to set; these should be rather smaller than the cases, so that an edging of the sauce will show. Lay these ovals, one on each case, quite flat, and in the centre of each oval put a round of tomato aspic, about the third of an inch thick, and an inch in diameter. Dish on a lace paper, and serve as an entrée, or for a cold collation.

Salmon in Jelly.—Required: two pounds of salmon, a pint and a half of liquid aspic, seasoning, and garnish as below, and a nicely dressed salad (*see* SALADS and GARNISHES).

Boil the fish, skin it, and divide it into flakes; boil three or four eggs hard, cut the white of one into long thin strips, and sieve the yolk; cut the rest into slices; wash a handful of small cress, with a little tarragon and chervil, shred the tarragon, and dry all well. Line a plain mould thinly, sides and bottom, with aspic; put in a pattern some slices of egg, with a few shrimps, and some of the salad; put at the sides, an inch up the mould, the strips of egg, curling them round, with a shrimp or bit of green in the middle; pour aspic to set the bottom garnish, and lay in pieces of fish an inch deep; then put in more jelly, and let it set. Then fill up the mould, loosely, with the rest of the fish, eggs, salad, &c., and add the jelly. Leave until firm, turn out, and serve a dressed salad round the base. The sieved yolk should be sprinkled amongst the garnish. This is a nice dish for luncheon in hot weather, or for out-door gatherings. It may be made more elaborate by increasing the garnishing. If carried all up the sides of the mould, lobster coral, prawns, &c., being mixed in with the eggs, it is very effective; but made just as above it is comparatively inexpensive and very pretty. Some shredded cucumber and capers may be mixed in with the rest, and dressed cucumber served with it. The ingredients must all be ready before commencing, and the fish quite cold.

Salmon Mayonnaise.—For a large party, a cut from the middle will furnish a handsome dish, say from four to six pounds of fish; it should be boiled and skinned, then left intact and dished, and be well coated with thick mayonnaise, flavoured with anchovy essence. The garnish is the next consideration; some sliced cucumber (*see* CUCUMBER FOR GARNISH) in a row down the centre, with prawns, capers, and small salad, is suitable and effective. It should be borne in mind that in garnishing mayonnaise, anything of a non-edible kind should be avoided, or waste follows: for instance, if sprigs of raw parsley were put on, they would be left on the plates, with a good deal of the sauce sticking to them. We mention this because we have seen it done. On the dish, round the fish, crayfish or prawns may be used, with green salad, and fancy blocks of aspic. Raw tomatoes, sliced, and coated with white or green mayonnaise, then sprinkled with lobster coral or chopped lax (Norwegian salmon), are effective, and may be freely used, together with fancy shapes of beetroot, slices of lemon, and sprigs of watercress or chervil. Any small salad should be lightly seasoned with oil and vinegar in the usual way (*see* SALADS), but much liquid must be avoided. In hot weather, leave the dish on ice until the instant of serving; to be enjoyed in perfection it must be cold. For the various adjuncts, *see* INDEX.

Salmon Peel.—This is the name given to an inferior variety of salmon, which seldom reaches more than a few pounds in weight; it should be dressed like ordinary salmon. On account of its size it is generally cooked whole, and in the shape of the letter S. To truss it in this form, thread a large needle with twine, pass it through the eyes and under the jaw, tie it securely, then run the needle through the thick part of the tail, and out again on the opposite side, and tie the thread tightly.

Salmon Pickled.—*See* SALMON, SPICED.

Salmon Quenelles.—*See* LOBSTER QUENELLES. Use raw salmon in place of cooked lobster; omit the cream; the rest of the ingredients are the same, so is the method. Thick white sauce will do instead of *béchamel*.

To poach these, or any other quenelles, have a sauté pan ready, slightly buttered; if they are not to be shaped with a spoon, or moulded, use a forcing

bag with a plain pipe; any size, from a pea upwards; pour in boiling water to just cover, then draw aside, after it has boiled up again, and leave to simmer only until firm. Small ones take four to six minutes; large ones eight to ten; and good sized quenelles, fifteen minutes.

Always rinse them in clean, hot water before serving; and if fish stock is used, see that it is quite clear. They want rinsing, whether stock or water is employed for the cooking.

Salmon, Scalloped.—For this we will suppose some boiled salmon, with the usual accompaniment, green peas, to be at hand, and a little sauce, anchovy, or something similar; a tasty dish can be had from the fragments, by following these directions. Grease some scallop shells, and line them with a thin layer of potato pastry. Flake the salmon, and mix it with the sauce; if not enough to moisten, add a little thickened milk, it should be a thick mince; the fish may be cut up small if preferred; put a spoonful over the potato, then convert the peas into a purée (*see* recipes). Put some of this over the salmon, and cover with more potato pastry. Brush over with beaten egg, and dredge with fine crumbs, and bake brown in a quick oven. Pile up on a dish, and garnish with fried parsley.

There are a number of ways of varying these; the tins can be coated with crumbs, and lined with rice, first cooked, or with macaroni; the fish and peas go next, then more rice or macaroni, with crumbs on the top; with the top layer of either, a little sauce should be mixed, and the scallops are best heated in a shallow tin of boiling water, and just browned in the oven or near the fire. Instead of peas, some cucumber purée may be used, and if sauce has to be made purposely, a piquant one will be found very good if the cucumber has been used.

Salmon, Smoked.—This is a great delicacy, and may be served as a breakfast dish, or a hot savoury. It is also a great favourite with many when cut into the thinnest possible slices and served raw. Recipes are given in the chapters on *Savouries* and *Salads*. Smoked salmon varies in price and quality; the best is often sold at from two to three shillings per pound, or higher still when very scarce.

Salmon, Spiced.—Take of the water in which the fish was boiled a pint, with the same measure of good malt vinegar, six cloves, a blade of mace, twelve black peppercorns, six allspice berries, a bay leaf, and a strip of lemon peel. Boil all together and skim; put in two ounces of butter, and pour it over the cooked fish, from three to six pounds according to thickness, which it should thoroughly cover in every part. Set it in a cold place, and when quite cold, cover it. It will keep some days. This makes a good salad, or may be sent to table with some of the liquor. To some palates it is pleasanter if two-thirds fish water, and one third vinegar be used.

Salmon, Pickled.—This is less highly seasoned than the above, and no butter need be put in. The fish liquor and vinegar should be used in equal parts, with a few peppercorns, a clove or two, and a bay-leaf to each quart. Good vinegar should be used in all such dishes, or the fish flavour is quite spoiled.

Salmon, Tinned.—To serve this plainly, take the pieces from the tin as neatly as possible (the salmon cutlets in tins are generally but little broken, and may be removed almost whole), and pile them dome-shaped on a dish, with a garnish of green round the base. Vinegar, both plain and flavoured, should be sent to table; tarragon vinegar is a suitable accompaniment; also black pepper and cayenne. As a rule, the fish is preferred free from the liquor in the tins. If required hot, put the tins in boiling water for about fifteen minutes, then drain, and put the fish on a hot dish. Garnish as for ordinary boiled salmon.

Salmon, Tinned, with Macaroni.—Take half a pound of boiled macaroni, a tin of salmon, half a pint of plain anchovy sauce, some bread crumbs, and herbs, with seasoning to taste.

A dish that can be sent to table is wanted; it should be greased and lined with crumbs, then filled with thick layers of macaroni, moistened with hot fish stock or milk, and thin layers of the fish, divided into flakes, each layer to be seasoned with pepper and salt, and parsley or other herbs; a morsel of scalded onion, finely minced, is liked by some with fish dishes of this sort. The anchovy sauce should be poured over all; the top layer should consist of macaroni, well coated with crumbs. Pour a little butter over, and bake quickly until brown. When the oven is too fierce, a dish of this sort should be set in a tin of hot water in the oven until hot, and the water taken away in time for it to brown. This is very savoury; a little fish goes a long way thus treated.

Salmon Trout.—This varies in size from three-quarters of a pound to two to three pounds; it is a delicate fish, and may be dressed according to the recipes given both for salmon and trout; boiling is the least agreeable mode. The flesh varies in colour; the large fish are the whiter and the least prized; the smaller, although red, are not so red as salmon; the colour of the throat inside is generally indicative of that of the whole fish; the redder it is the more it is valued.

Salmon, with Lobster Cream.—Required: four slices half an inch thick, from the tail end of a salmon of moderate size; some lobster cream (*see* Lobster, Creamed), and garnish, &c., as below.

Take the skin and bone from the slices of fish, lay them in a sauté pan, buttered, with a glass of light wine and a little lemon juice; put a buttered paper over, and cook for ten to fifteen minutes; then drain, and lay them on a hot dish. Boil the liquor in the pan quickly to reduce it; pour it over the fish, then fill the centre cavity (left by the removal of the bone) of each slice with the lobster cream. Garnish the centre of the dish with watercress, dressed with oil, vinegar, salt, and mignonette pepper; and put a little sprig of cress in the centre of each piece of fish. Serve as dressed fish, or an entrée. This is equally good when cold.

Salmon, with Tomatoes.—Cook the fish in the above way, there should be five or six slices. When cooked, arrange them nicely on the dish, reduce the liquor as above, and mix with it the pulp of some ripe tomatoes, sieved, enough to fill a quarter pint measure; put this in a saucepan, add a piece of glaze the size of a nut, a good seasoning of cayenne and French mustard, a little salt and carmine; when thick, fill the cutlets, first putting a croûton in the cavity. Fill up the centre and outer edge of the dish with a salad of cucumber and tomatoes (*see* Salads); garnish with prawns or shrimps, and serve as an entrée.

Sardines.—The best are the small sardines caught on the coast of Provence in France. From a thousand to twelve hundred fishing smacks are engaged in catching these fish off the coast of Brittany from June to the middle of October of each year. The French often cure sardines in red brine, and when thus prepared designate them *anchoisées* or *anchovied sardines*. These are packed in vessels previously used for holding wine, and exported to the Levant. When quite fresh sardines are considered excellent; they entirely lose their flavour, and become quite insipid if kept for any length of time.

On the Mediterranean coasts of Italy and France sardine fishing takes place in the summer months. The fish are cured by washing in salt water, sprinkling with salt, removing the head, gills, &c., washing again, drying in the sun and wind, steeping in boiling olive oil, draining, and packing in

small square tin boxes; the boxes are filled up with oil, the lid is soldered on, and the box is exposed for a short time to the action of steam or hot water. These cured sardines are largely exported to various countries, where they are considered a delicacy. The real sardine resembles a small pilchard; but many of the fish cured as sardines are not genuine; they are either sprats, pilchards, or small herrings. Sprats are said to be very largely used, and sent out from our own country, and reimported as sardines. The best way of getting the genuine article is to buy of good firms and pay a fair price. In addition to many savouries, in subsequent chapters, giving various methods of serving this popular fish, and for which *see* INDEX, we append a recipe for

Sardines, Curried.—Required: a tin of sardines, a dessertspoonful each of curry paste and fine rice flour, a few bay-leaves, and a little hot chutney.

Pour the oil from the tin into a pan, and put the fish on a dish in the oven, ready for serving. Mix the rice flour with water to a paste; add it and the other materials to the oil, stir, and boil up; then take out the bay-leaves, and pour the sauce over the fish. Rice, boiled as for other curries, should accompany this. It is a good breakfast dish.

Pilchards in tins may be curried similarly.

Another way.—Add to the ingredients above named, three or four tablespoonfuls of brown sauce. This produces a milder curry, and one which agrees better with some than a dish in which oil only forms the foundation.

Sardines, to Serve.—They are generally served from the tins in which they are preserved, but may be vastly improved if put into fresh oil, of the best quality, and lightly dredged with cayenne. It should be remembered that any sardines left over from a meal should be well covered with fresh oil, and set in a cool place,

Sardines, Various.—In addition to the best known kind preserved in oil, there are "sardines in tomatoes," "sardines, boneless," and "sardines, smoked." The sardines in tomatoes are excellent just as they are; but the "boneless" may be used with advantage in sandwiches and other savouries; while the "smoked" are of delicious flavour, and are thought by some to be less rich than the plain kinds. They are particularly good as a breakfast snack, if seasoned well, and warmed up, then served on hot toast or fried bread. Sardine paste is useful for sandwiches, &c. It is sold in small tins, the price of ordinary potted meats and fish.

Scad (or Horse Mackerel).—This fish is found on the south-western shores of Europe, but is rare in the

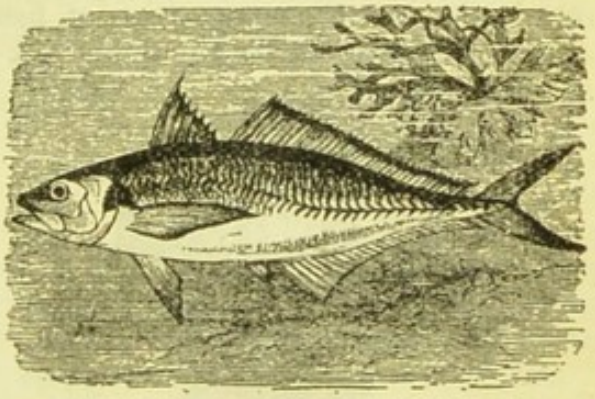


FIG. 47.—SCAD.

north; it appears in large shoals, and is caught in immense quantities, and salted, in which state it is in demand as an article of food. Its flavour is not unlike that of the mackerel.

Scalloped Fish à la Cardinal.—Required: half a pint of SAUCE À LA CARDINAL, an egg, a pound of raw, white fish, and seasoning, &c., as below.

Bone the fish; steam it; skin it while hot, and flake it nicely; any white, flat fish does, or whiting or haddock. Add it to the sauce, made as directed in the recipe, but with twice the quantity of arrowroot. Butter a fireproof china dish; put some bread-crumbs at the bottom; put a little

chopped parsley next, then the fish mixture, with more crumbs, and brush them over with clarified butter. Put it in a moderate oven until light brown on the top. Beat up the white of the egg to a froth, add a pinch of cayenne, and a little carmine, and put it from a bag with a small rose pipe, in any desired pattern over the surface of the fish. Set the dish over a vessel of boiling water for a minute or two, and hold a salamander over the top; it must not be very hot, the egg wants cooking as well as slightly browning. Last thing, put a few small, prettily-shaped croûtons about the dish, and sprinkle them with lobster coral or coralline pepper.

Scallop.—This is a fish somewhat similar to an oyster in shape, but larger; it tastes rather like a crab. It may be served in various ways, and may enter into the composition of fish pies. The deep shells should be pre-

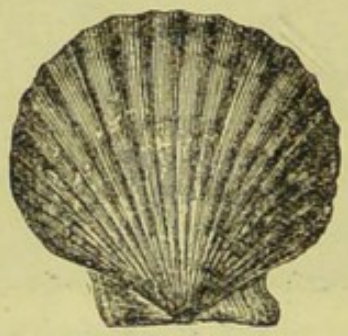


Fig. 48.—Scallop.

served, as they are useful for sending "scalloped fish" to table; any kind may be prepared and served in them. We would add that scallops, when not in good condition, are most objectionable in flavour, and also very unwholesome. Cost, about a penny each.

Scallops, Scalloped.—Take the scallops as fresh as possible; open, and take them from the shells; trim away the black part, leaving only the yellow and white, rinse them in water and a drop of lemon juice, drain, and dry them; then cut them up. Brush and dry the deep shells, butter the insides, and sprinkle them with grated or sieved bread-crumbs; mix the fish with a third their bulk of bread-crumbs, some chopped parsley, and salt and pepper to taste, and (to a dozen scallops) a gill or so of melted butter, or any white sauce. This is a vast improvement on scallops prepared with dry crumbs. Fill the shells, level the surface, and squeeze a little lemon juice over each; dredge with more crumbs, and pour clarified butter over, then bake brown in a sharp oven or before the fire. The shells can be used again. To *stew* scallops, follow the recipes for other shell fish.

Shad.—This is a salt water fish, more used in France than here. It varies in price, but when plentiful is usually cheap. It may be cooked by boiling, baking, frying, stewing, &c. Abroad, it is often stewed in the lightest wines of the country, and served covered in *béchamel;* a very good dish is the result.

Shad, Boiled.—Stuff a small fish with either of the usual fish forcemeats (plain herb answers very well); sew it up, and score the flesh a few times; brush with oil, lemon juice, and cayenne, and cover with greased paper; cook before a gentle fire; or, prepare it in just the same way, and bake. Serve with sharp brown sauce, or sorrel *purée*. Larger fish should be divided for boiling.

Shad, Fried.—Slice and dry the fish, also the roe; egg and crumb the slices, and fry brown; serve the slices garnished with roe. Brown Sauce should go with this; a very delicious one is Brown Mushroom, less known perhaps as a fish concomitant than it deserves. The next best is Caper, or a nice brown sauce, flavoured with good mushroom ketchup; and we may here remark that while pure ketchup is a valuable sauce, some of the compounds sold by the name, are sufficient to spoil any dish. If not home made, the best only should be bought.

Shrimps.—The best known are the brown and red; the former is the more highly flavoured; the red, or

rather the pink shrimp, is slimmer and usually smaller than the brown. When freshly boiled the shrimp is tasty, forms a cheap relish, and may be used in many dishes. Stale fish are not digestible; if they are clammy to the touch, and give out an unmistakable smell, of a pungent kind, they should be discarded. For various dishes from shrimps, *see* SAUCES, HORS D'ŒUVRES, SALADS, SAVOURIES, PASTRY, and FORCEMEATS. To shell shrimps quickly is not so easy as might be supposed. For brown shrimps, "take the head between the right finger and thumb, and with the left finger and thumb-nail raise on each side the shell of the tail nearest to the head, pinch the tail, and the shell will come away." If at all stale, they will not shell easily. To shell red ones, *see* PRAWNS.

Skate.—This is of the ray tribe, is good and wholesome, and is fairly

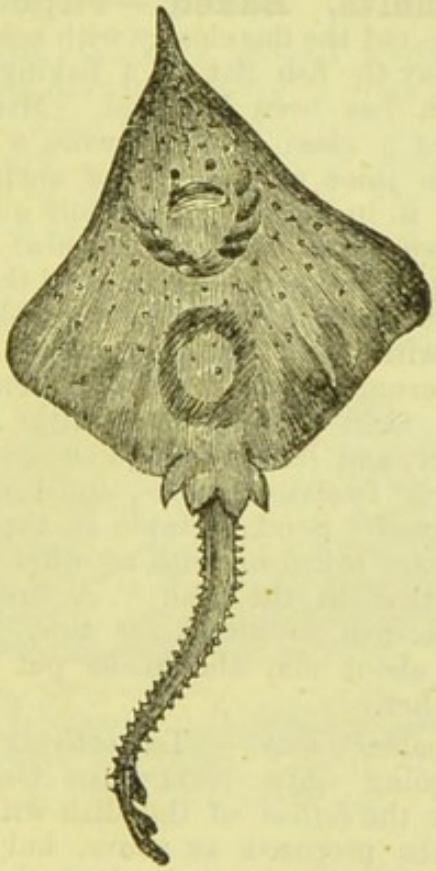


FIG. 49.—SKATE.

cheap as a rule. It is more highly valued in France than in England. The young fish are called *maids*, and are very delicate. Skate is generally skinned, however it is to be dressed; its flavour is improved by crimping, but it will not keep so well; in cool weather, uncrimped, it may be kept for a couple of days. The brown side should look healthy, and the under side of a creamy whiteness. It varies much in quality, and if bad or out of season, is one of the most unwholesome of the finny tribe. The larger fish are more economical, having more flesh in proportion to gristle. The very young ones are excellent crimped and fried. The liver of the fish is valued; it is boiled and added to the sauce very often. Average cost, 6d. to 10d. per pound.

Skate, Boiled.—If boiled in COURT BOUILLON, the skate is preferably left unskinned; when done, the black skin should be taken off. The fish should be cut into square pieces, some thick, and some from the thin part; the latter, of course, take the shorter time, from fifteen to twenty-five minutes. As to the heat of the water, many assert that for skate cold water is indispensable; others hold the opposite opinion; we recommend that the water be boiling to start with, and reduced at once to simmering point. When the fish is done, drain, and pour BLACK BUTTER all over it.

Skate, Crimped.—This is generally sold in slices with a bit of liver in each, tied or fastened in a roll. These may be cooked as they are, or cut into narrower strips, and refastened. They should be put into cold water to cover, with a little vinegar and salt for an hour before boiling, then drained, after boiling as above directed, and served with the same sauce, or brown caper sauce.

Another way.—This is very delicate eating. Have ready enough fish stock to cover the fish; to a quart, add half a tablespoonful each of salt and lemon juice, a sliced carrot and an onion, half a dozen peppercorns, and a sprig of parsley. Boil it up, skim well, lay in the fish, and cook gently. Dish the fish in a pile, and pour over

it tomato or parsley sauce, or melted butter, flavoured with lemon juice and herbal vinegar. The fish liquor may be used for soup or souchet.

Skate, Curried.—Make a pint of CURRY SAUCE: when hot, add a pound or more of skate cut into inch squares, or a trifle larger. In making the sauce, use stock made from the trimmings of the skate. Boil for twenty minutes or so, taking care the fish does not fall to pieces; add to the sauce a little tomato conserve, or sauce, and a spoonful of any nice flavoured vinegar. Serve on a hot dish. This is a favourite dish.

Skate, Fried.—Prepare the fish as for CRIMPED SKATE, but do not roll the pieces. Dry them well, and leave for awhile, then flour and fry in the usual way if thin; if thick, fish which has been parboiled answers better. The fat should be very hot, and the fish well browned and crisped. TARTARE SAUCE, hot or cold, is suitable; and fried parsley is an indispensable garnish.

Skate with Parmesan.—Required: half a pint of WHITE SAUCE, a couple of ounces of grated Parmesan, half a pint of stock from skate trimmings, a good seasoning of white pepper, salt, and cayenne, two eggs, and a gill of cream, bread-crumbs, and butter.

Prepare the fish as for *curry;* cook it in the fish stock; add the sauce, cheese, cream, and eggs (yolks only) when the fish is done; pour all on a hot dish, sprinkle bread-crumbs over, and a little more cheese; then pour over some oiled butter. Brown before a sharp fire, or in a hot oven, and serve instantly. Almost any sort of fish is nice cooked in this way. It may be served as it is, or garnished with hard boiled egg in slices, and sliced lemons; or sliced tomatoes, grilled, and sprinkled with grated cheese and chopped parsley may be used.

About a pound and a half to two pounds of skate will be required for the above dish.

Smelt.—This is a small, delicately flavoured fish, highly esteemed, and with a very pleasant odour when quite fresh; said by some to resemble the cucumber, by others, the violet; but this passes off in twelve hours or so after it is caught. Smelts are much used as garnish for large fish. When cleansing them, handle carefully, take out the gills and the inside with them; leave the roe; dry them on a soft cloth, trim them neatly, and put in a cool place if not ready to cook them. Unless for invalids, smelts are seldom served plainly boiled. When good, the body will be silvery, the gills red, and the eyes full and bright. Cost, about 2d. each. The true smelt is said to be confined to the western and eastern coasts of Britain.

Smelts, Baked.—Prepare as above, cut the fins closely with scissors, and lay the fish flat in a baking dish which has been buttered. Mix together a glass of light wine, a little lemon juice and essence of anchovy; pour it in the tin. Then mix a large tablespoonful of bread-crumbs, with chopped parsley and powdered thyme, a little salt and cayenne; brush the fish with oiled butter, sprinkle with the crumbs, and level them on the top; then pour over a little more butter, and bake in a quick oven for ten or twelve minutes, until nicely browned. Send to table in the dish they are baked in, with no other sauce but that in the dish. A fireproof china dish is nicest for this. The fish, about six, should be put close together.

Another way.—To convert the foregoing into SMELTS AU GRATIN, cover the *bottom* of the dish with the crumbs prepared as above, but with the addition of a morsel of chopped shalot. Finish off in the same way.

Smelts, Fried.—Trim and dry them, and flour them well, then cook them as they are, or coat them with

egg and bread-crumbs. Use a frying-basket if handy; if not, cook them in hot fat to a golden brown, and remove them with a fish slice; drain them carefully, dish and garnish with fried parsley, with slices of lemon in between; or use fancy-shaped slices of cucumber. Send sauce to table, hot CUCUMBER, ANCHOVY, or SHRIMP; or any of the cold sauces; TARTARE is suitable, and usually liked.

When these or other small fish are served for breakfast, send no sauce to table; only cut lemon and cayenne; assuming that Harvey, or some other good bottled sauce finds a "standing" place on the table, together with a chutney, or ketchup.

Smelts, Grilled or Broiled.—Flour them after drying, brush over with oil or oiled butter, and cook quickly. No sauce is needed; only cut lemon and cayenne.

Sole.—This is a general favourite, its only drawback being its price. It is never really cheap, and is often very expensive; and although it furnishes scores of dainty dishes of the class known as "dressed fish," it is also

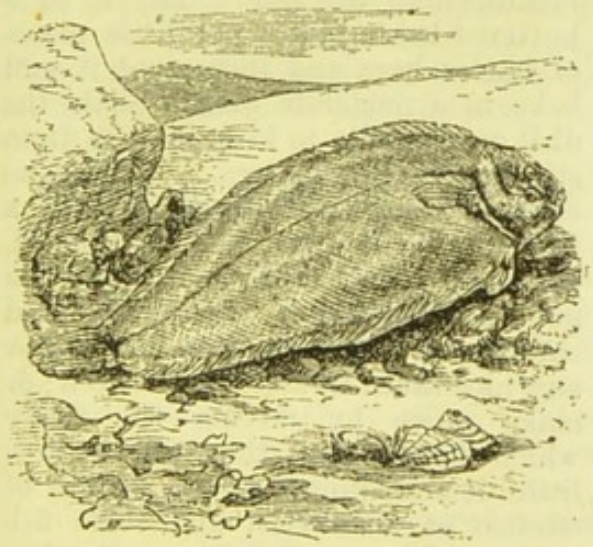


FIG. 50.—SOLE.

a typical invalid's fish, ranking next to the whiting in the ease with which it can be digested. Soles may be bought alive sometimes, in fishing centres; if killed and cooked at once, they are then in perfection, though in cold weather they may be kept for a couple of days. Soles vary greatly in size, from tiny slips to fish of three to four pounds each; when large, they may be served whole in the same way as turbot. It is customary to take off the skin on one or both sides; if filleted, they are skinned both sides; but doubtless the sole is robbed of flavour, though improved in appearance by the process. When fresh, the fish is firm, and the under side of a creamy whiteness. The small soles are sweet in flavour, but medium-sized ones are best for filleting, and for many dishes when served whole. Cost, very uncertain; from 1s. to 2s. per pound is the average.

Lemon Soles are a cheaper kind of soles, but very good eating. One skin is darker than the other, but not black like a sole proper. To be in perfection they must be fresh, and although they may be prepared in any of the ways given for sole, they are very nice cooked plainly, with both the skins left on. They vary in price, may sometimes be had for 4d. or 6d. per pound, or they may cost 1s. When large, they are excellent if cooked and served like a turbot. If not skinned, the white side should be rubbed with salt, and rinsed after scraping well, and rubbed with lemon juice or vinegar to whiten it.

Sole au Gratin.—Required: from three to four ounces of mushrooms, a tablespoonful of parsley, and two ounces of shalot. Peel the

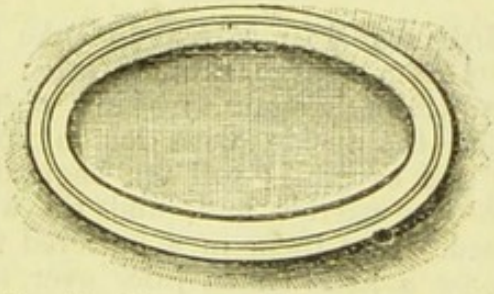


FIG. 51.—DISH FOR SOLE AU GRATIN.

mushrooms and the shalot, and wash the parsley, then mince the ingredients separately. Put half an ounce of

butter into a saucepan with the minced shalot, a pinch of pepper, and a pinch of salt. Stir this briskly over the fire for five minutes, add the parsley and the mushrooms, and stir the mixture for five minutes longer; then pour it out. Butter a baking dish (Fig. 51) rather thickly, lay the herbs in it, place upon them a sole, neatly filleted and trimmed, then laid together in shape, and cover with finely-grated bread-crumbs. Put little pieces of butter here and there upon the fish, moisten it with a glassful of light wine, a teaspoonful of anchovy essence, and a teaspoonful of ketchup. Bake the sole in a moderate oven. Serve it very hot in the dish in which it was cooked. If the surface is not sufficiently browned, hold a salamander or red-hot shovel over it for three or four minutes. Time to bake, about a quarter of an hour.

Sole au Gratin, à la Française.—Mix together parsley, mushrooms, and shalot as above; add a tablespoonful or two of bread-crumbs, a pinch of salt and pepper, and a slice of bacon in tiny dice; butter the dish, lay the seasoning on, then put on the fish, whole or as above; sprinkle it with a little of the same seasoning as you put below, then pour over it a glass of white wine and a little good fish stock; sprinkle more bread-crumbs over, and put bits of butter on; bake moderately, and serve hot in the same dish. If it becomes too dry, add a little more stock. If liked, garnish with glazed mushrooms, or a few prawns, and fried parsley.

Sole au Vin Blanc.—Take the fillets from a large, skinned sole; cut them through again, making eight; season the inside with lemon juice, salt and cayenne; roll up, beginning with the narrow end, and tie with thread. Lay them in a buttered tin, squeeze a little lemon juice over, and pour in a gill of white wine; lay a buttered paper over, and cook until done, then put aside to cool; reduce the liquor in the pan by quick boiling, add it to a gill of creamy *béchamel* and season delicately. When quite cold, put each fillet (after untying) in an oval ramekin case of white china, on the top of a small quantity of dressed salad (any nice, plain kind, lettuce, cucumber, cress, &c.); put on a little of the above sauce, then coat each with thick mayonnaise. Have ready some fish aspic, flavoured with white wine; colour it pink, and pour in a shallow tin. When set, chop it up, and use it for ornamenting the tops of the fillets; then sprinkle over some chopped capers, and tiny leaves of cress and chervil, with a stoned olive, blanched, and cut small; the one olive is sufficient for the eight fillets. Serve as an entrée. These are very pretty; the combination of colours being effective, while the taste of the dish equals its appearance.

Sole, Baked.—Take a thick and very fresh sole, skin, and trim it, wipe it dry with a soft cloth, and if convenient let it lie folded in this in a cool place for an hour or more before dressing. Season lightly with salt and pepper, flour well, and egg and bread-crumb the sole. Lay it in a buttered baking-dish, put little pieces of butter here and there upon it, and bake in a moderate oven. Shake the dish occasionally to keep the fish from sticking to the bottom. When done enough, lay it before the fire for a few minutes to drain the fat from it. Put it on a hot dish, covered with a napkin, and garnish with parsley and cut lemon. Send Melted Butter or any nice sauce to table in a tureen; or make sauce by mixing the gravy which flows from the fish with a little lemon juice, a teaspoonful of essence of anchovies, and some fish stock; thicken, and boil up. A glass of wine is sometimes added to sauce thus made. If more than one sole is to be baked, they must be done in single layers, that is, they must not be laid one upon another. Time, ten to twenty minutes.

Another way.—Mix with the bread-crumbs a small onion, scalded, and chopped as finely as possible; or mix mushroom powder with them; in the latter case, serve with brown mushroom sauce, mixed with the liquor from the baking-tin. This is very savoury. May be served for luncheon or dinner, or without sauce for breakfast.

Sole, Boiled.— The flesh of a boiled sole is tender and delicate, and somewhat resembles turbot in flavour. It is particularly suited for invalids and convalescents. Choose the fish fresh, and very thick—a sole for boiling should weigh at least two pounds. Scale and clean it, remove the fins and gills, and the brown skin, if liked. Put it in boiling water with a tablespoonful of salt and a tablespoonful of vinegar; let the liquor boil up, then draw the pan to the side, and let its contents simmer very gently till the fish is done enough. In taking up the sole, set the fish-drainer across the kettle for a minute, then lay the fish on a dish, covered with a warm napkin. The white side must be uppermost. Garnish with parsley and cut lemon, and send Melted Butter, or Shrimp, Anchovy, Caper, Lobster, or Oyster Sauce to table in a tureen. Time to boil the fish, according to size.

Sole, Boiled, with Mushrooms.—Boil a good sized sole, from two pounds upwards, in Court Bouillon au Blanc; when done, drain, lay on a hot dish, and pour over half a pint of white mushroom sauce. Garnish with a dozen or so of button mushrooms (*see* Mushrooms for Garnish), and serve hot.

Brill is equally good prepared in the same way; so is plaice.

Sole, Broiled.—Take a medium sized fish, prepare it in the usual way; it is better if the white skin is left on. After drying, cut a slit or two, slantwise, on each side, that is, on what would be each fillet, supposing they were removed. Brush with oil, season a little, and broil with frequent turning, from eight to twelve minutes. Serve any nice sauce, hot or cold, with it.

Sole en Chaudfroid. — Required: a gill and a half of pink, and a gill of green chaudfroid sauce, a medium-sized sole, some salad, &c., as below.

Fillet the fish, bat the fillets out, sprinkle with a little chopped lax, salt and pepper, and roll up each; tie with a bit of cotton in a few places, and cook in a buttered pan, with half a glass of white wine, for ten minutes or until quite tender. Then set aside, and when cold untie them, and put them on a dish, lengthwise. Mask them lightly with the pink sauce, smoothing it with a wet knife; then use the green sauce as garnish—the pink showing between—from a bag with a small pipe. If to be separately served, dish them with the ends meeting in the centre, and put between them little heaps of chopped lax or cut lemon or cucumber; or dressed salad, with shrimps or prawns, and here and there an olive. Or fillets prepared thus can be used as garnish to a mayonnaise of any large whole fish, but for this purpose they must be quite small.

Sole, Fillets of, Fried.—These may be treated like a whole fish, by egging and crumbing; or just brushed over with flour and milk, or floured and dipped into frying batter. The first and third methods are preferable. The fat must be hot, and the fish put in a piece or two at a time in the case of a good number; otherwise the temperature of the fat is lowered. They should be delicately brown, and take but a short time to cook. Drain, and serve as directed for Sole, Fried. They can be dished lightly in a pile, or *en couronne*. Some people sprinkle salt over when done, but it tends to destroy the crispness.

If a few fillets only, and only just enough fat to cover them, a frying

basket is useful, if they are egged and crumbed; but if coated with batter there must be a good supply of fat, and the fillets thrown into it, and taken up with a slice. In straining the fat after, be careful that no bits of batter are left in.

Soles, Filleted and Rolled.—First cover the fillets with a forcemeat, MUSHROOM, SHRIMP, or LOBSTER; roll and tie them. Cook them in a buttered tin with lemon juice, and a buttered paper laid over. Dish them, and serve a sauce with them according to the nature of the stuffing; if shrimp or lobster is used, the fillets should be sprinkled with lobster coral; if mushroom, use truffle and parsley chopped.

Sole, Fried.—Clean the sole, if not already done, by making a slit near the head; take out the gills and the inside; skin it by making a cut across at the tail; run the thumb up the sides to loosen it, then hold the tail down firmly on a board; take hold of the skin with a cloth, or it will slip, and draw it backwards; first see that it is free from the flesh, or it will leave the bone bare. Then take off the skin on the other side in the same way. Trim off the fins and tail with scissors, wash and dry the fish thoroughly, and leave it for some time in the kitchen, that it may be warm as well as dry; then flour it well a time or two, by dredging, and shaking off all loose flour. Break an egg on a plate, beat it lightly together, lay the fish in, and brush it over both sides, remembering to use a skewer to lift it by; then lay the fish on a sheet of paper, with plenty of bread-crumbs, made by rubbing the crumb of bread a few days old through a fine wire sieve. Take up the opposite corners of the paper, shake the crumbs all over the fish, and smooth any uneven places with a broad knife; a palette knife is useful for all such purposes. Meanwhile, the fat should have been heating (*see* FRYING); and when quite ready, plunge in the fish; a medium-sized one will be done in seven minutes; a larger will require ten to fifteen minutes. It has already been said that the fat should brown and crisp the fish at once, but in the case of a large fish, some little management is needed, or it will be too brown before it is cooked through. In a minute or two the pan may be moved, so that the heat is somewhat reduced; but a *very* thick sole is better not cooked whole. When done, drain on a sheet of paper or cloth before the fire, then serve with cut lemon, and fried parsley if liked as garnish; and send sauce separately to table; plain melted butter is often preferred. The head may be left on or not, according to taste; at one time it was always left; now it is often taken off; but it must be done neatly and carefully, to avoid waste. Some cooks mix a little flour with the crumbs, and a sprinkling of white pepper may be added. The sole may be skinned black side only; or both may be left on; but it will take longer, and should be put in the fat black side down. If there is no drainer to the kettle, take up the fish with two fish slices, but it is very liable to break; should this happen, sprinkle a pinch of raspings over the crack.

If in doubt about a sole, or other fish being done enough, slightly break it in the thick part; the test is the same as for boiled fish. Break the side that will be next the dish.

Sole à la Normande.—Choose a thick sole, clean it, and draw off the dark skin. Butter thickly a dish that will stand the fire, and strew over it some finely minced onions. Season the sole with salt and pepper, and lay it on the onion; sprinkle a little more onion and thyme and chopped parsley on the surface, and moisten the fish well with French white wine. Put it in a gentle oven, and bake it until done enough. Take a dozen mussels, cleanse and scrape them, boil them in the usual way, beard and drain them, and lay them on the sole. Make a quarter of a pint of rich WHITE SAUCE,

mix with this the gravy from the sole and a little of that in which the mussels were cooked. Reduce the sauce till it coats the spoon; pour a little of it upon the sole over the mussels, and put the dish again in the oven for a few minutes to make it quite hot, but be careful not to colour the sauce at all. Serve very hot, and send the sauce which remains to table in a tureen. For a superlative dish, oysters and mushrooms may be laid upon the sole, as well as mussels, and the liquor from the oysters may be added to the sauce. Also fried smelts, crayfish, and fried croûtons of bread may be used to garnish the dish. When preparing the fish for baking, it should be remembered that cider and perry replace French wine so well that it is almost needless to employ the latter. Some cooks use champagne, or other expensive white wine. The Normans use the best sparkling cider.

Another way.—Cook the sole in white wine and fish stock enough to cover it; put it on a hot dish, and add to the liquor, which must be thickened with white roux, a few button mushrooms, oysters* or mussels,* and a little onion if liked; when done, pour all over the fish and send to table hot. The object is to keep the sauce white. Time was when this excellent dish was more extravagantly cooked. It is considered one of the best, if not *the* best way of serving sole. Garnish with prawns or crayfish and fried croûtons.

Sole, to Fillet.—After washing and skinning a sole, lay it on a board, and cut down the middle with a sharp knife, straight over the back bone. Make an incision down each side, just where the fins commence—the head should be first removed. Then raise the fillets on the left hand side, keeping the knife flat and close to the bone; turn the fish round, cut off the other fillet (always, that is, have the side that is being removed to your left hand); turn the fish over, and take the fillets from the other side. This gives four; if small, leave them; if large, cut again in a slanting direction; sometimes they are rolled up, or twisted over once or twice; either is done after egging and crumbing, when that is done. They should be smoothed with a knife, and any ragged pieces removed. Boil the head, bone, and trimmings for stock. When the fillets are rolled or twisted the side that was next the bone must be outside, or, in cooking they will come undone.

Soles au Plat.—Required: a pair of small soles, a teaspoonful of shrimp essence, a large tablespoonful of picked shrimps, two ounces of butter, two tablespoonfuls of fish stock, salt, cayenne, and lemon juice, a few bread-crumbs.

Take off the brown skin, and trim the fish. Melt the butter, put half in the dish in which the fish are to be served; add the seasoning, lay in a fish, white skin down, sprinkle over it the shrimps, a few drops more lemon juice (a little should be put with the butter), and a little salt; then lay the other fish on, white skin up; brush the top with milk, sprinkle the crumbs over with seasoning, pour the rest of the butter over, and bake in a good oven. The fish stock should be poured round the fish, and when nicely browned serve at once. Send cut lemon and cayenne to table.

Another way.—Put a little fish stock in the baking dish or plate; lay in one sole, white skin down; on the side from which the black skin was taken sprinkle some bread-crumbs, first brushing the fish with milk, warm butter, or oil; sprinkle over some fresh parsley and mixed herbs; or some chopped mushrooms, with seasoning to taste; pour a little butter over, and bake. These are good breakfast dishes.

If preferred, leave the fish unskinned, then it must be cooked white side up; this rule applies, whatever the *mode*.

* Boil these first in the ordinary way. Use small oysters, bearded; and add a little of their strained liquor.

Soles with Crayfish. — Required : a dozen small fillets of sole, a dozen crayfish tails, some crayfish butter, and ANCHOVY CREAM.

After cooking the soles, cut them out with an oval cutter, press them and leave them until quite cold. Mix the trimmings, after pounding and sieving, with a little WHITE SAUCE, béchamel if handy. Mask the fillets with the mixture, and lay on each the half of the meat of a crayfish tail, split lengthwise. Put the crayfish butter in a forcing bag with a small, fancy pipe, and ornament the edges of the fillets, leaving the same space between, then fill up with green mayonnaise; on each crayfish put a similar ornamentation down the centre. Have an oval border of aspic with a garnish inside (*see* GARNISHES); lay the fillets on this, and fill up the centre with cucumber, beetroot, and watercress, mixed with mayonnaise. Ornament the top with the rest of the crayfish tails, and some crayfish butter as above. Serve for dinner as dressed fish, or for any cold collation.

In all dishes of this sort, when fish is filleted and left to cool, it should be pressed. This is necessary in addition to the batting out before cooking it. A plate or dish, or a baking tin should be used for the purpose, some weights being set on. If required to cool in a hurry, set it on ice.

Soles in Cream (a delicate and delicious dish). — Take a pair of moderate-sized soles, skin the black side, and clean them with scrupulous care. Put them into a saucepan of boiling water, and let them simmer gently for two minutes. Take them up, drain them, and put them into a clean saucepan. Pour over them as much sweet cream as will barely cover them, add a little salt and cayenne, a pinch of pounded mace, and let them simmer gently until done enough. Take them up with a slice, and place them upon a hot dish. Thicken the cream with a little arrowroot, stir a tablespoonful of strained lemon juice into it, and pour it over the fish. It may seem unnecessary that the soles should be boiled in water before they are put into the cream, but it will be found that if this is not done the sauce will have a slightly unpleasant fishy flavour. Time to simmer the fish, eight to ten minutes.

Sprats.—These are very common fish on many parts of the British coast, and elsewhere in the northern parts of the Atlantic. The sprat is much smaller than the herring, being only about six inches long when full-grown. It strongly resembles the herring, though it is easily distinguished by the serrated belly, and by the position of the fins, the ventral fins beginning immediately beneath the first ray of the dorsal fin, and not beneath the middle of it, as in the herring and pilchard. The Firth of Forth produces sprats—called "garvies" in Scotland—so abundantly that they are sold in Edinburgh and Glasgow by measure, and cheaper than any other kind of fish. Sprats are wholesome, and of a good flavour. They may be smoked, dried, potted, or fried, but they are best when broiled, as they are of a very oily nature. They are in season during the winter. They should be chosen as fresh as possible. This may be known by the brightness of their eyes and their silvery look. Though many persons eat them with salt alone, it will be found that their flavour is improved by the addition of a squeeze of lemon juice and a pinch of cayenne.

Sprats, Dried.—Dried sprats are sometimes eaten plain, but they are very dry and salt. If liked, they may be slightly broiled, but perhaps the best way to serve them is to put them in a basin, pour boiling water upon them; then in a few minutes skin them, and serve them very hot.

Sprats, Fried.—Clean the sprats dry them well, draw them at the gills, dredge them with flour, and run a small skewer through the heads of

about a dozen of them. Fry them on the skewer in plenty of hot fat, and when they are nicely browned lift them on a hot dish covered with blotting-paper, and put them before the fire till the fat has drained from them. Fold a warm napkin; lay this on a hot dish, draw the skewer from the sprats, put them on the dish, and garnish with parsley and lemon. Sprats may also be fried the same as smelts; a frying-basket facilitates the operation if a good supply have to be cooked.

Sprats, Grilled.—Clean the sprats, dry them well, and draw them at the gills. Dip them lightly in flour, fasten them in rows on small skewers run through the heads, and grill them on a closely-barred gridiron over a slow fire. When they are done upon one side, turn them on the other. Serve them on a very hot dish. They are generally served dry, but if liked a little lemon juice may be squeezed over them at the last moment. Time to broil the sprats, four or five minutes. Probable cost, 1d. or 2d. per pound.

Sturgeon.—The sturgeon is a large fish somewhat resembling the



Fig. 52.—The Sturgeon.

shark in form. Its body is more or less covered with rows of bony spikes. In the north of Europe and in some of the states of North America it is caught in abundance, but it is seldom met with in English rivers. It is said that those who have the good fortune to capture it are bound to send their prize to the reigning sovereign, as the sturgeon is regarded as a royal fish. The flesh of the sturgeon is agreeable and wholesome, and looks something like veal. It was so highly esteemed in ancient days that it was crowned before being brought to table, and a band of music marched before it. Its roe is converted into caviare, a favourite Russian delicacy, and from its air-bladder fine isinglass is prepared. It is to be met with in the London market, and is usually dressed regardless of expense. The sterlet is the smallest but most highly prized species of sturgeon. Its flesh is delicious, and its caviare is reserved for the Russian Court. The flesh of the sturgeon should be partly white, with a few blue veins; the skin tender, and the grain even; when the veins and gristles are brown and yellow, and the skin dry and harsh, the flesh is not good; it should cut firm, not crumble. Price very uncertain; may reach several shillings per pound. Sturgeon flesh is more like meat than any other fish is, often resembling veal.

Sturgeon à la Russe.—Required: a nice piece of fresh sturgeon weighing about two pounds. Cleanse thoroughly, scale it, remove the spikes, and lay it in salt and water for ten or twelve hours. An hour before it is wanted rub it well with vinegar, and let it lie with a little vinegar poured round it. Put it into a fish-kettle with as much boiling water as will cover it, and add two onions, a bunch of sweet herbs, and an ounce of bay-salt. Let it boil gently till done enough, take it up, flour it well, put it before a brisk fire, and baste it with butter till it is well browned. Put it on a dish, and pour over it, or serve separately in a tureen, a sauce prepared as follows:—Bone and skin two anchovies, and put them into a saucepan with a glass of white wine, a button onion, an inch of lemon

rind, and a cupful of stock. Boil all gently together for a minute or two. Strain the sauce, thicken it with roux, then, after boiling up and skimming, put in a glass of Madeira.

Sturgeon, Cutlets of.—Required: some slices of sturgeon, three-fourths of an inch thick; a seasoning, as much as may be required in the following proportions: an ounce each of fat bacon, minced onion, and parsley, all cut into the smallest pieces, then chopped all together, and seasoned rather highly.

Skin the fish, trim the cutlets neatly to the same size and shape; oil them, and cover the upper side with the mixture. Cover them with buttered paper, and bake in a tin; when done, serve with a sauce made by boiling the trimmings down in water for stock; to a gill, add white wine, same quantity, and a little roux to make it as thick as good cream after it has boiled up.

The fish should be got ready some time beforehand, to give the stock the required time to become strong.

Sturgeon, Roasted.—This can be cooked plainly, but is better if larded. The skin should be taken off, and a nice, thick piece, of several pounds, chosen; after larding, tie up in shape, and roast it, basting often with the following, prepared beforehand:—Supposing four pounds of fish, put in a saucepan a gill of good fish stock, the same of good brown stock, half a gill of sherry, a bunch of herbs, and some bits of carrot and onion; leave for a time to blend, then bring to the boil, strain, and use. When the fish is done, put it near the fire to brown, and add a morsel of roux and glaze to the gravy; boil it up, and serve.

Sturgeon, Stewed.—Prepare the fish as above. Have in a stew-pan a "bed" of vegetables; carrot, onion, and a morsel of celery; some odds and ends of ham trimmings or scalded bacon rinds; cloves and peppercorns, a bunch of herbs, and a little wine and fish stock to moisten; lay the fish on, cover with a buttered paper, and when the moisture is almost dried up, add, to three or four pounds, half a pint of fish stock or veal stock, and a glass of wine. Draw to the side of the stove, and simmer only, basting often, over the paper, with the stock. It will take from one to two hours according to thickness. When done, take the fish up, and brown it before the fire, then strain the gravy, and remove the fat from the surface, add an ounce of glaze, a teaspoonful of arrowroot, and a few drops of French vinegar; give it a boil up, and pour round the fish. This is a very delicious dish, and when time and expense are not grudged, other fish may be cooked similarly with a certainty of success.

Tench.—This resembles the carp in its fondness for muddy situations; the flesh is consequently rather unpleasant in taste, and to free it from this, the fish is sometimes turned for a few days into clear water; it weighs not more than four to five pounds as a rule, and when well cleansed, and properly prepared, is very good eating. Cost, very uncertain.

Tench, Baked.— Clean, scale, and remove the gills of the fish—they are always muddy. Rub the fish all over with lemon juice, and leave it for an hour; cover with an oiled paper, and bake in a greased tin. Serve with a piquant gravy, made in the tin, or with piquant sauce. (*See* SAUCES.)

Tench, Boiled.—In cleaning the fish, raise the backbone, and rub salt under it; wash it thoroughly in salted water. Boil in the usual way, and serve with parsley sauce, or a nice WHITE SAUCE; or send MAÎTRE D'HÔTEL BUTTER to table in addition to a hot sauce.

Tench, Broiled.—The following is one of the best ways of cooking tench. After cleaning and drawing the fish, lay it in boiling water for

a minute or two, then scale it from head to tail. Lay it on a dish, and sprinkle it with a small onion chopped, some powdered herbs, and seasoning; a grate of lemon peel if possible. Pour over some salad oil, just to moisten thoroughly, and leave for an hour. Then drain, and soak some writing paper in the oil, wrap the fish in it, tucking the ends in securely, and broil or grill it. When done, take off the paper, and send PIQUANT SAUCE or TARTARE SAUCE to table with the fish; or it may be poured over.

Another way.—Leave the fish in the oil, but instead of wrapping it in paper, simply drain it, and while cooking, brush it almost constantly with the remainder of the oil.

See also MARINADE FOR BROILED FISH.

Thornback.—This is a very peculiar looking fish, not well-known; the cost is variable, but it is generally inexpensive. It is usually fried. First clean and skin the fish, then cut it into slices of an inch or less in thickness; dry and flour them, and leave for an hour or two, then re-flour, or coat with butter, and fry until crisp; or the well-known method of egging and crumbing may be resorted to. The so-called "wing" of the fish is laid in salt and water for a day or two to free it from a strong, peculiar flavour. The thornback is of the ray tribe, and is found on the coasts of Ireland and England. In washing fish of this sort, use salt plentifully.

Trout.—River trout is a very delicious fish, much prized by epicures; the most delicate in flavour weigh from twelve to sixteen ounces. The female is the nicer; it is known by its body being deeper, and its head smaller than the male. Then there is the sea trout, which appears to form the connecting link between the salmon and the common or river trout. This reaches a larger size, sometimes more than a foot long, though that is about the average; it is a very excellent fish. Trout may be cooked in many ways; perhaps

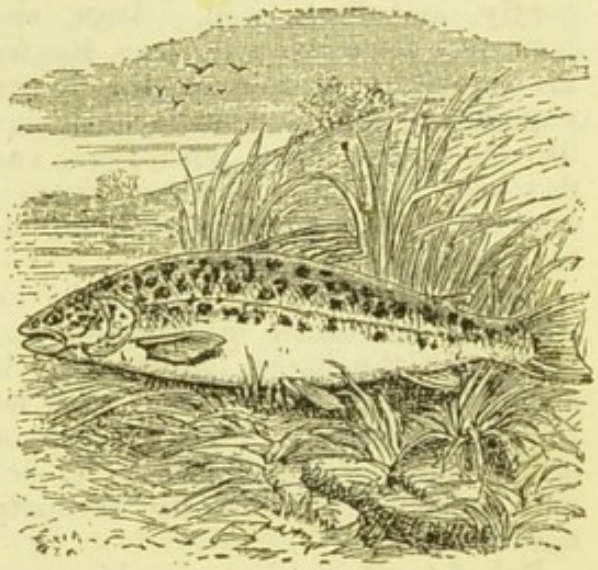


FIG. 53.—TROUT.

boiling is least to be recommended, so far as flavour goes. The undermentioned recipes refer to common trout.

Trout à l'Aurore.—After boiling a couple of moderate sized fish, take them up carefully, and drain thoroughly; then dish them, and pour over them the following sauce:—Half a pint of good melted butter, mixed with an ounce of grated cheese, the yolks of three raw eggs, a few drops of cayenne or chilli vinegar, and a little anchovy essence; thickened in the usual way. Have ready three hard-boiled eggs, mince them, and mix with them an ounce of grated cheese (Parmesan is best); sprinkle over the sauce, and set the dish in the oven to heat through, then brown the surface with a salamander. Before serving, pour *round* the fish, a sauce of a contrasting colour to that poured over—shrimp, tomato, or lobster may be used. This dish is excellent.

Trout, Baked.—Choose small fish; if fresh, the skin has a beautiful appearance; handle it carefully, wash, scale, and dry it, and season inside and out with a little salt, pepper, and cayenne. Lay it in a baking tin,

add an ounce of butter, and a little white wine, or lemon juice; cook gently, and baste well. Dish, and pour over some BROWN CAPER, BROWN MUSHROOM, or either of the brown piquant sauces. One made of brown fish stock, thickened with roux, and flavoured with claret, anchovy essence, and chopped parsley, is also suitable for trout.

Another way.—Lay the fish on slices of fat bacon in the tin, and baste with the bacon liquor; flour it a short time before dishing, and let the surface brown. Pour TOMATO, or other suitable sauce round it, not over. Time about twenty to thirty minutes.

Baked trout is delicious cold; serve a good, cold sauce with it.

Trout, Boiled. — Prepare the fish, and boil it in COURT BOUILLON. Drain carefully, and dish on a napkin; garnish with parsley and cut lemons. Send DUTCH or other rich sauce of the usual kinds for boiled fish, to table with it.

Trout, Fried.—The fish should be filleted in the usual way, and the flesh divided into uniform sized pieces. If for serving hot, egg and crumb them; if to be eaten cold, flour them lightly, then egg them, then sprinkle them with pounded biscuits, crushed to powder. Fry in hot fat. Drain well, and if to serve hot, dish *en couronne* with fried parsley in the centre, and a slice of lemon, with a shrimp or prawn in between each fillet. Send sauce to table in a tureen. For a cold dish, dish the fillets when cold, on a lace paper, and serve with SAUCE VERTE, or TARTARE SAUCE (*see Cold Sauces*). Garnish the fillets with parsley only, or with aspic or mayonnaise; or the fillets may be coated with liquid aspic, as directed for soles. They should then be garnished in the centre of the dish with a little dressed salad.

Trout, Pickled.—Make a pickle, of equal measures of vinegar and fish stock; take the skin and bones from some trout, previously boiled or baked, and pack it in a jar in neat pieces. Add an onion, and a bunch of herbs, with the usual spices to the fish pickle; boil for a quarter of an hour, and pour over the fish. This keeps well in a cool place.

Trout, Potted.—Take four fish, of a pound or less each; clean them, cut them open, take out the backbones, cut off the heads, fins, &c., and season them inside with a mixture of salt, pepper, cayenne, and nutmeg; using about a dessertspoonful of salt and a teaspoonful of pepper, with very little cayenne and nutmeg: then sprinkle over each some dried herbs in powder. Put them two and two together, sandwich fashion; lay them in a flat dish or tin to just hold them, and pour over them a glass of white wine, an ounce of butter, and the juice of a lemon; then bake the fish; drain them, and lay them in a shallow pie dish, pressing them well together, each pair being laid in a contrary direction. Fill up any vacant places with lumps of fish aspic, then cover them a fourth of an inch thick with clarified butter, and set in a cold place. This must be done when the fish are cold. This method answers for many kinds of fish. It is an excellent picnic dish. If liked, the fish may be cut up, and the aspic put in when cold, then a dish of any size or shape can be used.

Trout, Stewed.—Cleanse and cut up the fish if large; if small, leave them whole. Pour over just enough BROWN SAUCE to cover, first adding to it some claret or sherry, half a gill or so, and some French vinegar; about a tablespoonful to each pint; when the fish is tender, dish it in a pile, season the sauce to taste, and pour it over the fish.

For a plainer way, use GRAVY FOR STEWED FISH; or for a rich stew, *see* MATELOTE, and other rich brown fish sauces. Trout stewed in MADEIRA SAUCE is very good. Time, from half an hour to three-quarters.

In all the foregoing recipes it is assumed that the usual tests will be employed for ascertaining if the fish is done. A common direction in recipes for trout is "cook until the eyes start;" but this test is not referred to in any recipe herein.

Tunny Fish.—This is a fish which somewhat resembles the mackerel; it is caught in the Mediterranean, and sent out preserved in oil; the flesh is delicate and much esteemed; it is something like veal. It may be bought in tins, from 1s. 6d. to 2s. each, and can be used in salads, or served plainly as a breakfast dish, with sauce, or oil, vinegar, and pepper. It also makes good curry. The oil from the tin should be used in making the curried sauce, and the fish heated in it; this is considered a very wholesome way of serving it; when cold, tunny fish is somewhat indigestible. Another favourite dish consists of tunny fish and thinly sliced cucumber, dressed plainly. (*See* SALADS.)

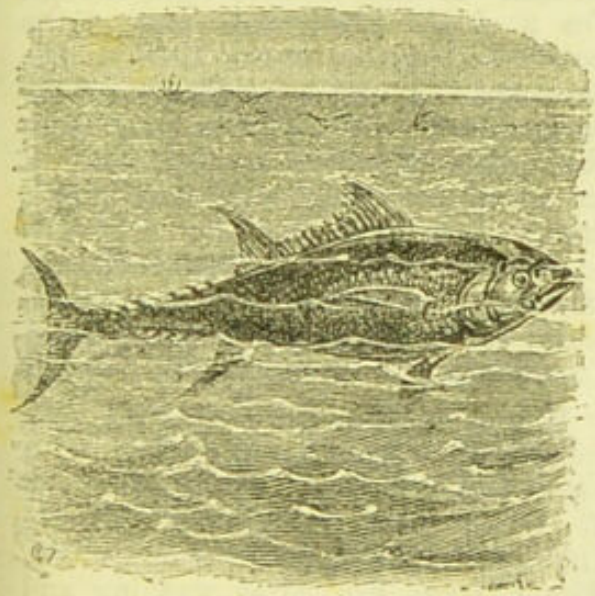


FIG. 54.—TUNNY.

Tunny fish is, however, a dish which is known to and enjoyed by a comparative few.

Turbans of Fish.—There are almost endless ways of making fish turbans, and very pretty dishes most of them are. The idea is to line the mould with one sort of fish farce, and to fill up with another, preferably of a contrasting colour. A mould shown below is correct, but it is not absolutely necessary. Any round mould will do if of sufficient depth, with an indented top, and fluted sides, but it is not a *border* mould.*

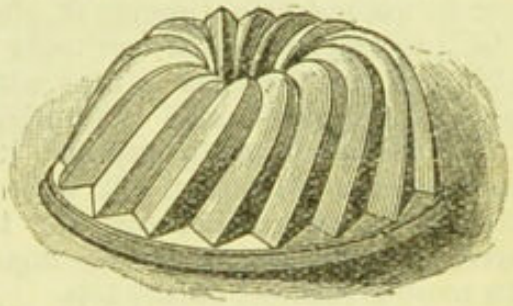


FIG. 55.—TURBAN, OR TURK'S CAP MOULD.

A very effective dish may be made as follows: butter the mould well, and sprinkle it with shrimps, truffles, and parsley, all chopped. Take any white farce, that given for WHITE FISH QUENELLES, MOULDED, for instance, add to half a pound of it a little good sauce, béchamel or any other, a spoonful or two of thick cream, half a gill of picked shrimps, and a bit of crayfish butter to colour and flavour. Line the mould with this, press it evenly and closely to the sides, then fill up with a ragoût of white fish. To make it, cut up raw fish, and add good, thick white sauce to moisten, with a raw egg or two to bind, and season nicely; or use parboiled rice or macaroni, and sauce, &c., as above; then cover with another layer of fish farce as used at first. Poach just as directed for quenelles, but set the mould on a fold or two of paper in the stewpan. Allow from forty minutes to an hour in proportion to depth. Garnish the top and base with shrimps or crayfish tails, heated in white wine, and pour crayfish sauce round the turban.

Another way.—Use salmon farce, as given for quenelles, to line the mould, and fill up with fillets of white fish,

* Border moulds are sometimes used for turbans, those called "sunk top" being most suitable. (*See* GARNISHES.)

with a little sauce on. Cover with more farce, and cook as above. This wants careful turning out, and a white sauce goes best with it. White quenelles should be used for garnishing, or little heaps of cooked macaroni.

Note.—In lining such a mould as the foregoing, it makes the task much easier to use a spoon, dipping it often in boiling water. This prevents it sticking to the farce, as it does when used dry. Variations of the turbans may be made by using any nice fish forcemeat (*see* FORCEMEATS), with a good ragoût of another sort for the centre, always covering the ragoût with more forcemeat on the top.

Turbot.— This is an excellent fish, the most highly esteemed of all the flat fish. Its flesh is very white, rich, and gelatinous. The parts most relished by epicures are the

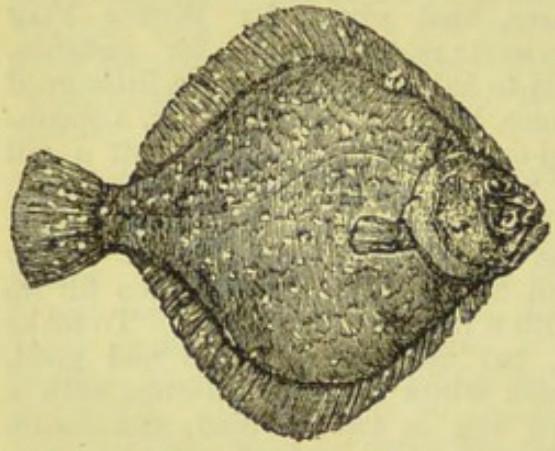


FIG. 56.—TURBOT.

thick portion of the fins, and the skin. In selecting turbot, a moderate sized fish is to be preferred to a large one. The flesh should be firm, and the white side creamy, not blue. In preparing a turbot for cooking, it must be well cleansed, by rubbing the outside with a little salt, and washing in several lots of water, dried carefully inside and out, then rubbed with a cut lemon on the white side. The fins are not to be removed. Any unsightly spots on the white side will generally yield to a mixture of salt and lemon juice, with which they should be rubbed. The price varies; it is often as high as 1s. 6d. per pound, but may be had occasionally under 1s.; but it is never a cheap fish. Turbot will keep for a day or two in cold weather.

Turbot à la Provençale.— For this, any other firm white fish may be used, or mixed with turbot. Take all skin and bone from some cooked fish, and flake it. Grease a dish, and put enough chives, parsley, and shalots, all chopped, to cover the bottom. Season with salt, grated lemon peel, and nutmeg, a little pepper and cayenne; then pour over enough salad oil to moisten these ingredients. Then spread the fish on the top in a layer of an inch or more; it may be moistened with a little sauce or milk. Then put more seasoning on the top, with more oil, or bits of butter. Bake for a quarter of an hour or so, uncovered the latter part of the time, but closely covered at the first. Serve very hot.

This method is for a small amount of fish. If there is more than enough for a single layer, put some of the seasoning in the centre, between the layers of fish, and bake longer. This looks nicer if some raspings are dredged over before serving, or tiny croûtons (*see* GARNISHES) may be put in a pattern on the top.

To serve with this, POTATO CAKES or many dishes of MACARONI are suitable; the same may be said of RICE. (*See* INDEX.)

Turbot, Baked.—This is a very good way of cooking a turbot. If a small one, follow the directions given for BAKED SOLE, or SOLE AU GRATIN; the latter is particularly recommended. For a large fish, after washing and drying, brush it over, white skin up, with butter, and cook it slowly in a baking tin well buttered. Cover with buttered paper, and baste often; mix a little lemon juice and white wine, and add to the liquor in the tin. When done, drain thoroughly, and serve with any sauce: MELTED BUTTER, ANCHOVY, SHRIMP, LOBSTER, DUTCH,

&c.; or, strain the liquor from the tin, boil it up in half a pint or more of good WHITE SAUCE, and skim well, then flavour as desired. Garnish with lemon and parsley. Or pour the sauce over the fish, and strew over the sieved yolk of a hard-boiled egg, and some chopped parsley. Then use the white of an egg as a garnish; it should be cut in rings, laid on slices of lemon, and filled in with tufts of parsley. Sometimes scraped horse-radish is used with other garnishing media. This, and all other baked fish, will look the same all through when done.

Turbot, Boiled.—Empty the fish, wash it inside with scrupulous nicety, then remove the scales and gills, and trim the fins, but do not cut them off, as the gelatinous parts about them are esteemed a great delicacy. Rub a little salt all over the outside of the fish—this will make the slime come off more easily, and do away with the necessity for soaking the fish. Wash it until it is as clean as possible. Dry it, and rub it with a cut lemon or a little vinegar. Draw a sharp knife just through the skin in the thickest part of the middle of the back on the dark side of the fish. This is to keep the skin from cracking on the white side. Put as much cold water as will be required to cover the fish into a turbot-kettle, and dissolve in this a little salt, in the proportion of six ounces of salt to a gallon of water. Bring the water to the boil and remove the scum as it rises. Lay the turbot on the fish-drainer the white side up, lower it into the boiling water, draw it back *at once*, and simmer the fish very gently until done; if left soaking it will be woolly, and lose flavour quickly. Then take it up, drain the water from it, and slip it, the white side up, upon a hot dish covered with a napkin. Garnish with parsley, cut lemon, and scraped horse-radish, and if it should happen that the fish is at all cracked, lay two or three little pieces of parsley upon it, so as to cover the crack. The sauces given under *Turbot, Baked*, may all be served with boiled turbot. LOBSTER SAUCE is very good; when used, some

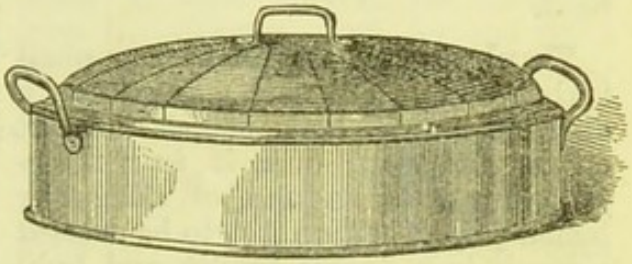


FIG. 57.—TURBOT KETTLE.

coral may be rubbed through a sieve and sprinkled over the fish. Some cooks have an idea that the best parts of the fish lie in the back, therefore they dish the turbot with the dark side uppermost. However this may be, the turbot *looks* best with the white side on the top. It is impossible to give the exact time for boiling, as turbot varies much in thickness as well as in size. The usual tests must be applied. The fish is also very good if boiled in COURT BOUILLON AU BLANC. The illustration above shows the shape of a proper turbot kettle; they are generally of steel or copper, and measure from twenty to twenty-six inches in length. An ordinary kettle with drainer, if wide enough, will answer very well.

Turbot, Boiled, to Carve.—The accompanying illustration will give a correct idea of the way of

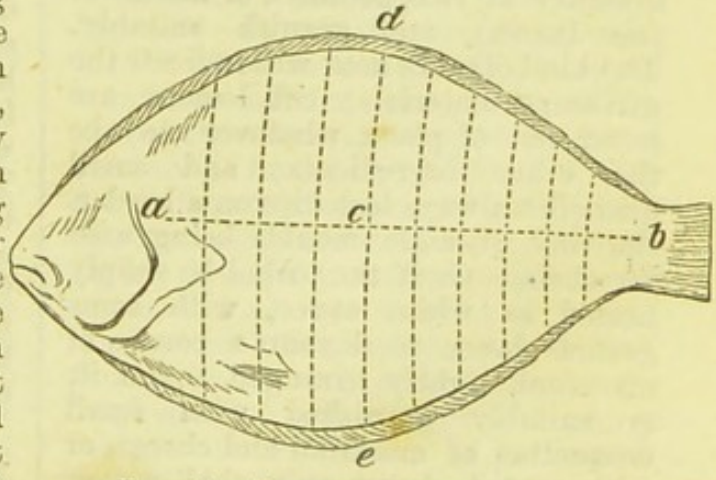


FIG. 58.—CARVING TURBOT.

serving turbot, or any similar fish. First, pass the fish knife straight down from *a* to *b*. Then take even slices from *c* to *d*, and *e* to *e*, leaving the bone clear, and giving some of the best part to each person, viz., from the head.

Turbot, Broiled.—Clean a small turbot, and dry it well. Lay it on a dish, sprinkle a little pepper and salt on it, and pour over it four tablespoonfuls of oil and two of vinegar or lemon juice. When it is to be dressed place it in a double broiler, and broil it before a slow clear fire. Turn it every five or six minutes, and on each occasion brush it over with the marinade in the dish.

Turbot, Cold, to Re-heat.—This can be done in a great many ways; indeed, it may be said that any recipe for re-heating cold fish of any other white kind is applicable to turbot. That is so far as good recipes go; we do not mean that a very plain method should be followed; for turbot being somewhat expensive to start with, is worthy good materials in the concoction of a *réchauffé*, and should always be nicely and suitably garnished. There are few nicer dishes than turbot heated in any *good* sauce, béchamel, melted butter, crayfish, shrimp, anchovy, &c., from which it should take its name. All that is needed is to divide the fish into flakes, and lay it in the sauce until heated through. Then turn it on a hot dish, in the centre of a border of rice, potatoes, or macaroni (*see* INDEX), and garnish suitably. The kind of sauce used will indicate the necessary materials; cut lemons are never out of place, whatever may be the other ingredients; and small quenelles always look nice on a border, the tiny quenelle moulds being used for them. Or if the turbot be simply heated in white sauce, with some grated cheese to flavour, a border of macaroni, lightly arranged round it, is suitably garnished with small croquettes of macaroni and cheese, or with grated cheese only, shaken over the macaroni border, and lemon and parsley round. Small mushrooms are also useful as adjuncts to fish.

For curry, vol-au-vents, &c., turbot is an excellent fish.

Turbot, Cold, to Serve.—A small fish, cooked whole by boiling, preferably in COURT BOUILLON AU BLANC, makes a delicious dish if accompanied by a nice cold sauce (*see* SAUCES), and some salad (*see* SALADS). If the sauce is served with it, the fish must be garnished with aspic, &c., in the usual way; but if the sauce is spread over it, very little else is required. To smooth the sauce, take a palette knife, and dip it in cold water. Fillets of anchovy, olives, and truffles may be used together, with aspic for a border, if a really elaborate dish is required. Beetroot, cucumber, &c., are also suitable. (*See* GARNISHES.)

Turbot en Coquilles.—Required: cold turbot, one tablespoonful of button mushrooms, one truffle, seasoning, two eggs, a little sauce, sherry, and butter.

Free the fish from skin and bone, cut it into tiny dice; cook the mushrooms in a little butter, cut them small, also the truffle; mix together, add salt and pepper, a teaspoonful of wine and a grate of nutmeg, and some creamy béchamel, about five or six tablespoonfuls; there should be the same measure of turbot. Butter some small china or plated shells; fill them with the mixture, and set them on the drainer of a fish kettle, or in a large steamer over boiling water, until just hot through; or they may be set on a large meat stand, over a tin of boiling water in the oven, or on a range. Then boil the eggs hard; rub both the yolk and white through a sieve; sprinkle the tops of the shells with the two, to form a design, using also a morsel of truffle or lobster coral; serve hot on a dish, covered with a serviette, either as *dressed fish* or an *entrée*.

Turbot en Coquilles, à la Roxane.—Prepare the mixture as

above, except that the truffle is omitted; a tablespoonful of cooked lobster, pounded and sieved, should take its place. Line the shells with fried crumbs, and coat them with the same; after filling, adding some oiled butter. Brown in a quick oven, and garnish the tops with lobster coral or chopped lax.

Turbot en Darioles, à la Julienne.—Take some cooked turbot, free from bone and skin; put half a pound in a mortar, with seasoning to taste, and two tablespoonfuls of béchamel, or good white sauce; pound them, then pass through a sieve. Make a sauce by mixing a gill each of thick cream and mayonnaise, with a teaspoonful of anchovy essence, and rather more than the same measure of chopped lax; colour the mixture pink. Have ready some small dariole moulds of white china; fill them with alternate layers of fish and sauce, letting the latter form both the bottom and top layers. Prepare some julienne shreds, from cooked carrot and beetroot, and some raw shredded cucumber; sprinkle these lightly all over the surface just before serving (the beetroot and cucumber should be lightly dressed with salad oil), then all round the edges of the darioles, put chopped aspic, using a small bag and pipe.

Turbot en Darioles, à la Jacques.—Prepare the fish as above, but add an ounce of butter when pounding. Make the sauce with green mayonnaise, and omit the lax. Fill the moulds, and on the top, in place of the strips, put tiny dice of raw cucumber, dressed with oil; add a little chopped parsley, and garnish the edges with pink aspic. These, and the above, should be served very cold.

Turbot en Mayonnaise.—Take a medium sized fish, and remove the flesh in four fillets; place them together again on a buttered tin, so that the fish may be served in its original shape; sprinkle the juice of a lemon over, and lay a sheet of white paper, well buttered, on the top: set the tin in a gentle oven, and cook the fish thoroughly; the time must be calculated by its thickness. Then set it aside until quite cold. Take it up carefully, and put it on a dish; mask it with mayonnaise, half an inch in thickness, and let the layer be smooth. Then put in a bag some Anchovy Cream, or Lobster Cream (*see* Cold Sauces); and, with a plain pipe, ornament the edge of the fish, leaving a little space between; fill up the spaces with green mayonnaise, also from a bag; sprinkle the first decoration with a pinch of chopped gherkin or capers, and the second with lobster coral or chopped lax. Then, all over the top of the fish, form any pattern with the same decorative media, viz., gherkin or capers, lobster or lax, with some truffle, chopped finely, and chopped parsley or chervil. Next, form a border on the dish, of chopped aspic, with some prawns, shrimps, lobster claws, or slices of lobster; or cut the aspic into cubes, or other shapes, and alternate them with the foregoing ingredients, together with sliced lemon, cucumber, or little bunches of dressed green salad; and stoned olives.

This is a very ornamental dish, suitable for a cold collation of any kind. It may be simplified considerably, and fillets of fish can be coated with mayonnaise, and dressed more or less elaborately according to requirements. (*See* Salads.)

Turbot Moley. (*See* Meat Moley.)—Follow the directions, using for the foundation either fish stock, or a mixture of that and milk. White fish of all sorts may be used up, but a mixture of turbot and lobster—if only a ladleful of lobster sauce to a pound of fish—will be found very delicious. In our opinion, a smaller proportion of onion, and a larger amount of potato, is nicer for a fish moley; and we find, though it is a departure from the original, that a few drops of anchovy essence are a decided improvement, both to the fish and the potatoes which accompany it.

Turbot, Ragoût of.—Required: one pound of raw turbot, half a glass of light wine, one egg, half a lemon, two ounces of butter, salt, cayenne, half an ounce of flour, &c., as below.

Butter a dish (to send to table) and coat it with grated Parmesan cheese. Cut the fish into dice, cook it in the dissolved butter and juice of the lemon for twenty minutes, or thereabouts; then add the flour, mixed with the wine; boil up, take from the fire, and beat in the egg, with seasoning to taste, and a couple of spoonfuls of melted butter or white sauce; pour into the dish, and sprinkle more grated cheese over, with a few bread crumbs; an ounce or more of butter, oiled, should be poured over. Set this in a tin of hot water for ten minutes, in a moderate oven, then brown the surface delicately, just before serving.

Another way.—Instead of grated cheese, use, for lining the dish some cooked pipe macaroni cut into short pieces, half an inch or less; fill up as above, and cover the top with more macaroni, cut in the same way. Brush over with oiled butter, and after first heating through in the oven, sprinkle fried crumbs over, and serve.

Turbot Ragoût, Iced, à la Walmcotte.—First free a ripe tomato from pips, cut it up, and add to it a teaspoonful of French capers, cut up, a teaspoonful of smoked salmon in thin shreds, three tablespoonfuls of cooked turbot, the white part only, in shreds or dice, a little cayenne vinegar and tarragon vinegar, and a little pale

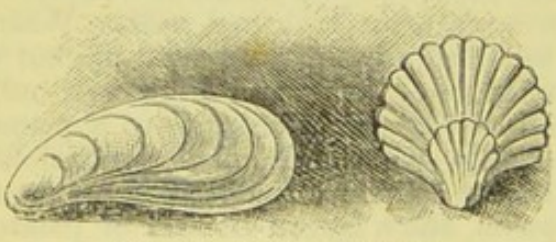


Fig. 59.—Shell Moulds.

aspic. Stir over ice until just beyond the liquid point, but not on the point of setting; then take some small shell moulds, either of the shapes shown in Fig. 59, and fill them, taking care to level the tops. Set them in an ice cave to cool, then turn out. Dish them on a bed of salad; garnish with smoked salmon and shreds of tomato, and some pink aspic.

This is a dainty dish for *al fresco* fare, or a ball supper; any fish, sole or whiting preferably, may be used in the same way, and chopped lax does as well as ordinary smoked salmon.

Weaver.—The great weaver is about a foot in length; is armed with sharp spines, which are usually cut

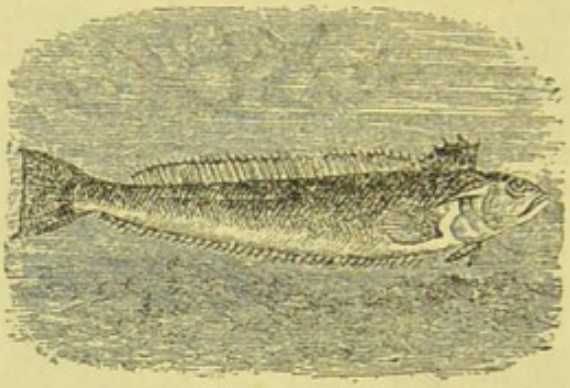


Fig. 60.—Weaver.

off before the fish comes into market. It is a sort of marine perch, very good eating. The lesser weaver is the more common on our coasts, and having the faculty of striking with its sharp spines, is often called the "sting fish."

Whelks.—The whelks should be procured alive, washed in fresh water, and put in salt and water to boil; the small ones, which are eaten like periwinkles, take from forty to fifty minutes; and large ones, with shells as large as an egg, need an hour and a half; they are sometimes fried after boiling, but are indigestible at the best, and the majority will do well to avoid them altogether, or use them for stock for fish soups only.

Whitebait.—This favourite fish belongs especially to London; it is found in the Thames as far as Blackwall. The difference of opinion as to its parentage is great; many suppose

that it is the fry of the sprat, the smelt, and other fish; some contend that it is the fry of the herring; others assert that it is a distinct species of the herring tribe. It should be obtained fresh and unbroken, and put on ice if not wanted as soon as brought in; it is served fried, plain, or devilled, with cut lemons and brown bread and butter; it needs no sauce. It may be added that the fry of various species of fish are often treated as whitebait, and if not too large, with a fair amount of success. Whitebait is usually expensive.

Whitebait, Mock.—Cut up any raw white fish into strips, as nearly the size of whitebait as possible; fry and serve them in precisely the same way. Whatever the fish used, it must be very firm and fresh, carefully filleted and flattened out, that the strips may be even.

Whitebait, to Fry.—Put the fish in a sieve when required, and pick it over (to free it from any other fish which sometimes get mixed in, as shrimps, &c., together with bits of weed), then put a dozen or two at a time on a cloth, with plenty of flour; shake it over them, then pick them up lightly, and put enough of them in a frying basket to cover the bottom; give it a gentle shake before putting it in the hot fat, then plunge it in, and fry just until crisp; when you can hear them "shake" in the pan they are done; that is to say, to be correct, when, by shaking the pan, the fish can be heard to make a rustling noise. In the matter of colour, tastes differ; some like this little fish brown; but it should be pale and crisp. Some cooks say that it should be scarcely browned; in fact, nearer to grey. As soon as done, dish on a hot dish covered with a serviette, and garnish with fried parsley.

Another way.—In the above method we have made no mention of another one, sometimes employed, and considered by some the only correct one; that is, to fry the fish, a small quantity at a time until crisp enough to turn out, and then to put the basket nearly filled with the fish, a second time into hot fat (another supply), and to hold them in for a few seconds, and again let them crisp and slightly brown. This, of course, incurs extra trouble and expense, and many good cooks contend that the first mode is equally good.

If the fish stick together in the flouring, they must be carefully separated with the fingers.

Whitebait, Devilled, is fish cooked in the above way, then sprinkled with cayenne and a little salt, and well shaken together before dishing, by turning them into a clean, hot cloth, and taking hold of the opposite corners. Sometimes, at large dinners, whitebait are served in the foregoing ways, and also dressed with pepper (black), making three dishes. To know when the fat is the right heat, *see* FRYING.

Whiting.—This is not a very tasty fish, but very delicate, and so digestible as to have earned the title of "sea chicken." It may be cooked in almost any way, and a sauce of a piquant nature improves it. Cost from 2d. to 6d. on an average, but sometimes much more. Whenever fish is ordered for an invalid, whiting may be given (suitably cooked) with impunity. Boiling or steaming is a method which ensures a delicate and easily digested dish, though somewhat insipid, and not recommended for ordinary fare. Whiting will not keep well; when stale and flabby (and sometimes burst open) it should not be eaten.

Whiting Pout.—The whiting pout, otherwise known as the bib, the brassy, and the pout, is an excellent fish, which is not so highly esteemed as it deserves to be, possibly because it may be purchased in the places where it is abundant at a trifling cost. It possesses the singular

power of inflating the membranes which cover the eyes and other parts of the head, which, when thus distended, have the appearance of bladders. It is probably from this that it derives its name of pout. It is a deeper and stouter fish than the whiting, and its flesh is firmer, drier, and less delicate. It seldom exceeds twelve inches in length. It should be eaten very fresh, and may be cooked in every way like whiting. It is improved by being salted for twelve hours, and still further improved by being dried in a current of air. To vary the flavour of the fish, slightly smoke it over a wood fire, then broil it. The great Soyer pronounced this fish to be quite equal to the red mullet.

Whiting, Baked.—One of the nicest ways is to prepare the fish with egg and crumbs as if for frying. A tin should be ready, containing some liquid butter, with which the fish is to be basted. A buttered paper is then to be laid over, and the fish cooked in a quick oven, so that the process may resemble frying as much as possible. It must be well drained, and nicely browned. Remove the paper a short time before it is done. For sauces *see* WHITING, FRIED; or serve shrimp, anchovy, Dutch, or any of the usual kinds with it. Plain melted butter, flavoured with tarragon and chervil, or tarragon vinegar only, is liked by some.

Whiting, Broiled.—Clean the fish, and dry in a cloth; after flouring, brush over with beaten egg, then dip them in fine crumbs, and season with a little salt and pepper, with a pinch of herbs in fine powder. Dip them into clarified butter, and mark with the back of a knife or a skewer, in a few places on each side the fish in a slanting direction. Broil slowly, and serve as if fried. A Dutch oven is best for these, and during the cooking they should be moistened with butter. The livers of whiting are considered a dainty morsel, and should be cooked and served with them.

Whiting, Fried.—Wash, skin, and dry the fish; flour it, shake off all that does not adhere; egg and crumb the fish (the tail should be fastened in the mouth), smooth it, and drop into hot fat. A golden brown is the shade required. Drain, and dish on a paper or serviette, and fill the centre of the fish with fried parsley. Send cut lemon and cayenne to table if for breakfast; or sauce if for luncheon or dinner. A very good one is the hot TARTARE SAUCE (American). MANDARINS' SAUCE is equally suitable.

Whiting coated with French Frying Batter is a good dish if fried crisply. Very small fish can be fried like smelts, and served with cucumber sauce.

Whiting, to Skin.—Owing to the thinness of the skin, and the tenderness of the flesh, great care is required to avoid ragginess. As a rule, this operation is performed by the fishmonger. The fish should be held firmly; the fins are first cut off, and with them a morsel of the skin; this makes an incision, and by running the thumb up to loosen the skin, and then removing it from head to tail, carefully, the process is not difficult. The skin is taken from the head afterwards. Fresh haddocks are skinned in this way; so are eels, but from their slippery nature they must be held very firmly. Very small ones are sometimes cooked with the skin on, then they must be rubbed with a cloth dipped in salt, while held by the head in the left hand. This is applicable to any fish of a similar kind and shape.

Whiting with Herbs.—Required: three medium-sized fish, filleted, seasoned and rolled as for WHITING WITH SHRIMPS; a large tablespoonful each of chopped parsley, shalots, and button mushrooms; a gill of wine (Chablis), the juice of half a lemon, salt, cayenne, vinegar, and four

ounces of butter. Garnish as undermentioned.

Have ready a tin, any shape, but it should be wide enough to just hold the fish when laid close together. Put in it the wine and lemon juice; lay the fish in, and sprinkle with the parsley, &c. Work into the butter a little salt, anchovy essence, cayenne, and a pinch of nutmeg, using a wooden spoon; when creamy, lay a piece on each fillet of fish; cover with buttered paper, and set the tin in another containing hot water, and cook in the oven for ten or twelve minutes. Dish the fish in a pyramid form, add a spoonful of white roux to the gravy, and a teaspoonful of herbal wine mixed with an equal measure of caper vinegar, and the fish stock;* give a boil up, but do not skim, and pour over the fish. Garnish the base of the pyramid with fancy shaped slices of lemon, sprigs of parsley, button mushrooms, glazed, and tiny croûtons. The mushrooms should be placed each on a croûton, then a slice of lemon with parsley; some chopped parsley and mushrooms should also be shaken on the top of the sauce. Serve as an entrée.

Whiting with Shrimps.—Required: three medium-sized fish, half a pint of freshly shelled shrimps, half a pint of stock, seasoning, &c., as under.

The fish should be prepared and skinned, then divided into fillets by cutting down the back on each side, from head to tail, taking the flesh off close to the bone; each is to be again divided; this gives twelve pieces. Season with salt and cayenne, brush over with warm butter, and roll up. Lay them close together in a tin, with a little wine, and a glass of French vinegar. Boil the bones down for stock (*see* Stocks); strain it, and add a little of it to the vinegar; then cover with buttered paper, and bake for ten to twelve minutes in a good oven. Dish the fish, add the rest of the stock to the gravy in the tin, put in a teaspoonful of brown roux, and boil up: season to taste, then stir in the shrimps; when hot through pour into the centre of the dish, the whiting forming an outer circle.

The fish should be prepared early to give time for the stock. A small, fresh haddock is good thus cooked; it is made firmer for filleting if sprinkled with salt an hour before using, then wiped well, and dried in a soft cloth, in which it should be folded for a short time. So prepared, it can be cooked in any of the ways given for whiting, for which it is a good substitute.

* This should be boiled down to half a gill.

ENTRÉES, MADE DISHES, AND RELEVÉS.

HOT ENTRÉES.

On glancing at the above heading, the first thought of some will probably be, why entrées *and* made dishes? an entrée *is* a made dish. So it is; but a made dish is not necessarily an *entrée*. Hence the distinction, although some of the made dishes of another section of this chapter could be served as entrées. But we will first consider, briefly, the main features of an *entrée* proper. An *entrée* is a light, delicate, and daintily served dish, complete in itself; *i.e.* the sauce or gravy is served in the dish, which must, therefore, be deep enough to hold it, and afford scope for garnish; for the dish should be as pleasing to the eye as the palate, the one being affected through the other. Should vegetables form part of the dish, faultless cooking is an absolute necessity, or the dish will be only half complete.

As to the foundation of an entrée, it may be meat, game, poultry or fish; the precise form in which it appears varying according to the style of the meal, the number of guests, the dish which immediately precedes or follows the entrée or entrées, and to other circumstances. As a rule, where two entrées appear, they should differ in kind and appearance; for instance, a dish of white quenelles, fowl, veal, or rabbit, with a purée of celery, furnishes a contrast to a civet of hare; while oyster or sweet-bread croquettes, rissoles, or vol-au-vents readily suggest themselves as suitable dishes to follow quails, or other birds, in a rich brown sauce. By the way, while some contend that birds, when served as an *entrée*, should always be the first if two are provided, others say that the more delicately flavoured dish, whatever its composition, should take precedence; but such minor details are best settled by an intelligent hostess. In the case of two *entrées*, one hot and one cold, the first-named is served first. There is a good reason for this, for were it otherwise, it would be difficult for the cook to determine the time when the hot one would be needed, and as is well-known, every minute detracts from the excellence of many dishes (cutlets are a striking example) when kept waiting.

We said that the sauce should be served *in the dish;* but an exception may be made in the case of soufflés and little dishes, served separately to each guest, with which many people never think of taking any sauce; here the sauce should be handed. It goes without saying that dozens of delicious *entrées* are of the *dry* order—kromeskies, croquettes, and the like—because, if well made, *i.e.* moist inside, they require no sauce, as they may be said to contain it; and the same remark applies to patties, vol-au-vents, and other delicate pastry.



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SWEETBREAD CUTLETS WITH TOMATO SAUCE.

In describing an *entrée* as a light and delicate dish, at the risk of being misunderstood, we must explain that we are assuming the usual order of service, viz., the *entrées* before the *relevés*. When this order is altered, by dispensing with the *relevé*, in the form of a joint, an *entrée* of a more solid nature is required, and is then admissible. At some houses, the *relevé* always precedes the *entrées*, and various reasons are given for this. The usual explanation is, that guests who do not care to attack *entrées* until they have partaken of a plainer form of food, ought to be considered; or that those who are really hungry, prefer the substantial part of the repast at an early stage of the meal. Whether this, or the reverse order is the better, is an open question, for very high authorities find much to say on both sides; what we would point out is that, when the remove does precede the *entrée*, the latter may be as light in kind, and as delicate in flavour as circumstances permit, in order that the enjoyment of the roast, so often of game, and looked forward to by many as the *bonne bouche* of the meal, shall not be interfered with. Taken altogether, *entrées* afford full scope for the taste and ingenuity of the hostess, and for the skill of the cook.

Our remarks would be incomplete without reference to *entrées* in tins, for they form no small portion of the stock of first-class grocers; and while many of them are excellent and moderate in price, yet it must be owned that to others, the term *entrée* is somewhat of a misnomer. One caution may be enforced in connection with all, viz., *never leave them in the tins* after opening them. It is also well to remember that they are fully cooked, and that re-heating, not re-cooking, is all that is needed; many, in fact, are over-cooked, and it is not easy to dish them without spoiling their appearance; though much may be done by means of garnish to hide any damage, and some sauce, thick enough to mask any broken places, often proves a real boon.

Of the best quality *entrées*, put up by leading English and French firms, it may be said that for the most part, they are in every sense quite ready for table; no addition, either of seasoning or wine, need be made; but in dealing with goods of a lower class, especially kidneys, and meats which are somewhat dry, such additions, with a little good stock or gravy, will often completely transform the dish. All are useful, especially in emergencies, and a few tins should be stocked by all who are likely to be taken unawares by unexpected guests, or who are not within easy reach of shops, as every requirement may thus be met.

Beef Fillets à la Calcutta.—Required: seven fillets of beef, cut in small rounds, and beaten out flat and even; bacon, seasoning, sauce, and vegetables as below. Cost, about 3s. 6d.

Brush the fillets with oil, and sprinkle with white pepper and cayenne; lard them, grill them lightly, and dish in a row, overlapping, on the top of a purée of vegetables, or on cooked artichoke bottoms. Down each side put some Sauce à la Calcutta (in *Cold Sauces*), and serve instantly; the sauce must not stand.

In grilling the above, or any other fillets which may be larded, a departure from the usual method is necessary. They must be grilled on the under side only, and not turned

to displace the lardoons. In five minutes—more or less in proportion to thickness—they should be put in a sharp oven to finish, after covering with a buttered paper. When done, if not brown enough, use the salamander; brush over with glaze, and let them crisp nicely; they should not be greasy. Any other iced sauce may be used in this way, the dish taking its name from the sauce. When not moulded, the sauce can be cut in cubes or other shapes, just according to fancy.

Beef Fillets à la Karslake.—Required: a dozen fillets of beef, truffles, three gills of Brown Sauce No. 2, seasoning, butter, wine, &c., as below. Cost, 4s. to 5s.

The fillets should be oval, the size of a large egg, and about the third of an inch thick; and after brushing them on both sides with salad oil, and seasoning with pepper and cayenne, they should be grilled for five minutes. The brown sauce should then be heated, and after the fillets are drained well they should be laid in the sauce, and kept at simmering point for about seven or eight minutes. In a separate saucepan, have the truffles cut into dice shapes, enough to fill a couple of tablespoons, and half a gill of light wine; let them simmer for a few minutes; then take a hot dish, and put on it, to form a border, some rice boiled as for curry, but in white stock instead of water. Arrange the fillets and sauce in the centre, and put the truffles and wine all over; pour a little more brown sauce round the rice, and all over it put a little good tomato sauce, mixed with a small quantity of glaze. This should be coloured to contrast with the rest of the dish. Serve as hot as possible.

Beef Fillets à la Marleigh.—Prepare the meat and gravy just as directed in the following recipe. Put some Potato Purée on a hot dish, making it pyramid shape; rough it with a skewer, and pour a little thick brown sauce mixed with a morsel of glaze over, then put on the top some Brown Mushroom Purée, from a bag with a plain pipe. Dish the fillets round the potato, and pour the gravy round the fillets; the latter should be glazed. Warm some truffles in stock or wine; slice them, and cut them in fancy shapes; put one of these between the fillets; chop up the remnants, and sprinkle them on the sauce. Two or three medium-sized ones will be wanted. If no truffles are handy, use pickled walnuts for the garnish, and chop up a mushroom or two for putting on the sauce.

Beef Fillets à la Naunton.—Required: seven fillets of beef, three-fourths of an inch thick, and cut into oval pieces; seasoning, &c., as below. Cost, about 3s. 6d.

Bat the fillets out, lay them on a dish, and mix a little lemon juice, half a gill of salad oil, some pepper, a dust of cayenne, a pinch of thyme and bay-leaf in powder, and a little chopped onion. Marinade the fillets in the mixture for a couple of hours, turning often, then drain, and sauté them in hot butter. They will take from seven to ten minutes if the meat is well hung, rather more if fresh. When the gravy clots on the surface they are ready. Put them on a very hot dish near the fire, and prepare the gravy by boiling a gill of brown sauce, half a gill of gravy from roast beef, a tablespoonful of sherry, and a squeeze of lemon juice; season to taste, and dish the fillets overlapping, straight down the centre of a Block Croustade, slightly hollowed, then pour half the gravy over. Round the fillets, put some macaroni cooked in stock, and pour over it the rest of the gravy. Garnish with glazed croûtons.

Beef Fillets with Shrimps.—Required: nine fillets of beef, some potatoes, shrimps, and sauce as below. Cost, about 4s.

Lard the fillets round the edge only, then cook them as directed for Beef Fillets à la Calcutta. Make a

Potato Border, dish the fillets *en couronne;* fill up the centre with Potato Ribbons, sprinkled with coralline pepper. Make half a pint of Brown Sauce; heat a gill of picked shrimps in half of it, and put some in the middle of each fillet. Then add to the remainder a glass of sherry, and a little pepper; boil it up, and pour it round the dish. This may be served for dinner in place of a joint; or in a meal of a few courses, it could follow the soup, and be followed by game or poultry. A large steak, nicely grilled, is excellent served in the same way. The sauce should be coloured with a little carmine, and prawns can be used in place of shrimps. A pat of Anchovy Butter should be put under the steak.

Beef Olives à la Game.—Required: two pounds of lean steak, bacon, seasoning, gravy, &c., as below.

Prepare the steak as directed for Beef Olives. (*See* Joints.) After beating it out, sprinkle the top side with a little salt, pepper, grated lemon peel, nutmeg, parsley and thyme; lay on some strips of bacon, roll up, tie with tape, and put in a sauté pan with a couple of ounces of clarified dripping or butter, heated to the point indicated as correct for instantaneous browning. (*See* p. 8.) After turning for a few minutes, remove them, pour the fat off, and wipe out the pan. Then return them, and pour over any gravy or sauce such as would do for hashing, or with game, but a very thick sauce is not desirable; the meat will cook better in a thin one; more thickening can be added towards the end. Any of the adjuncts for hare, &c., can also be served with the olives. Time to stew, from one to two hours; good quality taking the minimum time. If the meat is freshly killed, sprinkle with lemon juice or vinegar before rolling it. Cost varies with sauce and adjuncts.

Another way.—Chop a scalded olive for each piece of meat, and mix it with bacon and seasoning; then add a few olives, whole, to the gravy, a short time before serving; or cook the meat in a thin Olive Sauce.

Boudins à la Reine.—Line some small buttered moulds with chicken or veal mixture, prepared as for quenelles. (*See* Veal Quenelles in this chapter.) To do this first cover the bottom of the moulds. Then put in more meat, and press it to the sides; make a hollow by means of the handle of a wooden spoon, first dipping it in warm water, then fill up the hollow with a small quantity of cooked sweetbread—it should be boiled or braised, not fried—cut in tiny dice, and mixed with an equal quantity of thick béchamel. Cover with more quenelle mixture, and smooth the tops. Then poach for twenty to thirty minutes. Have ready some artichoke bottoms, cooked, and masked with thick béchamel. Dish the boudins one on each, and in the centre of the dish put a pile of the same vegetable cut in dice, and some asparagus points, mixed with sauce as above. Or a Purée of Asparagus may be used; the points being separately cooked, and sprinkled over the top.

Boudins, Beef and Tomato.—Required: some Tomato Butter, Tomato Sauce, a Vermicelli Border, Beef Sausage Meat, croûtons, and seasoning. Cost, about 6d. each.

Prepare a mould as in Chicken in Vermicelli, p. 212. Butter some boudin moulds (Fig 61), and dredge

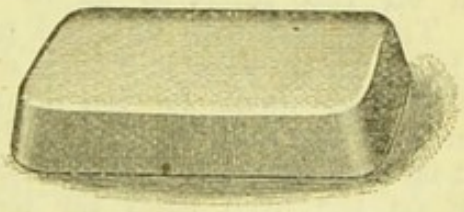


Fig. 61.—Boudin Mould.

them with bread-crumbs; shake out all the loose ones, then fill them with beef sausage meat from a bag and pipe; knock them on the table; they must be well filled; then make a hollow with the finger, or a spoon handle, dipped in hot water; fill it up

with tomato butter. Cover with more sausage meat, and level the tops. Put a sheet of buttered paper on, and bake in a gentle oven, about half an hour. Pass a palette knife round, turn out carefully, and dish them on the border. Pour brown tomato sauce over them. While they are cooking, a beef sausage or two should be cooked, by frying or broiling. Then make some round croûtons; put a little slice of the sausage on each, and mask with tomato butter; use these for garnishing the base of the mould, with small cherry tomatoes, fried or braised, in between. Fill up the mould with BROWN MACARONI, garnished on the top with tomatoes as used for the base.

Boudins, Mushroom à la Charlecotte.—Required: some beef quenelle mixture, half a gill of mushroom ketchup, the same of beef gravy or stock, a pound of mushrooms, two ounces of butter, seasoning, eggs, macaroni, &c. Cost, about 3s. per dozen.

Wash the mushrooms, cut them up, put them in a pan with the butter, some seasoning, a morsel of shalot, chopped, and the gravy and ketchup; cook and sieve the mixture, then beat in the eggs, two good-sized, or three small. Butter some small moulds, sprinkle with grated ham and bread-crumbs, line them with the quenelle mixture, and put some of the mushroom in the centre, then cover with more quenelle mixture. Knock them on the table, so as to well fill. Then cover with buttered paper and bake in a tin filled half their depth with boiling water for ten minutes. Then take them from the tin (the latter must be removed), dry them, and finish them on the oven shelf for ten to fifteen minutes more. Turn out, and dish on a ring-shaped croustade; fill up the centre with macaroni cooked in stock, and pour BROWN MUSHROOM SAUCE on the top. Pour a little BROWN SAUCE round, and serve hot.

Make the quenelle mixture as directed for GAME QUENELLES in this chapter, using beef in place of game.

Brains in Potato Cases.—Required: half a pint of PARSLEY SAUCE, two eggs, boiled hard, the brains of a sheep or calf, and a couple of ounces of cooked ham, some potatoes, and garnish as below.

Prepare the cases, round or oval, as directed for KIDNEY IN POTATO CASES, in this chapter. Make the sauce, and mix the cooked ham and brains with it; both should be cut in dice; heat and season, and add the whites of the eggs also in dice. Finish off as before, and sprinkle with the yolks of the eggs, passed through a sieve. A pinch of powdered thyme, and a drop of essence of mace or nutmeg should be added to the sauce; a good deal of the success of dishes of this kind depends upon the seasoning.

Another way.—After filling the cases, put the rest of the potato mixture on with a spoon, then make it smooth with a knife, but form it dome shaped. Brush over with the yolk of a raw egg, and mark with a skewer, then heat in a sharp oven. The little cases must be well buttered. In following this recipe, put the yolks of the hard eggs into the sauce; they may be cut up or sieved. Egg sauce can be used instead of parsley sauce.

Calf's Feet à la Blanquette.—Required: two feet, sauce as below, eggs, garnish, &c. Cost, about 2s.

The feet should be boiled, and left to cool: the bones removed, and the meat cut into neat pieces of equal size. A pint of BÉCHAMEL should be brought to the boil, and thickened with the yolks of two raw eggs in the usual way, then flavoured with a single drop of almond essence. The meat must then be put in, and left until heated, turned on a hot dish, and garnished with cut lemons, and croûtons coated with sieved egg yolk and chopped parsley. When almond flavouring is objected to, use a little lemon juice, or herbal vinegar.

Calf's Feet à l'Unez. (*See* recipe for SAUCE VERTE.)—Make enough sauce to coat the feet; prepare

them as above, heat them in it, and then proceed as follows: Make some cooked artichoke bottoms hot, put some of the meat on each, leaving a margin, then round the edge of the artichoke, put a PURÉE OF PEAS from a bag with small pipe. On the top of the meat, in the middle of the pile, put a small ring-shaped croûton; in the centre, put more of the peas purée, and round it, on the ring, place tiny egg balls; the croûtons should be glazed, and the balls not larger than a pea. (*See* GARNISHES.) These should be put flat on a dish, the centre being filled with more peas purée, dotted about with egg balls. These should be the size of a marble. This is a very pretty dish. Cost, 2s. 6d. to 3s.

Calf's Head Croquettes.—These will furnish a very good entrée at small cost, if a little care be exercised in the preparation. Supposing the remains of a head cooked for dinner, with some of the sauce, brains, and tongue, are at hand. Cut the meat &c., small, and mix with enough sauce to form a creamy mass, which will mould when cold, and retain its shape. A little strong stock will assist this. It should be divided into portions the size of a small walnut, floured, dipped in RICH FRYING BATTER, rather thicker than usual, then fried in very hot fat. When cooked, the inside should be moist and creamy; but if made large, the fat not hot enough, or the batter not thick enough, the result will be failure. Do not try to cook many at a time, or the fat will be too much reduced in temperature to brown and crisp them properly. Dish nicely, and garnish with fried parsley.

If liked, a small proportion of cooked veal forcemeat may be mixed with the above. Or some forcemeat balls can be cooked, and put about the dish with the croquettes.

Canapés à la Shorncliffe.—Required: a dozen croûtons, cut with a two and a quarter inch cutter with a crimped edge. When fried, glaze the edges half an inch round, and sprinkle with chopped parsley. Make a mince by passing half a pound of any sort of cooked game through a sieve, add two or three ounces of pâté de foie gras, also sieved, a tablespoonful of sherry, in which a morsel of glaze has been dissolved, the same measure of truffle essence, and brown sauce, No. 2. Make this hot in a *bain-marie*, and put a little heap on each croûton. Cut some small slices of the foie gras, free from fat; heat them as above, and put one on each canapé. Sprinkle a few fried crumbs over, and serve hot. Cost, indefinite.

Chicken Creams, à la Grahame.—Required: six ounces of raw chicken, two ounces of boiled ham, four ounces of PANADA, four eggs, half a glass of sherry, half a gill of BROWN SAUCE, and a quarter ounce of glaze.

Pound and sieve the ham and chicken; pound the panada, add the yolks of the eggs, mix altogether, and pound again. Dissolve the glaze in the sauce, add the wine, and whip the whites of the eggs (two only) to a froth. Blend all lightly, and season with salt and pepper, and a little grated lemon peel and nutmeg. Butter some little fancy moulds, "leaf," "shell," &c.; fill them, and cook like QUENELLES. They will take from twenty to thirty minutes. Turn out and dish them on a shallow ring croustade, with a spinach or any other green purée in the centre. The creams are to rest on the purée, the bottoms only on the croustade. A gravy, made from the bones, and thickened, should be poured round. Cost, about 2s. 6d.

Chicken Creams, à la Victor.—Use thick suprême, or other rich sauce, in place of the wine, glaze, and brown sauce in the above recipe. Cook in the same way, and coat the creams with thick suprême sauce; sprinkle them with a little chopped parsley, and sieved egg yolk, and serve a purée of any seasonable vegetable in the centre. If a white one, mask it with suprême sauce, coloured a pale green.

If a green purée, the same sauce left white should be used. Cost, as above.

Chicken in Vermicelli.—Required: milk, eggs, vermicelli, chicken, and garnish as under. Cost, 2s. to 2s. 6d.

Mix half a pint of milk with an ounce and a half of vermicelli; let it stand for an hour or two, then add to it a little cayenne, chopped onion, first scalded, and a pinch of mace; put in a clean pan, and stir to the boil, then cook for a quarter of an hour; take it from the fire, add salt, and when cool beat in two eggs, first whisking them a little. Then beat in half a gill of cream. Line a plain border mould with strips of cooked ham and tongue, free from fat, put in the vermicelli, cover and steam for half an hour. Turn out, and put in the centre any nice mince of chicken. (*See* GAME AND POULTRY.) Outside the mould, place a few croûtons with a little good sauce, as maître d'hôtel, velouté, béchamel, &c.

In steaming the mould, place a thick paper at the bottom of the stewpan; or cook in a potato steamer, letting the water simmer only, but in this case it is well to place a fold of paper in the steamer, as the mould requires steady cooking.

If the vermicelli is put in the mould alternately with CHICKEN QUENELLE mixture, a nicer dish will be the result. In putting the vermicelli in, a spoon must be wetted, and used for smoothing it. Any white meat can take the place of chicken.

Chicken Quenelles.—*See* VEAL QUENELLES, and use chicken in place of veal.

Corbeilles à la Talbot.—Required: a sheep's kidney, a sweetbread, some sauce, BÉCHAMEL or RICH MELTED BUTTER, garnish, &c., as below. (*See* CORBEILLES À LA TOULOUSE.) Prepare the moulds as therein directed; after baking, fill with a ragoût made by mincing the cooked kidney and sweetbread, and adding it to the sauce, just enough to make a creamy mixture; it must be delicately seasoned with salt, pepper, and a squeeze of lemon juice. Have ready a couple of hard-boiled eggs, pass the yolks through a sieve, and chop some parsley. Fill the baskets with the mince, and sprinkle with the eggs and parsley. Instead of the sweetbread, the brain of a calf, lamb, or sheep, may be used: after blanching, it may be cooked in any way to preserve its colour. A very small proportion of cooked calf's head can also be mixed in, and any rich white sauce will answer. Cost, 2s. to 2s. 6d.

Corbeilles à la Toulouse.—Required, for these, some pastry made as for a SAVOURY FLEUR (*see Pastry*) and some RAGOÛT À LA TOULOUSE: *see* recipe. Cost, 6d. each, or more.

Line some basket moulds with the paste, trim neatly round the edges, and then line with buttered papers filled with rice; bake until done, take out the rice and papers, and put back in the oven for a minute, then fill them with the ragoût, and sprinkle the surface with a little chopped truffle and lobster coral. The handles* of the baskets may be made of strips of the paste; it should be bent before baking to the required shape, and a weight, or anything sufficiently heavy, must be placed between the pieces to keep them from spreading, as they cannot be bent after baking. If no basket moulds are at hand



FIG. 62.—DEEP, FLUTED PATTY PAN.

some deep, fluted patty pans, round or oval, may be substituted, but they must have wide tops and small bottoms. The handles look prettier if the strips of paste are cut with a wheel to give them a crimped appearance.

* *See* PASTRY BASKETS in *Pastry*.

The illustration (Fig. 62) shows the kind of patty pans referred to; they may be had in tin or copper, and are useful for many purposes. The wheel paste cutter is illustrated under PASTRY.

Corbeilles, Superlative. (*See* the recipe above.)—Pass some cooked game through a sieve after pounding it; add to a gill of it a tablespoonful of sherry, the same of BROWN SAUCE, a dessertspoonful of FUMET OF GAME, a chopped truffle and a mushroom, a half teaspoonful of sweet herbs, a tablespoonful of whipped cream, and a little salt and pepper. Stir in the *bain-marie* until hot, then fill the corbeilles, and garnish the handles with a sprinkling of egg yolk, boiled hard and sieved. Tiny leaves of pastry can be baked, and used for decorating the tops after filling. Cost, variable.

Creams, Pigeon, in Cases.—Mince the meat of some cooked birds, and mix it with any of the sauce or gravy that may be left, just enough to moisten it. Braised, stewed, or roasted birds can be used up in this way. Then put some white farce in buttered china cases; put in the mixture, and cover with more farce; cook as directed for QUAILS IN CASES, p. 221. Then take the cases up, and finish by masking with white of egg, &c., as therein directed.

The white farce may be from veal or CHICKEN QUENELLE mixture; a tablespoonful of cream, and the same of creamy béchamel being added to four ounces. A small proportion of foie gras, or liver forcemeat, is an improvement; if any stuffing from the birds is at hand, this will not be needed.

Other birds may be used in the same way.

Creams, Veal, à la Delaville.—Required: some VEAL SAUSAGE MEAT, truffles, sauce, &c., as below.

Butter some little fancy moulds, and put tiny stars of truffle about them, with strips of cooked tongue and ham; fill with the sausage meat, adding to half a pound a tablespoonful each of grated Parmesan cheese, and cream, and a dust of cayenne. Poach these just like quenelles; time according to size. Have ready a mixture of cucumber, carrots and turnips, all cut into rounds or olives (if the former, they should be the size of a nut), and nicely cooked. (*See* DRESSED VEGETABLES.) Some artichoke bottoms should be heated and put round a dish, on each of which one of the little creams should be placed, with the mixed vegetables in the centre. Make some CREAM SAUCE, using any white stock for the basis; flavour with Parmesan, and let it stand for a few minutes, then pour some round the base, and some in the middle of the vegetables. The sauce for the base should be coloured pink or pale green. Cost, about 6d. each.

Croquettes à la Reine.—Required: three ounces of cooked chicken (breast), three ounces of boiled sweetbread, two ounces of ham, half a dozen button mushrooms, an ounce each of fine flour and butter, half a gill of good white stock, half a gill of cream, salt, pepper, cayenne, and a little lemon juice, bread-crumbs, and an egg. Cost, about 2s.

Remove the skin from the chicken, and any fat from the ham; mince very finely; cut the sweetbread in the same way. Then mix together, and boil thoroughly, the flour, butter, cream, and stock; peel the mushrooms, rinse them in lemon juice, and chop them small; add them, with the meat, to the panada, and spread on a buttered dish. When cool, mould them into small balls, the size of walnuts, but perfectly round; egg and crumb them, and fry a pale brown. Garnish with fried parsley. If sauce is served it should be rich, SUPRÊME or SAUCE JAUNE, for instance.

These are better if prepared an hour or two before frying, as they become firmer. To ensure firmness, some advise a second coating of egg and crumbs. This is not desirable when the articles are very small and

delicate, as the coating is then apt to be too firm. In frying them, take care not to lift them out and expose them to the air before they are likely to be done, or they may burst. Let them drain on kitchen paper while the parsley is fried, and serve as hot as possible.

Croquettes au Financière. —Mince very finely the livers of two fowls, a sweetbread, six small mushrooms, and two truffles. Add a shalot, scalded. Season rather highly with pepper and salt. Put one ounce of butter into a stewpan, let it melt, then mix with it very smoothly and slowly a tablespoonful of flour. When it is lightly browned, add the mince, and a little truffle essence, and simmer for ten minutes, stirring all the time. Add a glass of light wine to the mixture, and simmer it gently for a few minutes longer. When it is cold and stiff, mould it into small balls, and fry these in the usual way. The sweetbread should be parboiled before using it. Cost, about 2s. 6d.

Another way.—If no sweetbread is obtainable, use the brain of a sheep or calf, boiled, and left to cool; and calf's liver, instead of fowl's can be used; but it must be very finely minced, or pounded and sieved.

Another way.—Mince four or five small oysters, and stir in the mixture made as above; reduce the oyster liquor, and add some of it instead of half the wine. Or reserve all the liquor, and mix it with béchamel, then serve it with the croquettes. Garnish with fried parsley.

Croustades, Grouse, à la Danvers.—Required: some paste as below, grouse, ham, tongue, truffles, stock, &c. Cost, about 6d. each.

Line small moulds, one for each person, with the short paste given for Fleurs Savoury. Bake as directed, until crisp. Mince some cooked ham and tongue, an ounce and a half of each, a tablespoonful of truffle, and six ounces of roasted grouse; pass through a mincer if possible. Put half a pint of stock (No. 5) on to boil with half an ounce of glaze, half a glass of sherry, salt and pepper, and a little roux; simmer until thick, then add the meat, &c. The mixture should just drop from the spoon. Let it heat through, then fill the cases; sprinkle fried crumbs over the surface, and put a star-shaped slice of truffle in the centre. Any game, with suitable seasoning, may be used in the same way. For the moulds, *see* recipes in Pastry.

Croustades, Mutton, à la Danvers. (*See* the recipe for Croustades, Grouse, à la Danvers.) —Prepare the cases in the same way, and fill up with the following mince: Put half a pint of brown stock (No. 5), in a saucepan, with half a glass of claret, a teaspoonful of extract of meat, half an ounce of glaze, and a tablespoonful of tomato purée; boil until reduced a fourth, add salt and pepper, a grate of nutmeg, and a teaspoonful of red currant jelly. Add a little brown roux, and boil up. Put in the meat, about a gill; it must be from under-done mutton, and finely minced. Cover, and let it remain for half an hour, below boiling point. Then use as directed, and garnish with tiny croûtons, covered with Tomato Butter; putting one in the centre, and smaller ones round the edge of each croustade. Dish on a hot dish covered with a lace paper or serviette. Cost, 3d. or 4d. each.

In removing the croustades from the tins, be careful to avoid breaking the bottoms, as the crust is crisp, and should be thin; should this happen, brush the inside with glaze, and put in the oven a minute before putting in the mince, otherwise it would run through, and spoil the appearance of the dish.

Cutlets with Cherries. — Prepare nice cutlets of lamb or mutton, by grilling or broiling them plainly, then dish them round a Purée of Green Haricots or other vegetables, but they must be green, and a good colour. Make a sauce (for six or

eight cutlets) by boiling half a pint of claret down to a gill and a half; put in two or three tablespoonfuls of brown stock, and the same of glacé cherries, halved, and a teaspoonful of glaze; simmer again for ten minutes, then pour round the base of the cutlets: put white frills on them. Have some cherries whole, cooked in the claret; put a ring of these round the edge of the vegetable purée, and a little heap in the centre. Send brown sauce to table, with a tablespoonful of claret and the same of chopped cherries mixed in it. Cost, about 9d. each, inclusive.

Cutlets with Damsons. (*See* CUTLETS WITH CHERRIES.) — Substitute PICKLED DAMSONS for the glacé cherries; they should be drained from the liquid, dried, and the stones removed. Then proceed as therein directed. Cost, as above.

Cutlets with Peas and Cream.—Take as many cutlets as are needed, from the loin or neck of mutton or lamb (veal may be used also), and dip them into warm butter, then into beaten egg and crumbs; fry them, or sauté, a very pale brown. Dish them on a potato border, and put pink frills on them. Ornament the centre of each with GREEN PEA PURÉE, from a bag with a leaf pipe. Prepare the garnish by frying some small triangular croûtons, coat them with thick tomato sauce, and stick them up round the base of the border. Put a high croustade in the centre, and cover it with more peas purée from a large leaf tube. A little good gravy should be poured round the cutlets. Cost, about 9d. each.

Darioles, Chicken. — Butter some hexagon dariole moulds (*see* Fig. 63), and put a star-shaped slice of tongue at the bottom; round this, put some sieved egg-yolk. Ornament the sides; one with chopped parsley, one with shredded ham, the next with egg yolk, the fourth with little sprigs of tarragon and chervil, the fifth and sixth with ham and egg yolk, like sections two and three. Fill up with a chicken mince, cover with buttered paper, and steam in a pan of boiling water for thirty to forty minutes. The water must simmer only, and should not reach more than half way up the moulds. Put a thick fold of paper at the bottom before

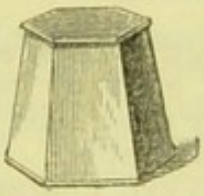


FIG. 63.—HEXAGON DARIOLE MOULD.*

setting the darioles in. Turn out, and serve any rich white sauce round them, or put them in a circle round a dish, and fill up with sparghetti or macaroni, garnished like the moulds.

The mince is made by taking some chicken quenelle mixture, and adding to every four ounces a teaspoonful of white mushroom purée.

Duck, Filleted.—Take the meat from the breasts of a couple of ducks, roasted, cut it into nice fillets, and lay them in a stewpan, with a glass of port and a little game gravy (*see Gravies*); add a bit of glaze, and season highly. Cover, and leave for ten minutes. Put a mound of green peas on a hot dish in the centre of a KING CROUSTADE. Dish the fillets on the bread, and pour the sauce over. Then put slices of tomatoes and olives (first cooked whole in stock) between, by way of garnish. Cost, variable.

Duck, Filleted, in Olive Sauce.—Prepare the fillets as above; heat them in OLIVE SAUCE, and dish them on macaroni, made by boiling macaroni in stock No. 5, until done, then forming it in a ring. The sauce should be thick, so as to mask the fillets. Put a GREEN HARICOT PURÉE

* This is a very useful mould for many purposes; it turns out well, and affords plenty of scope for garnish.

in the centre, and garnish with French plums stewed in claret, and BRAISED OLIVES; pour some more sauce round the border; this may be rather thinner. Cost, variable.

Duck, Filleted, in Potsdam or Schiller Sauce is obtained by using either sauce for the duck, in place of the above.

Ducklings à la Wellsdene.—Prepare the birds as for roasting; wash and dry the insides, then season with salt and pepper. Stuff them with a good VEAL FORCEMEAT, with a tablespoonful of tomato pulp added to the quantity required for each duckling. When half roasted, put them in a baking tin with more tomato pulp, and finish the cooking, basting well from time to time with the tomato. When done, flour them, and let them brown; mix a little gravy or brown stock with the contents of the baking tin; scrape well to remove any encrustation from the bottom, then boil it up. Pour some on the dish, and send the rest to table in a tureen. Before dishing the ducklings, joint them, and use the best parts only for the dish. They should be placed high, and only enough gravy to coat them poured over. A macédoine of vegetables, or green peas only, may be used round the dish. Cost, about 4s. 6d. each.

Financière Ragoût is a delicious mixture. It is sold in bottles, the ingredients being preserved in a clear jelly; nothing more is wanted but good brown sauce. The bottle is set in the *bain-marie* until the contents are hot, then the sauce is added, or the ragoût is served separately and the sauce sent to table in addition. Cocks' combs and kernels, truffles, button mushrooms and scallops of sweetbread are the main ingredients of the ragoût, which costs from 4s. to 8s. per bottle; and although expensive, it would cost as much to prepare the ingredients at home, separately; and it is questionable if the result would be so satisfactory in many instances, though very often, for economy's sake, it is a good plan to add more sweetbread, small quenelles of white meat, or brains cooked and cut up, to make the ragoût go further. Needless to remark, such a preparation is only suited to dishes of the most *recherché* kind. Ragoût à la Toulouse is made by mixing Financière Ragoût with béchamel or suprême, instead of brown sauce. The uses of these two ragoûts are detailed in various recipes.

Foie Gras with Financière Ragoût.—This is a rich entrée; a little goes a long way. A tin of foie gras, of the size required, should be heated in the *bain-marie*, then wiped with a clean cloth, and some BROWN SAUCE, No. 2, poured over. A round croustade should be put underneath it. This should be an inch and a half thick, and a trifle larger than the foie gras. The FINANCIÈRE RAGOÛT should then be heated in some of the above sauce, and put on and round the foie gras, hâtelet skewers being used for the top garnish. A potato border, glazed, may be used in place of the bread, if liked, and to make the ragoût go farther, a few pieces of tongue may be stamped out and heated with it. These should be cut in the shape of cocks' combs.

Foie Gras with Turkey.—Heat the foie gras as above, and cut the breast of a cooked turkey into fillets; these should be heated in gravy or sauce which has been served with it; then cut the foie gras into slices of the same size, and dish the two alternately. After masking the foie gras with rich brown sauce, and the turkey with thick béchamel or suprême sauce, they may be put in a ring, or straight down the dish. Garnish with fancy-shaped croûtons, masked alternately with the two sauces: the white should be sprinkled with truffle, and the brown with sieved egg yolk and parsley. In between, put little heaps of button mushrooms, cooked and glazed.

Chicken can be used instead of turkey. This is an exceedingly nice entrée, very rich; a small dish will serve a good number of persons.

Fowl à la Jubilaire. (*See* RABBIT À LA LYMCHURCH.)—Joint a fowl and cook it exactly as therein described; use the breast, legs, and wings for the dish. If liked, cook the fowl whole, and joint it after. Pile up the pieces, and mask with SAUCE JUBILAIRE. Make a PURÉE OF ASPARAGUS, reserving the points; place this round the dish, and garnish it with ham and tongue, as in the recipe referred to. Prepare some pea-shaped pieces of carrot, cook them until tender, and place little heaps alternately with the asparagus tips about the dish, or some turnips may be halved and scooped out, forming cups: these can be filled after cooking with the above vegetables, and placed about the dish. Before filling, coat them with sauce. Cost, varies with adjuncts.

Another way.—Bone the fowl, cover the inside with strips of ham and tongue, season, and sprinkle with chopped parsley, roll up tightly, tie in a buttered cloth, and cook as above. Then slice it, mask with the sauce, and proceed as in the preceding recipe. This is a superior dish; it is more convenient for serving, and there is no waste. The bones should be boiled with the fowl, then cooked longer for stock as usual. A very white-fleshed bird must be used for this.

Game in Vermicelli. — Required: a mould of vermicelli, a few GAME QUENELLES, some croûtons, brown and white sauces, foie gras, etc., as below. Cost, varies with the game.

Make a mould as directed for CHICKEN IN VERMICELLI. Turn it out and fill the centre with a game purée—any cooked game may be used; it should be minced and mixed with brown sauce No. 2, until thick enough to only just drop from a spoon. Make some foie gras purée by rubbing foie gras through a sieve, and mixing with the same sauce used for the game; spread the croûtons with it, and dot them about the top of the mince; on the border lay some quenelles, moulded (*see* GAME). Then mix some chopped truffle with a little thick béchamel, or other good white sauce, and pour round the base of the mould. Put a spot of it on the top of the mince in the centre, and a similar spot in the middle of each croûton.

Hare, Moulded and Steamed.—Required: half a pound of hare, raw, the same weight of bacon, half the weight of bread, soaked in stock, squeezed dry, and pounded with the yolks of three eggs; seasoning, gravy, and jelly. Cost, about 2s. to 2s.6d.

Butter a plain mould (it should be shallow), pass the hare and half the bacon through a mincer, season well with salt, pepper, cayenne, lemon peel, parsley and thyme, a powdered bay-leaf, and some tomato purée, about a tablespoonful; add the bread and eggs, with the rest of the bacon cut in thin strips. Press this firmly in the mould, and twist a buttered paper over. Steam it from forty to fifty minutes, according to the depth of the mould, then turn out. Melt four ounces of red currant jelly, pour this over, after glazing the mould well, then pour round the base some brown sauce, with a tablespoonful of claret, the same of tomato pulp, and a seasoning of salt and pepper; to half a pint. If preferred, tomato jelly can take the place of the currant. The sauce should be coloured a little with carmine.

Small moulds may be used for this. They should be dished on croûtons, or rich potato cakes, with a little cold fruit jelly on the top, and the sauce poured round the base.

Kidney à la Vance.—Required: a calf's kidney, half a pint of BROWN SAUCE, No. 2, a small tin of mushrooms, seasoning, green peas, garnish, &c., as under. Cost, about 2s. 6d., variable.

Cut the fat from the kidney, slice it, after rinsing in cold water with a few drops of lemon juice, then dry, and cut the slices into dice. Melt an

ounce or two of butter in a sauté pan, cook the kidney for ten minutes, lightly, shaking the pan often, and taking care not to harden the meat. Then drain the butter from it, and add the brown sauce, with a teaspoonful each of sherry and lemon juice; simmer for ten minutes, then stir in the mushrooms, cut up, and heat the whole; season nicely, and pile up on a hot dish. Boil some green peas, or use tinned ones, place them round to form a border, and garnish with leaf-shaped croûtons, brushed over with glaze, placing some on the top, and the rest round the peas. Some whole button mushrooms may be fried and glazed (*see* MUSHROOMS), and used for garnishing in addition to the peas if liked, then some MUSHROOM PURÉE may be mixed with the kidney.

Kidney à la Vera.—Prepare a calf's kidney as described in the preceding recipe, but instead of brown sauce and mushrooms, use white sauce and cooked macaroni cut into half-inch lengths. Pour on a hot dish, and sprinkle grated Parmesan cheese over, then place some croûtons round, brush them with butter, and sprinkle with cheese. Brown with a salamander, and put heaps of cooked macaroni, mixed with a little warm cream, between the croûtons. Then cut some cooked ham into strips, and glaze them—after warming them in stock—and place them about the macaroni.

Kidney in Potato Cases.—Required: a calf's kidney, a small slice of liver, two or three ounces of bacon, a small onion and a mushroom, seasoning, sauce, and potatoes; garnish as below. Cost, about 2s. to 2s. 6d.

Prepare the potatoes as for a "border;" line some china cases at the bottom and sides. Cut the bacon up and fry it lightly; remove, and fry the kidney, liver, onion, and mushroom in the same fat; then drain, add a gill of BROWN SAUCE (or tomato) and a teaspoonful of sherry, simmer, and rub through a coarse wire sieve; add the bacon and fill the cases. Put some POTATO PURÉE in a bag with a rose pipe; cover the tops, and brown in a quick oven. Dish up on a lace paper; sprinkle some with chopped parsley, some with grated ham and coralline pepper, and the remainder with truffles, or pickled walnuts, heated, drained, and cut finely. Put the mixture in deep, china scallop shells if more convenient, and serve as KIDNEY, SCALLOPED.

If preferred, mince the kidney, &c., by putting it through a mincer instead of sieving it: this should be done before cooking. In lining the cases, moisten the palette knife now and then; the coating of potato at the side should be thinner than at the bottoms of the cases.

Kromeskies à la Beaufort.—Required: four ounces each of cooked fowl, ham, and tongue; some TOMATO BUTTER, two eggs, seasoning, as below; frying batter and ham to form the kromeskies. (*See* next recipe for making them.) Cost, about 2s.

Mince the meat, season with salt and pepper, a pinch of grated nutmeg and lemon peel; add the eggs, boiled hard, and cut in dice, and enough tomato butter to make the mass soft enough to just drop from a spoon; it should be added gradually until the right consistency is obtained. In forming the kromeskies care must be taken not to put in too much "filling," and it must be kept well from the edges of the slices of ham (these must be *very thin*, and cut from boiled ham); great care is always necessary when the filling is of a soft nature, but the result, when cooked, repays for the little extra trouble. Sprinkle a dash of coralline pepper over when fried, and garnish with fried parsley.

Kromeskies à la Carshalton.—Required: two ounces each of cooked game, tongue, and rabbit; a pinch of mushroom powder, a teaspoonful of chopped parsley, a morsel of thyme, fresh if possible, chopped; if dried thyme, rub it through a fine sieve;

salt, cayenne, and black pepper to taste, a morsel of shalot chopped small, and half a gill of BROWN SAUCE. Bacon and batter as below are also required. Cost, about 1s. 2d. to 1s. 6d.

First, put the brown sauce in a small pan with the shalot and parsley; stir over the fire for a minute, then remove the pan, and put in all the meat cut in very small squares, but not chopped; stir in a bit of glaze the size of an olive, mix well, add the seasoning, and set by to cool. Prepare the batter by the recipe for RICH FRYING BATTER, and cut some thin slices of bacon about two inches wide, and two and a half inches long. Put a little mince on the bacon, roll up cork shape, close the ends, and dip each into the batter; see that it coats the bacon in every part, then drop them into plenty of hot fat, and fry a light brown, but quite crisp. Dish on a lace paper laid on a hot dish, and garnish with fried parsley and sliced lemon. The bacon must be as thin as possible, and after the slices are cut they should be flattened out with a knife, then trimmed evenly to the size required.

Kromeskies à la Fortescue.—Required: two ounces each of cooked sweetbread, chicken, and tongue; a tablespoonful of rich sauce, BÉCHAMEL or SUPRÊME; the same measure of cooked button mushrooms, seasoning, frying batter and bacon, and an egg.

Cut the sweetbread into dice, and the chicken and tongue into small strips; chop the mushrooms, and mix the whole with the sauce over the fire, then remove the pan, and add the seasoning, and when cooled a little, the yolk of the egg. Mix thoroughly, and put by to get cold. Finish off as directed for KROMESKIES À LA CARSHALTON. Cost, about 1s. 6d. to 1s. 9d.

Kromeskies of Game.—Take any game which has been roasted or braised; cut it up, and pass it through a sieve; to half a pound, put an ounce of minced ham or bacon, cooked, a minced truffle, and a dessertspoonful of port; add a hard-boiled egg in dice, and season rather highly. Heat half a gill of BROWN SAUCE, or any similar thick sauce which may have been served with the game; mix with it the meat, &c., then put aside until cold, and finish off as directed for KROMESKIES À LA CARSHALTON. If more convenient, gravy can be used instead of sauce, but it must be thickened with roux and a bit of glaze.

Lamb Cutlets à la Westmacotte.—Required: five cutlets, a sheep's kidney, a small onion, a little flour and butter, half a pint of stock from mutton bones, a small cucumber, half a dozen olives, salt and pepper, a few capers, and a little vinegar and wine. Cost, about 3s. 6d. to 4s.

Trim the cutlets and brown them in the butter; cut up the onion, add it, and sprinkle with flour, brown it also. When the meat is a delicate yellow put it in another pan with the onion, add the stock, and the olives, scalded, also the capers, chopped; then cut the cucumber up small, put it in, and simmer for twenty to thirty minutes; season nicely. Then pass the cucumber and stock through a sieve, and boil it up with a little glaze. Dish the cutlets round a bed of any vegetable preferred; pour the sauce round, and use the olives as garnish, together with some more whole capers, and the kidney. The latter should be cut in dice, and be lightly cooked in butter for a minute or two, then finished off in a tablespoonful of sherry; a couple of minutes' simmering is sufficient for it. The onion should be removed before the sauce is sieved.

Lamb Cutlets in Cream Sauce.—Required: seven cutlets, a tin of mushrooms, some potatoes, wine, &c. Cost, about 4s., or more.

Trim the cutlets neatly, put them in a sauté pan in hot butter or oil, and brown them on both sides; then drain, wipe out the pan, and put in the liquid from the mushrooms, half a glass of light wine, a morsel of shalot, and a few white peppercorns; simmer,

with frequent shaking for forty minutes, then brush over with glaze, and dish in a ring round POTATO OLIVES. The latter should be brushed over with warm butter, and sprinkled with chopped parsley. Heat the mushrooms in CREAM SAUCE; add the liquor from the pan, first reducing it, then pour the whole round the cutlets.

Lamb Darioles with Peas.—Required: a pound of lamb, any lean part, four eggs, some peas, sauce, &c., as below. Cost, about 2s. to 2s. 6d.

Lay the raw meat on a board, and scrape it; put the pulp thus obtained in a basin, season to taste, add the eggs, beaten and strained, and a gill of BROWN SAUCE. Fill some moulds, as illustrated, garnish the tops first with some cooked carrot and tongue in thin strips, and cook them in a potato steamer for about half an hour. Prepare the peas by boiling nicely, put them in the middle of the dish, with the darioles round, and pour a little



FIG. 64.—FLAT-TOP FLUTED DARIOLE MOULD.

SAUCE DE MENTHE round the base. These little moulds require very thorough buttering to ensure the contents turning out well. The copper ones, tin-lined, are the best, as the cooking is more even, besides lasting much longer.

Lamb Darioles with Turnips.—Prepare the darioles as directed above, but substitute WHITE SAUCE for brown. Put a nice PURÉE of TURNIPS in the centre of the dish, and pour white sauce over the darioles. To this and the preceding, another egg and an ounce of panada should be added if the full time cannot be given for the cooking; by thickening the mixture, less time is required.

Lamb and Eggs, à la Maître d'Hôtel.—Required: a pound of lamb, a pint of MAÎTRE D'HÔTEL SAUCE, three eggs, some small tomatoes, croûtons and seasoning, carrots and turnips. Cost, about 2s. to 2s. 6d.

Cut the lamb, which must be lean, in squares as if for curry; fry them a little in a sauté pan, then drain, and pour over them a little warm stock, from mutton bones, to cover; bring gently to the boil, and cook until done; a few peppercorns and a small bunch of herbs should be put with the meat. Boil the eggs hard, quarter them; slice, and broil or grill the tomatoes; boil the carrots and turnips with the lamb, and slice them also, or cut them in any nice shapes. Then put the meat in the sauce and heat it; pour it in the middle of a dish, and form a border with the sliced vegetables, alternating them. Put the eggs on the croûtons, which should be oval, and place them round the dish, leaving one for the top.

NOTE.—The stock in which the meat is cooked, should be reduced to a few spoonfuls, and skimmed, and added to the maître d'hôtel sauce.

Larks in Cases.—Put some SALMI SAUCE made thick, into small china cases; cut up the remains of boned larks which have been roasted for dinner, add an equal amount of LIVER FORCEMEAT, and fill up the cases within an inch of the top. Then put a little more sauce over, dredge some fried crumbs over, and heat in a tin of hot water, on the hot plate or in the oven. Garnish the dish with watercress salad and put a sprig of cress on the top of each case.

Larks, Salmi of.—Roast or bake as many larks as may be required: they may be boned and stuffed, or cooked plainly. When done, put them while hot in enough SALMI SAUCE to cover them, then let them heat through; pile them in a dish, and garnish with croûtons, put on with small skewers. Put some POTATO CHIPS or RIBBONS

round the larks, with a few BRAISED OLIVES, if obtainable.

Pheasant Cutlets à la Rossvear.—Required: the breasts from two pheasants, farce as below, foie gras, stock, wine, &c. Cost, variable.

Take the breasts neatly from the birds, cut them in thin slices, then remove the meat from any other part of one of the birds, and pound it with half an ounce of butter; half a pound of meat will be required; add to it some foie gras, three or four ounces, and pound the yolk of a hard-boiled egg with the yolk of one raw egg. Blend the mixture, and put a small quantity over a slice of pheasant, then lay on another slice; proceed thus, alternately, until all are used up. Wrap this up in a sheet of buttered paper, and braise in stock No. 5, until nearly done. Then remove the paper, and glaze the meat; finish the cooking in the oven, then cut into slices. Have some croûtons ready, the shape of the slices, but a little larger; put a cutlet on each, and place a little square of foie gras heated in the *bain-marie* in the centre. Dish *en couronne* on a border of game farce, and garnish with button mushrooms, cooked and glazed. Fill up the centre of the border with braised celery or any vegetable preferred. Pour a thin brown sauce, flavoured with sherry, round the border. For the border, *see* GARNISHES.

Pheasant Cutlets with Potato Purée.—Butter some small cutlet moulds, and garnish with small fancy shapes of truffle, and the whites of hard-boiled eggs: these may be in rings, stars, little diamonds, &c. Put half a pound of minced raw pheasant in a mortar, with an ounce of butter, and pound it; rub through a sieve, and pound again with two ounces of panada, a couple of chopped button mushrooms, salt and pepper to taste, and a pinch of mushroom powder. Then add the yolks and whites of two eggs, beaten and strained, and half an ounce of glaze, dissolved in a tablespoonful of Madeira. Fill the moulds with this mixture; it must be pressed in firmly, and smoothed on the top. Poach them like quenelles, for half an hour, or until firm; then turn them out on a cloth. Dish them upright round a high croustade, and pour gravy or brown sauce round the base. Cover the croustade with a purée of potatoes. For this, birds which are too old for roasting will do; in such a case, use the breast and best of the meat; the rest will do for soup. Game of any sort can be similarly used.

Quails à la Rossvear.—Required: four birds, forcemeat as below, gravy, &c. Cost, about 5s., or more.

The quails must be boned, then laid flat on a board, and sprinkled with chopped truffle; a small piece of LIVER FORCEMEAT FOR GAME should then be laid on each, and the birds rolled up evenly, and tied each in a thin cloth. Make a stock of the bones, with herbs to flavour, and strain off; this should be done early, then put the birds side by side in a stewpan, with the stock to half cover them, and simmer gently until nearly done, then take them up and leave until cool. Cut them through lengthwise, then smooth the flat side, and sprinkle with browned crumbs, first egging the entire surface; finish the cooking in a buttered tin in the oven, basting with a little of the stock they were cooked in. Prepare a sauce by thickening the stock with brown roux, and adding a glass of Madeira, and some truffle essence; it should be as thick as good cream. When the birds are done, dish them on a border of potato or rice, with a high croustade in the middle for them to rest against, and on the top put a purée of vegetables; green haricots are suitable; then pour the sauce round the base. In using the vegetable purée the croustade must be quite hidden: this is best done by means of a bag and pipe a leaf pipe has a good effect.

Quails in Cases.—Bone and divide some quails; lay each half in an oval china case, with a little BROWN

Sauce (No. 2) at the bottom. Spread the halves of quail with a small quantity of Mushroom Purée, or Forcemeat, and pour a teaspoonful of sherry over each; cover with a paper buttered on the outside, set the cases in a tin, with boiling water three-fourths up, and cook for fifteen minutes in a moderate oven. Then whip the whites of two eggs to a froth, with a pinch of salt and cayenne pepper; put a little from a bag with a rose pipe on each case, and put back in the oven (out of the tin of water) for six to eight minutes more. The tops should be firm and nicely coloured, and before baking a sprinkling of fried crumbs will improve them, or hot browned crumbs can be put on after they are done. Garnish with watercress salad, or small cress with lettuce shredded and plainly dressed.

Quenelles à la Chasseresse.—Required: three ounces each of cooked game and beef sausage meat; an ounce of butter, the yolk of a hard-boiled egg, also that of a raw egg, a little seasoning of mixed spice and powdered herbs, salt and pepper, a teaspoonful of port or claret, and a morsel of red currant jelly.

Mince the game, pound it with the butter, sieve it, and add the beaten egg and sausage meat, with the rest of the ingredients; pound again, then flour the fingers, before shaping the mass into little balls the size of a nut. Dip them into a little white of egg beaten up, and drop them into boiling stock, then simmer them for ten minutes, and serve them in Potage à la Chasseresse.

These may also be served as an entrée, in which case garnish some quenelle moulds with strips of truffle, and little fancy shapes of cooked tongue, the red part only; fill them with the mixture, and poach as directed for Quenelles of Game, Truffled. Prepare a Macaroni or Rice Border; dish the quenelles on it, glaze them, and fill the centre of the border with any nice purée of vegetables, mushrooms, tomatoes, &c., for which recipes will be found under Dressed Vegetables.

Quenelles, Beef.—Make in the same way as game quenelles, using beef instead of game.

Quenelles of Game, Truffled. (*See* Game Quenelles.)—Prepare the mixture, and add to half a pound, a small truffle, chopped; a teaspoonful of sherry, with a morsel of glaze dissolved in it; a pinch of finely chopped shalot, and a dust of cayenne.

Prepare some quenelle moulds by buttering them, and garnishing with strips of truffle, and a pinch of chopped parsley. Fill them, and poach in game stock for twenty minutes, then turn out and drain, and use as an entrée or for garnishing purposes.

Quenelles of Hare.—Make as other game quenelles, but add to four ounces of the meat, some aromatic or herbaceous mixture (given in Seasonings), as much as will half cover a sixpence; put in the same quantity of mushroom powder, and season with essence of mace or nutmeg. Instead of mushroom powder, a few drops of mushroom ketchup can be used, then rather more panada must be used, or the liquid will thin the mixture.

Quenelles of Rabbit. (*See* Veal Quenelles.)—Substitute rabbit for veal, then proceed in same way.

Rabbit à la Juliette.—Required: a young rabbit, six ounces of cooked ham, three eggs, a gill of thick béchamel, a pint of Sauce à la Juliette, some Rich Veal Forcemeat, and seasoning. Cost, 3s., or more.

Bone the rabbit, and use the best parts only, the rest can go into the stock-pot. Pass it through a mincing machine with part of the ham, add the yolks of the eggs and the béchamel, and mix well. Butter a plain border mould, put some ham cut in strips at the bottom, and over that a layer of forcemeat. Fill up with the rabbit mixture after adding the whites of the eggs

whipped stiffly. Cover with a piece of buttered paper, and steam for an hour. First put a thick sheet of buttered paper at the bottom of the stewpan, and see that the boiling water only reaches two-thirds up the mould. It must only simmer the whole time. When done, turn out, and fill the centre with a MACÉDOINE OF VEGETABLES, mixed with sauce. Pour the rest of the sauce round; good white sauce will do for mixing with the vegetables.

NOTE.—The ham for garnishing the mould must be quite free from fat.

Rabbit à la Lymchurch.—Wash and joint a nice young rabbit; blanch it, then put it in a saucepan with the white part of a small onion, and the middle of a head of celery, a few white peppercorns, and a morsel of mace. Cover with white stock (*see* No. 9), bring to the boil (the stock should be warm when added) and skim; then cook until tender. Divide the legs, put them with the shoulders, and the back cut into pieces convenient for serving, on a hot dish, and coat them with SUPRÊME SAUCE, making the surface smooth. Have ready some rich CELERY PURÉE; mix this with a little hot cream, and put all round the dish, making a sort of border. Cut some ham and tongue in thin rounds; they must be cooked, and heated in some of the stock the rabbit was cooked in; place these alternately, overlapping, on the top of the celery, mask them with a little more sauce, and sprinkle them with sieved egg yolk, chopped parsley, and the liver of the rabbit, rubbed through a sieve, using the three alternately. Cost, 3s., or more.

NOTE.—All the inferior parts of the rabbit should be used, with the stock, for rabbit soup, or for a plain stew.

Rabbit, Suprême of. (*See* the recipe for RABBIT À LA LYMCHURCH.)—After cooking as there detailed, take the flesh from the legs, shoulders, and back, in thin, even slices; cut some tongue and lean ham into similar slices (the two equal to half the rabbit); heat the whole in enough thick SUPRÊME or BÉCHAMEL SAUCE to coat them well, then turn on a hot dish, and garnish as follows. Prepare some olive shapes of carrot, turnip, and cucumber; cook them carefully, and place them in little heaps, the three kinds together, about the dish, leaving a space between. Cook some little slices of lean ham, coat them with TOMATO BUTTER, roll them up, and lay them between the vegetables. Rub the liver of the rabbit through a sieve (or use any other poultry liver), and sprinkle it over the top. Serve as hot as possible. Use some VEAL QUENELLES in place of the ham, if preferred. They should be moulded, and the moulds garnished with strips of ham, tongue, and truffle.

Ragoût à la Toulouse.—*See* FINANCIÈRE RAGOÛT.

Sweetbread, Calf's, à la Bordelaise.—Prepare the sweetbread as directed under SWEETBREADS, *Made Dishes*; cook in a sauté pan in a little butter and white wine; a buttered paper should be laid on the top. After three-quarters of an hour, during which it must be often basted, take it up and glaze it; then let it brown before the fire. Serve with BORDELAISE SAUCE, and garnish with French plums in strips, olives, and lemon in slices. During the cooking, the pan may be set in a cool oven or on the range. Lemon juice and white stock can be used instead of wine.

Sweetbreads à la Financière. (*See* recipe for SWEETBREADS À LA HOUGHTON.)—Cook the sweetbreads as therein detailed; glaze and crisp them nicely, then dish them on a border of white farce. The ragoût must be heated in good sauce (*see* FINANCIÈRE RAGOÛT), and placed about the dish just as described in the recipe above referred to, and served very hot. The sauce for the ragoût should be thick and well flavoured, good sherry or Madeira being used for the purpose.

Brown stock, No. 16 or 17, should be used for making it.

Sweetbreads à la Houghton.—Required: four sweetbreads, a macaroni border, cocks' combs, truffles, croustade, &c. Cost, varies with season.

Blanch, parboil, and press the sweetbreads, lard them round the edge with bacon and truffles, and braise them on a bed of vegetables, with a little stock until tender. Butter a plain border mould, decorate it with the macaroni (*see* GARNISHES), and fill it with a white farce, veal or chicken, made as for quenelles, but coloured pink. The croustade should fit the centre of the border, but be made higher. When the sweetbreads are done, glaze the larded part, and crisp them by means of a salamander. In the centre of the sweetbreads put some thick suprême sauce, and sprinkle it with chopped truffles and lobster coral. Dish these on the border, letting them lean against the croustade. Take an equal number of cocks' combs, and slices of tongue and truffle, cut to the same shape; heat them and make a ring, using them alternately round the top of the border, and stick a whole truffle on the top, using an ornamental skewer to fasten it. Up between the sweetbreads fasten some more of the same garnish used on the border. The tongue should be brushed over with thin glaze, and the cocks' combs masked with sauce, like the sweetbreads. Pour some thin suprême sauce round the base, and serve hot.

Sweetbreads à la Verecroft.—Required: a couple of sweetbreads, and a purée made as under. Chop a tablespoonful of button mushrooms, a fourth the measure of truffles, and a saltspoonful of parsley; add a suspicion of shalot, and cook in an ounce of hot butter for a few minutes, stirring all the time; then take the pan from the fire, and mix in an equal bulk of pounded chicken, veal, or rabbit—the first is preferable. This must be cooked, and during the pounding it should be moistened with white sauce or thick cream. Set aside until cool. Braise the sweetbreads and put by, pressing them in the usual way. When cold, slice them and spread with the mixture; place them again in their original shape, and egg, crumb, and fry them. Dish them on a croustade, garnish with button mushrooms, cooked in stock and glazed, and sliced truffles, and send ITALIAN or MADEIRA SAUCE to table. If for an entrée, pour it round the sweetbreads. Cost, varies with season.

Sweetbread, with Asparagus and Quenelles.—After blanching, let the sweetbread cool, then put it in veal stock, or that from rabbit or chicken bones, and give it an hour's cooking with frequent basting. Then slice, and dish in a row, and mask with suprême sauce. Make some VEAL QUENELLES and colour them pink; they should be very small; use these for garnish, together with strips of truffle. Round the dish put a border of ASPARAGUS PURÉE, with the points sticking out half an inch or more above the surface; or cut some little rounds of truffle, and lay a quenelle on each; these have a pretty effect. Artichoke bottoms, masked with white sauce, can be used instead of asparagus; they should overlap all round the dish. Lambs' sweetbreads may be used as in the foregoing recipes, but a larger proportion will be required.

Sweetbread, with Sauce Herbacé.—Required: a calf's sweetbread, half a pint of SAUCE HERBACÉ, a dozen chicken quenelles, some cream, macaroni, tongue, and truffles. Cost, varies with season.

Boil a sweetbread for ten minutes in white stock, after blanching it; put it in cold water for half an hour, cut it in dice and put it in the sauce; leave it just at simmering point for an hour. Prepare the garnish by cutting the red part of a cooked tongue in fancy shapes: leaves or cocks' combs; and the truffles in round slices; heat them both in clear stock; dry and glaze the tongue. Boil the

macaroni in white stock, season it, and mix in a gill of cream, heated. Turn the sweetbread on a hot dish, put the macaroni round it, and use the tongue and truffle to divide the two: they should be set up in a ring alternately. Cut up any trimmings of the garnish into JULIENNE SHREDS, and sprinkle them over the macaroni. Put the quenelles on the top of the sweetbread, with pea shapes of truffles here and there to divide them.

Sweetbread Cutlets with Tomato Sauce.—Required: sweetbreads, ham or tongue, white sauce and tomato sauce as below, and a garnish of truffles, cocks' combs, croustades, &c. Cost, on an average, from 5s. 6d. to 7s., but variable. About seven or nine cutlets will make a nice dish. Prepare them by blanching, then parboil or braise them until nearly done, and press them until cold. They must then be sliced and cut into the proper shape by means of a cutlet cutter, and fried, the same as whole sweetbreads. For details of the above-named processes, *see* the recipes above, and CALF'S SWEETBREADS in *Made Dishes*. From the trimmings of the sweetbreads, and an equal amount of cooked ham or tongue, make a mince, and mix it with a little thick white sauce, BÉCHAMEL, or any other, and colour it a pale pink. Cut some rounds of truffle, and ham or tongue, and heat them in a little clear stock. Prepare a sauce by mixing a gill and a half of tomato pulp with the same measure of white sauce, BÉCHAMEL for choice; season, and add a tablespoonful of sherry; colour with carmine. A ring of fried bread, and a high croustade are also wanted (*see* GARNISHES). Place the ring on the dish, with the high croustade (smaller) inside it, arrange the rounds of truffle and tongue on the ring, rest the cutlets against the croustade, over which should be poured the mince, so that it shows between the cutlets. Garnish the top with whole truffles, tongue, and cocks' combs, and pour the sauce in the dish. (*See* COLOURED PLATE, No. 2.)

Tomato Baskets à la Harleigh.—Required: nine ripe tomatoes, smooth and equal in size; the same number of croûtons, a little larger, cut with a round, crimped cutter; some purée and garnish as under. Cost, about 2s. 6d.

Scoop out the inside of the tomatoes, leaving an even outer case; they should be first cut in halves. Put part of the pulp through a sieve, and mix with it an equal bulk of minced, cooked ham and chicken, seasoned with thyme and parsley, salt and pepper, and a few drops of tarragon vinegar; add a raw egg, yolk only, and a small quantity of good béchamel and cream, and heat the mixture in the *bain-marie*. Steam the tomato cases until heated through, then dish them on the croûtons, and fill with the mince. Beat up the whites of two eggs with a good pinch of coralline pepper, and a grate of nutmeg; force it through a rose pipe on the top, and brown with a salamander. Form handles with semi-cooked macaroni, just soft enough to bend, and cover them with a little of the mixture used for the filling; it must be sieved, and mixed with the yolk of a hard-boiled egg, then forced from a bag, with a small leaf or rose pipe. (*See* GARNISHES.) Put a little parsley or chervil here and there on the handles, and serve hot.

Tomato Baskets à la Périgueux.—Required: the remains of a cooked pheasant, some cream, seasoning and PÉRIGUEUX SAUCE, tomatoes, and croûtons as below. Cost, from 2s. to 3s.

Prepare the baskets as for TOMATO BASKETS À LA HARLEIGH, and make a mince by passing the cooked meat of the pheasant through a mincer; supposing enough to fill a quarter pint measure, add the same measure of sauce as above, and half as much thick cream. After steaming the tomatoes, brush them outside with glaze, and dip them into fried bread

crumbs, prepared just as if to serve with game; then fill with the mince, and sprinkle with more crumbs. Make handles with semi-cooked macaroni, glazed, and rolled in crumbs. On the top of the mince put a star-shaped slice of truffle, heated in sherry, and on that place half a cherry (*see* CHERRY SALAD). Dish the tomatoes on crimped croûtons, glazed, and ornamented round the edges with chopped truffles and cherries. These are very delicious. Grouse may be used in the same way, so may partridges and other birds; and a little foie gras, or cooked purée of liver of game, or poultry, can be added with advantage.

Tomatoes à la Burdette.—Required: a dozen small, ripe tomatoes, some truffled sausage-meat (*see* SAUSAGES, TRUFFLED); seasoning and sauce as below. Cost, about 2s. 6d.

Make a small hole in the stalk end of the tomatoes, scoop out the interior with a small spoon, then mix half a pound of sausage meat, with a dessertspoonful of sherry, and a sauce-ladleful of good WHITE SAUCE. Fill the tomatoes, using a bag with a small, plain pipe. Smooth the tops very neatly, put on the pieces that were taken out, and lay them in a buttered sauté pan. Pour round them a little white stock to cover, and lay a buttered paper on the top; cook gently for twenty minutes or thereabouts (mind they do not break), then take them up and wipe them. When quite cool, dip the tomatoes in beaten egg, and roll them in bread crumbs mixed with a little pepper and mushroom powder; put them in a frying basket, and fry in plenty of hot fat until crisp and lightly browned. Have ready some round china ramakin cases (see that they are hot), and put in each a little sauce, made from the pulp of the tomatoes by boiling it down, sieving and mixing with an equal measure of brown sauce. Lay a tomato in each case, and on the top of each put a star-shaped croûton the size of a shilling; glaze them, and sprinkle with a pinch of chopped truffle.

Veal à la Marengo.—Required: some breast of veal, stock, fat, seasoning, &c., as below. Cost, about 2s. 9d., for a dish of two pounds.

Cut the meat in pieces ready for serving, flour, and fry in hot fat until brown; then cover with stock, and add a slice of lean ham in dice, a minced onion, herbs and peppercorns; simmer until nearly done, then put in some small mushrooms with seasoning, and thicken with brown roux. Boil up, remove the fat, put in a squeeze of lemon, then dish, and garnish with croûtons and fried eggs.

This is an imitation of CHICKEN À LA MARENGO. If the tendonous part of the breast is used, it will take a long time to cook. Allow half a pint of gravy for each pound of meat.

Another way.—Fry the meat in oil (which is more correct, though less liked), and use some stewed mushrooms, rubbed through a sieve, instead of whole ones.

Veal à la Pandore.—Required: five cutlets from the loin, foie gras, sauce, and vegetables. Cost, about 2s. 6d.

The cutlets must be trimmed, and an incision made in the thick part for a little foie gras to be inserted. They must then be sewn up and braised on a bed of vegetables with a little stock, and a buttered paper over. When done, glaze them, remove the threads, and dish in a row with croûtons the same shape, but smaller, in between. Put a little pile of foie gras on each croûton, and put any nice vegetable purée mixed with VELOUTÉ or BÉCHAMEL SAUCE round the dish.

Veal Cutlets à la Grainger.—Required: six ounces of lean, raw veal, three ounces of raw ham, the same weight of chicken (breast or other white part), four and a half ounces of panada, the yolks of three eggs, and the whites of two, half a gill of thick cream, and the same of

White Mushroom Purée, some sauce and vegetables as below. Cost, from 2s. 6d. to 3s.

Butter some cutlet moulds, a dozen or fourteen, and after preparing the foregoing (except the sauce and vegetables) exactly as if for quenelles, fill them with the mixture, which should be seasoned with salt, pepper, a dust of cayenne, and grated nutmeg, or essence of nutmeg or mace. Smooth the surface of each with a warm, wet palette knife, then put the moulds in a stew-pan with boiling water to three-fourths of their depth; put a buttered paper over, and the lid on the pan, and simmer them for a quarter of an hour, or until firm; then turn them out, and dish them round a Potato Border, slightly overlapping. Fill the centre with any nice suitable vegetable, as peas, asparagus points, or artichoke bottoms; if the latter, cut them in dice, pour a little rich sauce over, velouté, suprême, or béchamel, and pour some more round the base, about half a pint. A border of white meat, macaroni or rice, may be used instead of potato if liked.

Veal Cutlets en Papillotes.—Take as many veal cutlets as may be required, and butter the same number of pieces of paper. Required, for each cutlet, an ounce of chopped mushroom, half an ounce of calf's liver, scraped to a pulp, the same weight of fat bacon, salt and pepper to taste, a teaspoonful of bread crumbs, and the same of brown sauce. Cost, about 6d. or 7d. each. Mix well, and spread the cutlets with it, put them in the papers, and fold them over (*see* recipes for Mullet en Papillotes). Lay them singly on a meat stand set in a baking tin, and cook them in a moderate oven for half an hour, more or less, according to thickness. A little veal stock should be put in the baking tin. When done, send the cutlets to table on a hot dish, slit the papers, garnish with fried parsley and cut lemon, and add the gravy in the tin to a little thick brown sauce; season it, and add a tablespoonful of sherry, and pour it over the meat. Mark the papers with a hot skewer before serving, to imitate marks made by grilling.

Another way.—Spread the cutlets on both sides with a thin layer of beef sausage meat, with a chopped truffle added to each half pound. Cook them in a Dutch oven for about forty minutes, and send a rich sauce to table. Brown Mushroom Sauce, Tomato, Brown Sauce, plain or with truffles, and many other kinds are suitable. During the cooking, brush the papers with warm butter a few times.

Veal Cutlets with Tomatoes and Cheese.—Required: seven cutlets, three-quarters of an inch thick, and cut into rounds about two and a half inches in diameter, tomatoes, sauce, and seasoning as below. Cost, from 4s. to 4s. 6d. Fry the cutlets in the usual way, and dish them each on a slice of tomato, previously grilled (*see* Tomatoes). Take a gill each of rich white sauce and tomato purée, made by pulping the ripe fruit through a sieve; mix these, colour a little, and season slightly with salt and pepper; squeeze in the juice of a quarter of a lemon, off the fire, and pour round the cutlets. Fill up the middle of the dish with plainly boiled rice or macaroni, mixed with a little hot cream and grated Parmesan. A slice from the fillet may always be employed for such dishes as the foregoing with success (it should be skinned); but when not obtainable, any lean part, from which rounds of sufficient size can be cut, may be used instead. Bat out carefully, as they should be smooth.

Another way.—Lay the cutlets in a buttered sauté pan, squeeze the juice of a lemon over them, and pour over each a teaspoonful of veal stock. Cover with a sheet of buttered paper, and cook in a moderate oven; finish off as above directed. This is the more digestible method. If preferred, mix the macaroni with tomato sauce instead of cream.

Veal Escalopes with Celery Sauce.—Required: cooked veal, celery sauce, and purée, seasoning and garnish as below. Cost, for a dish of nine, about 2s. 6d. to 3s. (*See* MUTTON ESCALOPES À LA SOUBISE.) Proceed as therein directed, using cooked veal instead of mutton, and celery sauce for spreading the slices. If any stuffing remains in the veal, mince a little, and mix with the sauce; the dish will then be more savoury; or, failing stuffing, add a pinch of sweet herbs and a morsel of cooked bacon, minced. Cook and dish as before directed, and put in the centre a PURÉE OF CELERY. Instead of the white of egg, pour over it enough thick béchamel to mask it; make it smooth, and sprinkle with grated Parmesan cheese and bread crumbs; add a few bits of butter, and brown in the oven, or with a salamander, or turn it in front of a clear fire for a minute. Any other vegetable can be used for the centre, a similar sauce being used for the filling; the dish taking its name from the sauce used.

Veal Escalopes with Spinach Purée.—Required: cold veal and ham, spinach, eggs, sauce, &c., as below. Cost, about 2s. 6d. for a dish of nine. Cut the meat as above, and put a thin slice of cooked ham between two slices of meat. Then fry as before directed. Dish in a ring on a large round of fried bread, an inch thick. Fill up with a spinach purée, pressed into a round mould, and turned out (*see* SPINACH, MOULDED); garnish with eggs (*see* EGGS FOR SPINACH), and pour any suitable sauce round the outside of the bread; tomato sauce is very good; egg sauce is also suitable.

Veal Quenelles.—Required: six ounces of raw veal, four ounces of panada, the yolks of two eggs, and the white of one, an ounce of butter, a tablespoonful each of cream and thick sauce, suprême, velouté, or béchamel, a pinch of salt, white pepper, and ground mace, or a drop or two of essence of mace or nutmeg. Cost, about 1s.

Lay the meat on a board, and scrape it (it must be full weight after scraping), put the pulp thus obtained in a mortar, with the butter (pound it and the panada separately, then together); add the seasoning, eggs, and sauce; rub through a sieve, and then stir in the cream, and use as required.

Other white meats are used in the same way. When it is necessary to colour the mixture pink, the carmine should be put with the cream. The whole must then be blended well, to avoid streakiness.

Vol au Vent au Financière.—Prepare the case by the recipe given in PASTRY; then when the interior has been removed, put in a FINANCIÈRE RAGOÛT. Finish off by putting the cover on the vol au vent; or, if a very elaborate dish is desired, garnish with cooked prawns or crayfish, sliced truffles, and cocks' combs, forming a pattern according to taste. Cost, variable.

Vol au Vent à la Toulouse.—Substitute the RAGOÛT À LA TOULOUSE for that in the preceding recipe. In either case, take care that the sauce is thick, and that the bottom of the case is perfect; should an accident happen, brush the inside with a little glaze, and let it dry before filling. Should the sauce leak, the appearance of the dish will be spoiled. A vol-au-vent of this class will serve a large number of people; it is so rich that a very small portion only is required.

For other vol au vents, *see* PASTRY.

MADE DISHES AND RELEVÉS.

As previously stated, some of the following made dishes can be served as entrées, but a brief consideration of the various kinds will show the necessity of selecting them with discretion. Take, say, a curry, of any sort. One high authority assures us that it ought never to be served as an entrée; another says, it *may* appear as a second entrée, if a delicate one has gone before; a third asserts that a curry, or any dish of a similarly high flavour, is a fitting climax to a meal arranged to suit the guests, irrespective of custom; citing, as an illustration, a fish dinner, or a bachelors' supper. But as various circumstances must decide the general arrangement of a dinner (the same dishes answering at times for different parts of the service), it is well not to draw too fast a line with respect to curries, or any other special dishes. One rule is absolute: all of a highly seasoned kind are unsuitable to precede any lightly flavoured one, for a pronounced flavour *will* assert itself all through a meal. Small savouries, served in the second course, are not here referred to.

The majority of dishes in this chapter are of all-round utility, including breakfast and luncheon dishes, and many that in a comparatively plain dinner—consisting of soup or fish, with a pudding to finish—would serve as the embodiment of an entrée and a relevé; of which class, steaks and cutlets, and good stews are typical dishes. The same may be said of many dishes given under COLD MEAT AND SCRAP COOKERY, for they are "made dishes" to a certain extent, and may replace a number of those from fresh meat given herein. The same remark applies to the dishes of game and poultry, in the form of hashes, minces, &c.; these will be found under their respective headings.

A word now on RELEVÉS, or *removes* as they are often called. These dishes at one time were set upon the table when the soup tureen was taken away, which explains the name. The word is now understood to mean the solid or substantial part of the repast; indeed, in the average middle class home, it may be said to form the dinner, with occasionally soup or fish to precede it, and a sweet dish to complete the meal. But the word is very elastic when applied to a public feast, or a private dinner of a high class: under *relevés* one may find joints of all sorts, fowls, ducks, geese, turkeys, indeed an unlimited supply of poultry, as well as hams, tongues, meat pies and puddings: then, often game of some sort is the only thing which figures under *roasts*. Again, it is possible to meet with joints only under *relevés*, the poultry being put under *roasts*, particularly if game is not included in the meal.

In the present instance we have separated the *relevés* from plain joints, simply to facilitate reference. Those who want a joint pure and simple, or a plain meat dish of any kind, will find it under JOINTS, and in the chapter devoted to game and poultry will be found all the dishes of the latter class suitable for *removes*. Here we give all the braised meats, joints as well as smaller dishes, for braising is not sufficiently understood in ordinary English kitchens to justify the insertion of a

braised joint with those familiarly known as bakes, boils, and roasts: and by braising, we mean also stews of the best kinds, *i.e.*, when braising is imitated so far as the resources of the kitchen will permit. To such dishes, as detailed in this work, we ask especial attention; as an effort has been made to render the directions so plain that anyone of average intelligence may carry them out to the letter, and present at table a dish, which shall not only be a very welcome change from the "eternal roast and boiled" beyond which thousands of housekeepers never rise, but, all things considered, more economical also; for besides the reduction of fuel, the trouble entailed (after a start is made) is but little compared with that of basting; while as to nutriment—well, to put it very mildly, it may be safely said that fifty per cent. of the baked, boiled, or roasted joints contain less than one which is scientifically braised or stewed; although this is not always the fault of the cook.

Respecting cold joints, we are glad to see that the custom of serving at dinner parties a daintily dressed piece of meat, with all the adjuncts cold (in many instances iced), is gaining ground. Among many other advantages, the charm of novelty counts for something, and all things considered, we should say that the fashion is likely to be a lasting one. We may be pardoned for pointing out that such dishes as we are now discussing are joints cooked for the purpose and left until cold, not joints cut while hot, and re-served in the cold state. First, the garnish has to be considered; then the character of the meal as a whole must decide what adjuncts are necessary: for very good dinners, one or other of the iced sauces, and a salad, or an iced purée of vegetables should be chosen; the garnishing media given under COLD ENTRÉES will suggest variety in this direction.

Beef à l'Alceste.— Required: four pounds of brisket of beef, sauce and garnish as below. Cost, about 5s.

The beef should be salted for two or three days; then boiled in plain stock to cover it, the skin and bones being first removed; it must then be pressed until cold. A nice square piece is required, to make the dish a success. Place the meat on a flat silver dish, and chop some aspic jelly, both pink and yellow; place a row of each, half an inch wide, alternately down the meat, dividing them by means of a little grated horse-radish. Place round the meat some blocks of the same jelly, with a tuft of horse-radish, grated finely, between them. On another dish, put a border of iced SAUCE À L'ALCESTE; fill up with a salad mayonnaise, and sprinkle a little grated horse-radish on the surface.

If the party is large, and it is likely that all the meat will be eaten, the quantity of sauce given in the recipe may be doubled; but two small moulds will be more satisfactory than one large one.

Another way.—Garnish the beef with horse-radish butter in between the rows of chopped jelly; and in garnishing the dish, cut some small tomatoes in two, and ornament the cut side with the same butter; use them in place of grated horse-radish. For the adjuncts, *see* GARNISHES.

Beef à la Mode (German).—Required: a piece of meat from the round, bacon, vegetables, herbs, seasoning, &c., as below. Cost, from 4s. 6d. to 5s.

Beat the meat, cut some bacon as for larding, and roll it in a mixture of pepper, ground cloves, nutmeg, and

salt, equal parts. Lard the meat all over, lay it in a stewpan with a few slices of bacon, a bay leaf, a large crust of bread, a grated carrot, and a chopped onion. Pour over the meat a glass of claret, a tablespoonful of lemon juice, and some common bone stock to half cover it. Cover the pan, and cook for three hours or thereabouts, for a piece weighing six pounds. Drain, put the meat on a dish before the fire, pass the gravy, with the bread, through a coarse strainer, boil, and skim, and season nicely, then pour it round the meat. Garnish with spinach balls, or tiny sprouts, or any vegetable preferred.

Remember to baste the meat with the gravy while cooking, and to turn it when half done.

Beef and Hare, Minced and Rolled.—Required: a pound of beef steak, a pound of hare, two ounces of suet, two ounces of bacon, a tablespoonful of mushroom ketchup, a gill of bread crumbs, an egg, salt and pepper, a tablespoonful of tomato pulp, some stock and sauce as below, and some lemon juice. Cost, about 3s. to 3s. 6d.

Mince the beef and hare (the best parts of the latter should be used), pass them through a mincing machine with the suet and bacon. Beat up the yolk of the egg with the tomato pulp, add to the rest with the crumbs and seasoning, and the juice of half a lemon. Mix well, and then work in a little brown sauce, about half a gill. Beat up the white of the egg, brush the roll in every part, cover with crumbs, and brown it in hot fat; it must be turned often. Then put it in a clean pan, with stock No. 4 to half its depth, cover, and stew gently, turning every quarter of an hour, for two and a half hours. Then put it on a bed of spinach on a hot dish, add some brown sauce to the gravy, and a bit of tomato jelly or currant jelly; boil up, and season, and pour round the meat.

A purée of onions, chestnuts, or mushrooms may be used in place of the spinach if preferred. In shaping the roll, flour the board and the hands a little; it should look like a large sausage when cooked.

Beef Boudins à la Boston.—Required: twelve ounces of lean steak, two ounces of calf's kidney, two ounces of butter, a gill of stock No. 4, two ounces of fine flour, two eggs, salt, pepper, and herbs, and a small mushroom. Cost, about 1s. 6d.

Cut the meat up, pass it three times through a mincer, then sieve it, and pound it with half the butter. Make panada with the rest of the butter, flour, and stock; add to the meat with seasoning, chopped mushroom, and eggs, and mix thoroughly. Butter some boudin moulds (*see* page 209); fill them with the mixture, and poach for twenty minutes or more according to size. Turn out and serve with Sauce à la Boston, and send Potato Chips or Ribbons to table with them.

For the method of poaching these *see* Quenelles, page 153.

Beef Boudins à la Burette. (*See* Burette Sauce.)—Add enough to give zest to a tureen of brown sauce or gravy, and serve instead of the sauce in the preceding recipe.

Beef Braised, à la Jardinière.—Required: nine to twelve pounds of the rump of beef, wine, stock, and vegetables, &c., as below. Cost, about 1s. 2d. per pound, including wine, &c.

Bone the meat, tie it in shape, put it in ordinary bone stock, warm, and boil it slowly for two hours and a half. The liquor will make excellent soup; only just enough to cover the meat is wanted. Then drain and lay the beef in a braising pan with a bed of mixed vegetables under it. Put in some herbs and mixed spice—a few cloves, blade of mace, a dozen allspice berries, and peppercorns—half a pint of stock No. 17, and half a bottle of marsala. Cook gently, with a buttered paper over, until done; about half an

hour per pound, including the first boiling, should be allowed. Frequent basting with more stock from time to time, will be required. Then pour off the gravy, put fresh cinders in the lid to brown the meat well, then dish it and pour a little gravy round, after thickening, seasoning, and boiling it up; serve the rest in a tureen. Round the meat, put some cooked vegetables, olive-shaped carrots and turnips, button onions, sprouts, or sprigs of cauliflower, and celery in short lengths; all, or as many as convenient. Then pour half a pint of BROWN SAUCE No. 2 on the top of the meat. Braised meat makes a very excellent hash, or may be re-heated in any other way.

Beef Curry, Madras.—Required: a pound and a half of steak, two onions, an apple, an ounce of curry paste, half an ounce of curry powder, the juice of a lemon or lime, a salt-spoonful each of browning, mushroom ketchup, and anchovy essence, a *soupçon* of cayenne and grated nutmeg, half a pint of stock No. 4, and a gill of brown sauce. Cost, about 2s. 4d.

Cut the onions in thin rings, fry them golden brown in hot butter; put them by, then cut the meat up, roll it in the curry powder and other spice, add it and the chopped apple to the butter, and fry it well; then put in the paste and stock, with half the lemon juice. Bring to the boil and stir in the onions; simmer for two hours, then pass the sauce, &c., through a sieve. Put it back in the pan with the meat, brown sauce, rest of the lemon juice, and salt to taste; when hot, serve with plain rice, or one of the special rice dishes for curries given in a later chapter. During the cooking replenish the stock as required.

For "gravy curry" use more stock; the quantity may be doubled. The above recipe will be found excellent, and may be followed for game. A mixture of meat and game makes a good curry, but in either case, orange juice may be used instead of lemon or lime with advantage. The thing to guard against is an overdose of anchovy, ketchup, and browning. In minute quantities they are an improvement.

Beef, Fillet of, à la Coutts.—Required: the fillet, *i.e.* the inside of a sirloin of beef, half a pint of clear stock, as No. 6 or 7, a gill of Madeira, vegetables, &c., as below. Cost, about 1s. 4d. to 1s. 6d. per pound, inclusive.

Raise the fillet clean from the joint; take off the skin, and lard it on both sides, first trimming neatly into an oval, and binding with tape. Put at the bottom of a stewpan (very little larger than the meat) a few slices of bacon, the trimmings from the meat, a couple of ounces of celery, the same of carrot, outside only, a bay leaf, and a bunch of thyme and parsley; place the fillet on, put in half the stock, cover, and reduce almost to glaze; then put in the rest of the stock and the wine. Cook the meat very gently in a moderate oven, basting a few times, over a buttered paper, which should fit the pan. When half done, add a dozen peppercorns, and a scalded onion stuck with a clove. When tender (it will take from thirty minutes per pound) put it on a dish, strain the gravy, and cool it quickly so as to take off the fat; then boil it until reduced to a gill, pour this over the meat, and hold a salamander over for a second, if the lardoons are not brown and crisp. Pour round a rich sauce, and serve hot. (*See* HOT SAUCES.) This is a very rich and excellent dish.

Beef, Fillet of, as Hare.—Required: two pounds of fillet of beef (the under cut from the sirloin), bacon, and gravy, &c., as given for JUGGED HARE. Cost, about 3s.

Trim the meat into a nice compact shape and lard it with bacon on the upper side; then stew it in a pan to just hold it with the gravy and added ingredients. When tender, crisp up the meat in a brisk oven, while the gravy is skimmed and thickened. Dish the meat with the gravy round, and some forcemeat balls (*see* FORCEMEATS)

and crisped bacon for garnish; or little sausages may be used. Serve tomato salad, or tomato or currant jelly, with this; or the SAVOURY TOMATO PRESERVE given in a later chapter.

Beef, Fillet of, Savoury.—Take the fillet from the loin, cut it into slices, and sprinkle each with chopped onions, parsley, thyme, and all the other seasonings used for VEAL FORCEMEAT, RICH. The onions should be plentiful. Then lay the slices together, and tie the meat in its original shape. Roast before an open fire, basting well; or it may be cooked in a Dutch oven. When done, glaze it, and serve any nice sauce with it; PIQUANT, BROWN ONION, CHUTNEY, and many others are suitable. When the meat is about half done, it should be seasoned with pepper, powdered herbs, and grated nutmeg and cloves. Cost, about 1s. per pound inclusive.

Beef Fillets with Eggs.—Required: some fillet steaks, cut into small rounds, the same number of eggs, some horse-radish butter, and RICH POTATO CAKES. Cost, about 3s. 6d. for a dish of nine.

Broil the steaks, after brushing them with oil or butter; they must be from well-hung meat. Have the cakes ready fried, and laid on a hot dish; put a steak on each, then poach the eggs, and trim neatly, leaving a circle of white half an inch wide only round the yolk. Lay an egg on each piece of meat. Chop up the rest of the white into pea-sized pieces, and add to a gill of brown sauce. Put a little of this round each egg; on the top of the eggs put a small pat of horse-radish butter.

This is a very good dish for any meal. Any other butter may be used in the same way.

Beef Fillet with Olives.—Required: a fillet of beef, a bunch of herbs, a carrot, some bacon, an onion, and a few stalks of celery, stock, wine, seasoning, &c., and a dozen olives. Cost, about 1s. 4d. per pound, inclusive.

Put the sliced vegetables in a buttered stewpan, with a slice or two of bacon; lard the meat, add it, and pour over a gill of stock No. 6, or any similar; let it become absorbed, then add another gill, with the same quantity of light wine. Cover with a little more bacon, and cook in a moderate oven, basting a time or two. When nearly done, stone and blanch a dozen olives; add them with a little more stock, and a bit of glaze and brown roux, and finish the cooking. Glaze and crisp the meat, and pour the olives and gravy round it. Serve with a PURÉE OF SORREL, ENDIVE, or SPINACH. Beef cooked as above may be served à la jardinière or à la financière, just according to the garnish. An ox-tail, blanched and cooked in the same way, is excellent. It should be browned in a little hot fat, the thick end first divided; then well drained before cooking. The bacon may be omitted, a sheet of buttered paper taking its place.

Beef, French Stew of.—Required: a thick steak from the rump, about three pounds, a pint of rich stock, as No. 6 or 7, half a pint of white wine, a bay leaf, shalot, head of garlic, salt and peppercorns, some roux and burnt onions. Cost, about 4s.

Beat the meat well; fry it brown in hot fat, then put it in a stewpan with the other ingredients, except salt and onion colouring; these should be added towards the end, with enough roux to thicken very lightly. Cover, and cook gently for an hour and a half to two hours; longer still if the meat is fresh. Then finish off, and serve with the gravy over and send a plain salad to table with it.

Any left over will be found delicious if served cold in a salad, or converted into potted meat.

Another way.—Beat the meat as above, and lard it; put it in the stewpan with the same stock to three-fourths of its depth; omit the wine, and put in a grated carrot and a grated apple, with a bay leaf, and a tablespoonful each of tarragon and cucumber

vinegar. Cook slowly, add salt to taste, put the meat in the oven to crisp the lardoons, and pass the gravy, &c., through a sieve; add a few drops of Parisian browning essence, and a bit of glaze; boil up, and pour round the meat. Send a plain watercress salad to table with it, or, if preferred, a lettuce or endive salad. (*See* SALADS.)

A morsel of onion or shalot will improve the dish.

Beef Fricandeau.—Required: three pounds from the rump, or the fillet from the sirloin, vegetables, wine, &c., as below. Cost, about 4s. 6d.

Lard the meat on the upper side; rub together a pinch each of ground cloves, mace, and black pepper; sprinkle over the meat, then lay it in a stewpan on a bed of vegetables—chopped celery and shalots, with a little carrot and turnip; add a good bunch of herbs, a glass of white wine, and a gill of stock, such as No. 6 or 7. Cover, and cook until the liquid is absorbed; then put in a pint of stock, and simmer in a slow oven for two hours. Strain and skim the gravy; add salt to taste, crisp the meat in a hot oven, and serve with a PURÉE OF SORREL, SPINACH, or other vegetable round it.

Another way.—Fry the meat and vegetables in the stewpan, with an ounce of butter or minced bacon; when nicely browned, put in the wine and stock, and proceed as above. The meat will then only require crisping with a salamander before dishing.

Beef Olives, Piquant.—Required: a dozen slices of beef, thin, cut into shape (*see* BEEF OLIVES, PLAIN), a pint of SAUCE PIQUANT (either of the recipes may be followed), a dozen little slices of bacon, the same number of French plums or good prunes, a gill of claret, seasoning, and glaze; garnish as below. Cost, about 3s. 6d.

Thin, streaky bacon is needed for this; trim off the rind, and cut the pieces three inches long. Brown the beef olives in a little hot fat, then lay them in the sauce and simmer them until tender (about an hour and a half); meanwhile, rinse the plums, stew them in the claret, and when done stone them. Then add the claret to the first pan with the meat. Put a plum on each bit of bacon, roll up, and fasten with thread or a little skewer; then fry them brown or cook them before the fire; the bacon should be cut very thinly, and looks nicer if dredged with raspings. When done, put the olives and bacon alternately on a hot dish, first glazing them. Thicken the sauce by reducing it, and pour it in the centre. Outside the olives, put some small glazed croûtons, leaf shape or oval (the latter are better); they should overlap to form a border: or, instead of these, some RICE CROQUETTES in cork shapes, fried and glazed, can be used.

The bacon is preferably cut from a piece that has been boiled; it then takes a very short time to cook.

Beef, Rolled (a German recipe).—Take some flat ribs of beef, bone and skin it, and bat it out flat. Required: (supposing four pounds of meat) a large onion, a clove of garlic, ground spices (a teaspoonful or less), salt and pepper to taste, and six ounces of fat bacon in small dice. Cost, about 3s. 6d. Mix these ingredients, spread them over, and roll the meat up tightly; bind it up with tape, and brown it in hot fat (bacon fat answers very well). Then drain it, and put in some stock (about a pint), with a gill of light wine and half a gill of vinegar; boil for two to three hours. Thicken the gravy and add salt to taste; then pour it round the beef. This is very good when cold, but a still better dish is to be had from meat cooked as above, then pressed and glazed. Brisket (or thin flank) can be used in place of ribs, or any part which will roll well.

Beef, Rolled, with Anchovies.—Required: beef as in the above recipe, forcemeat and sauce as below, bread, bacon, &c. Cost, about 3s.

Mix a tablespoonful of anchovy

essence with two or three ounces of minced bacon, and a teacupful of bread crumbs; season, and spread it over the meat; tie it up, and brown as above, then cook it in some plain stock until tender. Take it up, brush over with glaze, and serve ANCHOVY SAUCE FOR STEAK with it.

Beef, Spiced.—Required: five or six pounds of beef, the thin flank, vegetables, wine, &c., as below. Cost, about 4s.

The meat must be salted for about ten or twelve days, and before salting, skin and bone should be removed. (*See* recipes under JOINTS.) When ready to cook, wash it and roll it up; tie with tape, and wrap it in a thin cloth, buttered. Then put it in a large stewpan, or a boiling pot that will just hold it, with an ounce or two of butter or dripping, a thick layer of vegetables sliced, over and under, and some herbs, a dozen peppercorns and allspice berries, and a clove or two. Cover for twenty minutes, then put enough ordinary stock to come half its depth, and half a pint of claret. Boil for about four hours, if six pounds of meat, then press it, and when cold take the cloth off, and glaze it, or coat it with aspic. Garnish with salad, and serve as a breakfast dish, or for a cold collation of any kind. In the latter case, garnish with aspic. The liquor from the meat will (if diluted with stock or water) make good soup. The vegetables may be sieved, and served in it.

For plain dishes of this kind, *see* the chapter devoted to JOINTS and PLAIN DISHES.

Beef Steak à la Bridgport.—Required: a couple of tender loin steaks, an inch and a half thick, sauce as below, and some mushroom forcemeat, seasoning, &c. Cost, about 3s.

After cutting the meat into nice even rounds as large as possible, pass the trimmings through a fine mincing machine. Supposing half a teacupful of this, add an equal bulk of forcemeat (*see* recipe for MUSHROOM FORCEMEAT, RICH), and blend well; season with salt, cayenne, and black pepper. Brush each side of the steaks with salad oil, first adding to it a pinch of pepper, a few drops of soy, and a teaspoonful of mushroom ketchup; leave for an hour, then again brush over; at least half a gill of oil is required in all. Have ready a stewpan, but little larger and deeper than the meat; put the two steaks together like a sandwich, with the forcemeat between, and tie them together to facilitate turning. Put in the stewpan a gill of brown stock, made by stewing any odds and ends of lean beef in water without vegetables; add a few peppercorns and a clove, and then lay in the meat; cover with an oiled paper, and set in a moderate oven. Baste and turn in half an hour, then baste and turn again, adding a little more stock as required. Then dish and glaze the meat, and keep it hot; add enough stock to make half a pint, thicken it with brown roux to the consistency of cream, then put in a teacupful of BROWN MUSHROOM SAUCE. Boil and skim, season, but do not destroy the mushroom flavour; pour round the meat, and serve with POTATO CHIPS. This is recommended to all who appreciate the flavour of the mushroom, and we would advise a trial of steaks from the thick part of a leg of mutton, cooked in precisely the same way.

Beef Steak à la Périgueux.—Required: a thick rump steak, of two pounds or more, some potatoes prepared as below, and half a pint of PÉRIGUEUX SAUCE. Cost, about 3s., exclusive of sauce.

The steak should be at least two inches thick; after trimming it into a nice shape, make a slit, and cut round to form a bag in the centre, but leave the external opening as small as possible. Inside, put half a gill of the sauce, and a spoonful of bread crumbs, mixed with a good sized truffle, chopped, and soaked in wine to cover for an hour. Then sew up the steak, brush it with salad oil on both sides, and broil

or grill for half an hour, turning every two or three minutes. When done, lay it on a hot dish, and put the potatoes round; serve the sauce separately. A pound of potatoes should be cut into olives or marble shapes, then dried in a floured cloth. Put them in hot fat to cover, and as soon as a little browned take the pan from the fire and leave for five minutes, while they *cook;* then put it back over the fire for a couple of minutes or so. Drain well, and sprinkle a little salt and cayenne over them. Brush the steak with warm glaze, and put a row of chopped truffle, seasoned in the same way, down the centre.

Beef Steak, The Mandarins'.—Required: a thick beefsteak, sauce, &c., as below, vegetables and seasoning. Cost, about 2s. 6d. to 3s.

Take a pound and a half of meat, cut it into a nice oval shape, pass the trimmings through a mincing machine; add a fried onion, and some ham chopped small, with a spoonful or two of brown sauce, a beaten egg, and some bread crumbs, enough to bind the whole, just as for croquettes. Then form the mass into little balls, not larger than a cherry, and egg and crumb them; then cook them in the sauté pan. Grill the steak, put the little balls round it, with Potato Balls or Cutlets in between; or put a ring of the cutlets round the dish. Pour a gill and a half of Mandarins' Sauce over the steak, and serve as hot as possible.

Beef Steak with Marrow.—Required: a thick steak, from the rump, of a pound and a half; marrow, seasoning, and sauce as under. Cost, about 2s., exclusive of sauce.

Lay the meat in a mixture of oil, pepper, and grated horse-radish for an hour, then grill it. Put a tablespoonful of chopped beef marrow on a plate, with an equal bulk of chopped shalot, a pinch of salt and pepper, and a spoonful of French mustard. Place it on the hot plate, or in a slow oven, and let it melt while the meat is cooking. Spread a little on the dish, put the meat on, and spread the rest over it. Round the dish put some fried potatoes, with little heaps of grated horse-radish, or send Horse-Radish Sauce (hot or cold) to table in a boat. The steak may be broiled if more convenient, and basted with the marinade.

Another way.—Instead of horse-radish sauce, put a pat of Horse-Radish Butter on the steak after dishing it. The shalots are to be removed after the marrow is cooked.

Beef Steak with Oysters.—Required: two pounds of thick steak, lean, a score of oysters, seasoning and stock. Cost, about 3s. 6d.

Melt a couple of ounces of butter in a stewpan, brown the steak in it, turning every minute, then pour the fat off; add stock No. 4 to half the depth of the meat, and the strained oyster liquor; season as directed for oyster sauce. Turn and baste the meat now and then; when tender, thicken with brown roux and boil up; then lay in the oysters, draw from the fire, and in less than a minute serve the meat, &c., all together on a hot dish. Send potatoes separately to table. Time to stew, about an hour and a quarter; longer if freshly killed meat.

Beef Steak with Oysters and Anchovies.—Required: steak, anchovy butter, seasoning, stock, and oyster sauce. Cost, exclusive of sauce, about 3s. for a steak of two pounds.

Cut a thick rump steak into a nice shape; brush with salad oil and cayenne; cut it half through, with the exception of the edge, and make the external opening as small as possible. Put a good pat of anchovy butter inside, sew up the edge, then lard the meat on the upper surface, first dipping the bacon used into cayenne, and brush over with a little anchovy essence. Braise in stock to half its depth; a plain stock minus vegetables is required; baste often, and in an hour and a half, supposing two or two and a half pounds, it should be tender. Crisp up on a hot dish,

reduce the gravy, add it to a pint of good Oyster Sauce, and pour round the meat, which should be glazed as usual.

Beef Steak with Vegetables.—Required: a steak an inch and a half thick, and a pound in weight, vegetables, &c., as below. Cost, about 1s. 9d., exclusive of sauce.

Cut the steak as above; fry a chopped mushroom with a shalot and some parsley, season well, put it inside the meat, and sew it up, then grill or broil for twenty to thirty minutes, brushing it first with oil, seasoned with cayenne, grated nutmeg, and powdered herbs. Prepare the vegetables as for Brunoise Soup, fry some potatoes also, in any desired shapes, and dish the meat, with the vegetables in little heaps round it. Serve with it Brown Celery, Onion or Mushroom Sauce; brown caper or tomato is also suitable. Mutton can be used in the same way.

Beef with Chestnuts.—Required: two pounds of lean beef, the same weight of chestnuts, prepared as under, seasoning as below. Cost, about 2s. 8d., exclusive of gravy.

The meat should be in a thick slice, from any tender part, then broiled or baked. Bake and skin the chestnuts; put them on to boil, with stock No. 6 or 7, to cover them; lay a buttered paper over, and simmer until the stock is absorbed. Then add a pinch each of salt, sugar, white pepper, cayenne, and coriander seed; or in place of the latter, a slight flavouring of anisette; rub through a sieve, stir in an ounce of butter, and colour with carmine to a pale pink. Serve round the meat, and send brown gravy, made from stock as above, to table in a tureen.

Chestnuts as above may be served with roast beef.

Beef with Ox Foot, Stewed.—Required: a pound of steak, one ox foot (or two calf's feet), vegetables, &c., as below. Cost, about 1s. 6d. to 1s. 9d.

Slice and fry a large onion; put it in a stew jar with the meat in square pieces, and the foot parboiled and jointed; add a grated carrot, and half a pint of minced celery; then pour in enough plain stock, No. 1 or 2, to cover the meat, with a little flavoured vinegar, and a tablespoonful of brown vinegar; add herbs, and a teaspoonful of peppercorns. Cover, and stew for three hours, then pass the vegetables through a sieve, add the gravy; boil up and thicken a little. Then serve with a garnish of any vegetable separately prepared.

Brain Cakes (for garnishing).—Take a sheep's or calf's brains, and wash and blanch them (*see* directions in next recipe). Then boil them in a little white stock until done, and beat them up. Add a hard-boiled egg—yolk only, rubbed through a sieve—and a tablespoonful of cream, or any nice white sauce, and season to taste with salt and pepper, and a little mace or nutmeg; lemon rind, in small proportion, is an improvement, and fine herbs are sometimes liked. Some fine bread crumbs, or a little bread panada (*see* Forcemeats), must be put in to give consistence, but the mixture should not be stiff. When cool, form into little balls, then flatten them into cakes about the size of a florin; flour them, then coat with egg and bread crumbs, and fry a delicate brown. For Brain Balls, follow the above recipe, but shape the mixture like marbles.

Calf's Brains.—Blanch the brains, however they are to be cooked. This is done as follows:—Wash them in salt and water, renewing it until they are free from any trace of discoloration. Put them in cold water to soak awhile, then skin them, wrap in a bit of muslin, and cover with cold water; add a pinch of salt, a bit of onion, a few peppercorns (white) and a teaspoonful of white vinegar or lemon juice; bring this just to the boil, remove the brains, and if not needed at once, put them in cold water until wanted. They

take but a short time to cook after the blanching.

Calf's Brains à la Française.—Required: a dozen button onions and mushrooms, veal stock and wine, seasoning, and two sets of brains. Cost, variable.

Prepare the brains as above. Fry the onions, then add a gill each of veal stock and light wine, with a bunch of herbs, the brains, and a little salt and pepper; cook for ten minutes, put in the mushrooms, give ten minutes more, then strain, and add a little thickening to the sauce; skim and boil it up; serve altogether on a hot dish.

Calf's Brains, Fried.—These may be plain or quite elaborate, according to the sauce, garnish, &c. For a plain dish, coat them with warm butter, then with egg and crumbs, and fry after blanching. They should be first sliced. For a better dish, slice the brains and coat them with Rich Frying Batter, then serve with any rich, hot sauce. *See* also Cold Sauces; some are very suitable for serving with brains; and for an entrée the dish may be garnished with any of the iced sauces, taking its name from the sauce. Black butter, as for skate, is a favourite sauce with many people; by its aid, the dish, somewhat insipid in itself, is made very piquant. Sheep's or lamb's brains can be served in the same way. Cost, variable.

Calf's Brains with Eggs.—Required: a pint of Brain Sauce, six or seven eggs, some black butter, and croûtons. Cost, variable.

Make a croûton for each egg, and one large one in addition, for the centre of the dish, on which the brain sauce is to be poured. Fry the eggs, and place them on separate croûtons round the sauce. Pour a little Black Butter over the eggs, and garnish with fried parsley; a little bunch between the eggs. To make the sauce, boil and chop the brains, one or two sets, and add them to thick white sauce, Parsley, or Economical Béchamel, just as preferred.

Another way.—Mix the brains with a pint of egg sauce, then put some croûtons round, and place on each a small brain cake (*see* Brain Cakes). For a superior dish, fry some small veal sausages, and put a row all round the dish. Forcemeat balls can be used similarly.

Calf's Ears à la Juliette.—Boil the ears by the recipes given for heads and feet; when nearly done, take them up, and put them in Sauce à la Juliette to finish the cooking; garnish the dish with quenelles, forcemeat balls, mushrooms, truffles, or anything usually added to rich dishes of veal. If more convenient, cook the ears until quite done, then just pour the sauce over. Plenty of time must be given; quite three hours. Cost, variable.

Calf's Ears, Stuffed.—Use any of the forcemeats given in a later chapter, or ordinary sausage meat will serve the purpose. Cook the ears until almost tender, then fill them with the forcemeat; tie them up, and cook again until done. They should be laid in a stewpan with a little stock, and put in the oven with a buttered paper over. The paper may be taken off last thing for the forcemeat to crisp a little; or some crumbs may be sprinkled over, unless the forcemeat is of a delicate kind—white mushroom, for instance—then white sauce may be poured over it. For a brown dish, the ears may be glazed, and Bordelaise, or other nice sauce, served round them. Cost, variable.

A purée of calf's liver can be used for stuffing the ears, and a rich brown sauce served with them; so cooked they can be sent to table as an entrée. There are many other ways of preparing them. The dish takes its name from the forcemeat and the sauce.

Calf's Feet à la Parmesan.—Required: a couple of feet, some

grated cheese, macaroni, bread crumbs and batter, parsley and seasoning. Cost, about 1s. 6d. to 2s.

Boil the feet until the bones can be removed, then press them flat until cold, and cut them into nice even pieces, to look like little cutlets. Mix together a teaspoonful each of white pepper, salt, grated cheese, and powdered sweet herbs; add the crumbs required, and mix well. Then brush the cutlets over with beaten egg, coat with the crumbs, and fry in plenty of hot fat. Have ready some very thin pancakes, made in the ordinary way (*see* PANCAKES); out of these stamp some rounds, and lay one cutlet on each. Dish in a ring, and garnish with fried parsley; serve with a little CHEESE SAUCE. These may be served for breakfast without sauce.

NOTE.—The pancakes should be fried and stamped out ready, and kept hot while the cutlets are fried. The latter take but a few seconds after the fat is ready. The small CHEESE FRITTERS given in a later chapter may be used for dishing the cutlets if preferred; or CHEESE AIGRETTES may be dished up with them, the combination being a very agreeable one.

Calf's Head à la Bordelaise.—Required: a pound of semi-cooked head, cut in neat pieces, a few slices of cooked tongue, a pint of BORDELAISE SAUCE, garnish, &c., as under. Cost, variable, according to circumstances.

After cutting the meat up, put it between two plates with a little stock to moisten; set over a saucepan of boiling water, then put it in the sauce to finish cooking; turn on a hot dish, and fill the centre with cooked peas, asparagus, or any other vegetable; carrots and turnips, either a purée, or in fancy shapes, may be used if liked. Round the dish put some croûtons, brain cakes, and fried eggs, or hard-boiled eggs, in quarters or slices.

Feet and ears may be similarly treated, and those of the pig, sheep, or lamb can be used up in just the same manner; or the head of a lamb or sheep is very delicious cooked whole, and served with the sauce, and an accompaniment of fried carrots and turnips; or the same vegetables braised, or mushrooms or onions may be used. To all meats of an insipid kind this sauce is excellent.

Calf's Head à la Tortue.—This dish, which is elaborate and apparently difficult, will not be found to be beyond the power of anyone who can please the eye as well as the palate, and, after having flavoured a dish judiciously, can arrange it elegantly. Procure a large calf's head, properly prepared. Remove the brains, which must be boiled and made into cakes, and fried in a little hot butter just before they are wanted. Boil the head in the usual way (*see* CALF'S HEAD, BOILED) till it is sufficiently tender to allow the bones to be taken away without altering the shape of the head. Do not take away the tongue, as it will help to preserve the form. Take a large stewpan, melt three ounces of butter in it, and when it is brown, mix smoothly with it two tablespoonfuls of flour. Add just enough of the liquor in which the head was boiled to cover the meat, but before putting the head in, season the sauce with salt, cayenne, nutmeg, four large tomatoes sieved, and two glasses of sherry. Let it boil up, then put in the calf's head, and when this is hot it is ready to serve. Now comes the arrangement of the dish, and for this no clear directions can be given; it must be left to the taste of the cook, and depend greatly on the materials at command. The brain cakes, of course, must be used, and they may be heated in the sauce, as also may button mushrooms, forcemeat balls, the yolks of eggs boiled hard, olives, sliced truffles, cocks'-combs, or fancy shaped slices of tongue. On and about the head may be placed fried eggs, crayfish, prawns, and gherkins, the latter cut into balls and soaked in cold water a little before they are wanted. The ears may be scored and curled, and

little stars or diamonds of bread fried in butter may be dotted about the dish. The truffles, prawns, &c., may be fastened on with silver skewers. It is generally found better to boil and bone this dish the day before it is wanted. Cost, very variable, depending on the garnish.

Another way.—The remains of a cold calf's head may be cut into small squares, heated in a little good gravy, and ornamented in the same way as the last dish. Make the sauce rather thick, put the meat in the middle of the dish, and garnish as prettily as possible with forcemeat balls, the yolks of hard-boiled eggs, and the whites cut into rings, gherkins, olives, and stewed mushrooms.

Calf's Head and Tongue, Curried.—Required: calf's head, cream, sauce, and sundries, as below. Cost, about 3s. 6d. to 4s. if half a head.

Parboil the head, or part of one will make a good sized dish; it will be richer if not skinned; when it has boiled for an hour and a half take it up, and press till cold. Use some of the liquor to make the CURRY SAUCE; allow a pint of sauce and a gill of cream to two pounds of meat. Boil the sauce, cut the head into neat squares, also the tongue, after taking off the skin; add them, and allow an hour or an hour and a half, then finish off just as directed in the recipe for VEAL, CURRIED.

Calf's Head and Tongue, Curried, Dry.—Required: the whole of a tongue, and the best part of a head; by which we mean the thick, fleshy portion, stock, curry paste, cocoanut, and seasoning as below. Cost, about 4s. to 5s. when veal is plentiful.

Boil the tongue until nearly done, then skin and slice it, let it get cool, and fry it brown in a little hot butter; in the same fat, fry a large onion, and an apple cut in thin slices; stir in a gill of brown stock, mixed with a tablespoonful of curry paste, and a dessertspoonful of grated cocoanut; boil until all can be sieved. Then put back in the pan with the juice of half a lemon and salt to taste; put in the tongue and the pieces of head (the latter should be boiled until nearly done); stir the whole well together; the sauce should only just mask the meat, then leave covered until quite tender. Dissolve a bit of glaze the size of a nut, and half a teaspoonful of extract of meat in a little stock; add to the rest, stir well for a minute or two, then serve as previously directed.

Calf's Head, Collared. (This is to be served cold.)—Required: calf's head, stuffing, ham, and tongue, stock, seasoning, and garnish, as below. Cost, 4s. 6d. or more, without garnish.

Bone the half of a large head; wash and blanch it, then dry it, and lay it on the table flat; some of the thick flesh should be cut off, and mixed in with the stuffing to make it level. First, put over a layer of good veal forcemeat, slices of ham and tongue (the latter should be cooked), then hard-boiled eggs, sliced and seasoned with herbs, salt, pepper, lemon rind, and nutmeg; roll this tightly, bind with tape, then tie in a cloth; put it in a pan with stock to cover (this should be boiling) and cook for three hours. Then put to press under weights, remove the cloth and tape when cold, and garnish as for VEAL IN JELLY. The brains can be used separately and the bones will make stock.

Calf's Head, Collared. (This is to be served hot.)—Required: calf's head, sauce, and sundries as below. Cost, variable, according to adjuncts.

The forcemeat for this may be ordinary veal, or good mushroom or other kind is equally suitable. The brains should be mixed with it, and the tongue parboiled, used with ham as above. It should be finished off as in the above recipe, and served with any nice sauce; TOMATO, PARSLEY, EGG, MUSHROOM, CHERVIL, &c., are suitable. If a large dish is wanted, use the whole of the head, but make two rolls. If preferred, the tongue can be boiled

separately, and dished with brain sauce round.

Calf's Head, Stuffed.—Required: a calf's head, forcemeat, ham, stock, sherry, cream, glaze, vegetables, garnish, &c., as below. Cost, very variable.

Bone a calf's head, take out the brains and tongue (keep these apart), then fill the head with Rich Veal Forcemeat, mixed with a teaspoonful of anchovy essence and a chopped truffle; put in four ounces of lean ham, in strips an inch long and half an inch wide. Place the head in its original shape, sew it together, and tie in a buttered cloth. Then put it in veal stock, with the bones, and the tongue, boil steadily, removing any scum; add some vegetables and herbs when the liquid boils. In about three hours the head will be done; meanwhile, the tongue should have been taken up, skinned, and laid in stock and sherry just to cover; and the brains boiled, and mixed with some of the stock from the head, and a little cream and seasoning. Before dishing the head take a pint of the stock, put with it some glaze and wine, boil up, and season. Glaze the head, lay it in the centre of a dish; cut the tongue in four, after heating it, spread each portion with the brain sauce, just brought to the boil, and sprinkle with chopped truffle and lobster coral; lay one piece at each end and side of the dish, and fill up the vacant spaces with Forcemeat Balls. Fasten some truffle in slices or fancy shapes, on the top of the head with plated skewers; glazed mushrooms will also answer the purpose; and send the gravy to table in a boat.

Note.—The bones should be put into the stock while cold, and the head laid in just before it boils. If time permits, give the bones a few hours' boiling first; or after dishing the head, cook them for some hours more, and make soup of the stock. This dish is very good when cold. It will also make a delicious hash, fritters, &c; or can be mixed with sweetbreads for vol-au-vents and other dishes.

Calf's Heart à la Bordelaise.—Required: a calf's heart, a pint of Bordelaise Sauce, bacon, croûtons, &c., as below. Cost, about 2s., exclusive of sauce.

After preparing the heart in the usual way, cook it in stock until done; then divide it into neat slices. Dissolve a morsel of glaze in a spoonful of claret, brush the slices over, and sprinkle them with chopped parsley; dish them quickly on a very hot dish (heart soon becomes cold); pour the sauce over, and garnish with croûtons, oval shaped, with a little roll of glazed bacon laid on each. Put a purée of vegetables in the centre of the dish. Heart in Burdwan Sauce is equally good. Use sauce of that name instead of the foregoing.

Calf's Heart with Caper Sauce.—Cook the heart as above directed; pour some Brown Caper Sauce over, and put a purée of any white vegetable in the centre; pour some thick White Sauce over and sprinkle with chopped capers, and fennel or parsley.

Calf's Heart with Capsicum Sauce.—Pour Capsicum Sauce over the heart; put a pile of olive shaped potatoes, fried, in the centre; brush the surface of them with warm butter, and put chopped parsley and capsicum over, or use a few whole chillies.

Calf's Liver, Larded and Baked.—Required: a calf's liver, bacon for larding, herbs, &c., as below. Cost, about 1s. a pound, inclusive.

Lard the liver on the upper side, then lay it on a soup plate or dish, and pour over a tablespoonful of French vinegar, half a gill of olive oil, and a tablespoonful of claret; add a teaspoonful each of chopped parsley, onion, and celery; a good pinch of cayenne and ground nutmeg, and a saltspoonful of white pepper. Baste

the liver with this, and leave it for a couple of hours, basting often. Then wrap it in a sheet of buttered paper, and bake it for an hour and a half to two hours, according to size. Baste often with the marinade and a little veal stock, first mixed in the baking-tin. When done, take the paper off, dish the liver, and brush it with warm glaze; let the surface crisp nicely, and serve a PURÉE of vegetables, as SORREL, ENDIVE, LETTUCE, or SPINACH round. Have ready some brown sauce, mix with it the gravy from the tin, boil and skim, then add lemon juice or French vinegar to give piquancy, and send it separately to table.

Calf's Liver, Quenelles of.—Required: four ounces of calf's liver, two ounces of veal kidney suet; pepper and salt, a tablespoonful of chopped onion fried in butter, a saltspoonful of powdered mixed herbs, including bay-leaf, four ounces of bread crumbs, an ounce of butter, and two eggs, with the yolk of a third. Cost, about 1s.

First chop the liver and suet separately, then pound them together; add the butter, creamed, the crumbs, &c., and the eggs, gradually; pound until smooth, then cook in moulds, or drop from a tablespoon into stock, and cook in the usual way, but allow rather longer, that the suet may be done. Before cooking the whole, try a small portion; should the mixture be too stiff, add a little more butter; or if not stiff enough, increase the crumbs; eggs vary in size, and bread differs so much that only the approximate proportions are given. These may be served small as a garnish, or, if of good size, as a separate dish; with a rich sauce, they may go in as an entrée. With a sauce or gravy such as would be served with game, they are a good substitute for game.

Cavaliers' Broil.—Required: cooked meat, seasoning, and sauce as below. Cost, about 1s. per pound.

Half roast a small, lean shoulder of lamb or mutton, then put it by until cold. Score it down to the bone, season with cayenne and grated lemon peel, and a little French mustard. Brush over with beaten egg, cover with crumbs, and brush over with olive oil. Put it in a Dutch oven, and finish the cooking at a nice clear fire, and as soon as done, serve on a hot dish, with CAVALIERS' SAUCE over or round it. A cold shoulder may be similarly treated.

Another way.—Take some cooked breast of mutton, which has been boned, score and season the meat, and dip it in oil or warm butter; finish the cooking as above, then cut up and dish the meat in a pile; pour the sauce over, and put fried carrots, turnips, and small onions round.

Cavaliers' Stew.—Required: a pint of CAVALIERS' SAUCE, half a pint of brown stock No. 4, a pound each of calf's liver and beef skirt, vegetables and seasoning as below. Cost, about 2s., exclusive of sauce.

Cut the liver in slices, after washing and drying; skin and slice the skirt; put them in a stewpan with the stock, warm, a bay leaf, some herbs, sliced onion, carrot, and celery, a tablespoonful of each, and a tablespoonful of tomato vinegar; cover and stew for an hour and a half, then season to taste with salt. During the cooking, a little stock must be put in from time to time. Take up the meat, add the pint of sauce to the stock, &c., and pass all through a sieve, including the vegetables; then re-heat, and pour over the meat. A border of nicely cooked macaroni or rice should be put round, and garnished with a little mixed pickles, and hard-boiled eggs in slices. A stew made of mutton, with half the weight in sheep's kidneys is equally appetising. A few slices of cooked bacon, cut in dice, will improve the dish.

Châteaubriand Steak.—This is considered the acme of steaks. It should be cut from the fillet, quite two inches thick, and put into a marinade of the purest olive oil, with a little pepper, for a few hours. Some cooks

add a few drops of French vinegar. The steak is best grilled; to ensure perfection, a double gridiron, well oiled, is recommended, and some authorities insist upon the envelopment of the steak in two thin slices of beef (any lean part; it can be put in the stock pot afterwards), to protect the exterior, as it should not be allowed to harden. Without this precaution, great care is needed to cook thoroughly, without hardening, owing to the thickness of the meat. After eighteen to twenty minutes' grilling, lay the meat before the fire on a hot dish, and finish off in either of the following ways: (1) Put a pat of maître d'hôtel butter under the steak, and a little gravy round; this can be made by mixing a gill of stock No. 16 with the same measure of brown sauce No. 2. (2) Put a pat of maître d'hôtel butter in a gill of brown sauce, first heated with a glass of white wine and a teaspoonful of lemon juice. (3) Mix chopped parsley and lemon juice, a teaspoonful of each, with a gill and a half of stock No. 16, thickened with a small quantity of roux and glaze, to the consistency of good cream. Serve fried potatoes, chips or ribbons with the steak. Cost, variable.

Collops, Savoury (*See* COLLOPS under *Joints.*)—After browning the meat, cover it with stock such as No. 5, season with pepper, nutmeg, and chopped parsley; a small onion may be minced and fried with the meat at starting; add a little mushroom ketchup, and simmer for an hour or more. Thicken with browned flour or roux, add salt to taste, and garnish with croûtons. If a glass of port or claret be added near the end of the cooking, and a good seasoning of sweet herbs be put in at first, the dish is almost equal to game, and may be served as a plain entrée.

Curries.—Curried dishes of all sorts are usually much favoured by those who have resided in India. It is almost impossible to serve them in perfection in England, owing to the lack of various commodities in the *fresh* state; but they might be much more palatable than they are, if the seasoning were adapted to the meat and to the taste—so far as possible—of those who have to eat it. The same flavouring is not suitable alike for chicken, fish, or calf's head; indeed, unless the various ingredients are compounded to suit the viands of which the dish is composed, the curry will not be as successful as it might be. Good stock, suitable seasoning, and a generous supply of rice are essential. The meat, or whatever is used, should be so cut as not to need further division; by this method it becomes thoroughly impregnated with the flavour of the curry, and almost needless to add, raw meat makes a better curry than cold meat. Acid in some form is generally necessary; apples, cucumbers, gooseberries, rhubarb, and tomatoes are the most readily obtainable: but tamarinds, and many other ingredients of a like nature are used abroad. It is absolutely necessary that all the ingredients used for the sauce be sieved and put back in the pan to thicken the sauce. Nobody who objects to the use of the sieve should attempt to make a curry, the proper amalgamation of the materials used being of primary importance.

Much difference of opinion exists as to the order and manner of adding the curry paste or powder. Some contend that it should be put in and fried with the meat, while many others think that by this method it does not yield its flavour so well as when mixed with some liquid before it is put in—the hot fat sealing up the flavours, the liquid enabling them to be drawn out. In our recipes will be found details of both methods, and under SEASONINGS we give the method of making curry powder; but we are of opinion that the best preparations of bought powders and pastes are more satisfactory than home-made ones, and they may be purchased either pungent or mild to suit various classes of dishes. It is, however, always easy to give

additional zest to a curry by means of chutney and hot sauces; hot pickles are also used for the same purpose.

A good deal has been written of late as to the necessity of buying every ingredient separately, and blending them in varying proportions, instead of keeping some prepared powder or paste at hand; but we agree with a very high authority that this is out of the question in most houses; besides, nothing less than a course of training could teach cooks to choose, grind, and compound curry stuffs satisfactorily. Further hints, together with recipes, will be found under GAME AND POULTRY, RICE, VEGETABLES, FISH, and COLD MEAT COOKERY.

Curry, Anglo-Indian, Rich.—Required: a pound and a half of raw or semi-roasted mutton, half a pint of stock from mutton bones, a gill of cocoanut infusion, a large onion, a pinch of chopped garlic, a teaspoonful of moist sugar, a tablespoonful of pungent curry powder, the same measure of lemon juice, and a little salt and butter. Cost, about 1s. 8d.

Melt the butter, about two ounces; when it smokes, put in the sliced onion, brown well, then stir in the powder, mixed with stock to a paste: add the meat, cook until it is coated with the curry, pour in the stock and cocoanut infusion, and cook until the meat is tender; put in the salt and lemon juice a short time before serving. While the meat is cooking, before the stock is added, it must be stirred to prevent burning. To make the cocoanut infusion, grate the nut finely, sufficient to fill a quarter pint measure, cover with boiling water, put a plate over, and in twenty minutes strain for use. Or the nut may be put in cold water or stock, and gently simmered for ten minutes.

Venison may be curried in the same way; a clove or two will improve it.

It will be noted that no acid is given in the above. Tomato conserve or chutney, apple chutney, or Oriental pickles should be handed round with the dish.

Cutlets à la Maintenon.—Cutlets were, it is said, first served in this way under the direction of Madame de Maintenon, to tempt the failing appetite of Louis XIV. According to the original recipe they should be dressed *en papillôte*. Required: meat and seasoning as below. Cut up and trim the cutlets, removing as much as possible of the fat. Next chop up finely a little raw ham, some button mushrooms, a small piece of shalot, parsley, and a pinch of thyme; add pepper and salt. Take the cutlets and brown them quickly each side in a very hot frying-pan slightly greased, and wrap them up two or three at a time in some well-oiled paper with a dessertspoonful of this chopped mixture and about the same quantity of butter. Cook them in a brisk oven for about ten minutes, and serve them, of course, in the paper, which is to keep in and impregnate the cutlets with the flavour. These cutlets are supposed, properly speaking, to be cooked on a grill over a charcoal fire. French cooks mark the paper with a hot iron to resemble the marking of the gridiron. Cost, about 1s. per pound.

Cutlets à la Parmesan.—Required: meat, cheese, egg, and seasoning as below.

The best end of the neck should be used, either of mutton or lamb; after trimming nicely, the cutlets should first be floured, then dipped in the yolk of an egg, beaten up with a pinch of mignonette pepper, then into grated Parmesan cheese, and next into plain biscuit crumbs. After an hour a second coating should be given of cheese and crumbs only. They are then ready to fry by immersion in boiling fat; or they may be cooked in a sauté pan, with a little hot butter; or they can be grilled or broiled. In either way they are excellent. Cost, about 1s. per pound.

Another way.—Prepare the cutlets by peppering and brushing them over with oil or butter. Then grill them, sprinkle a little grated Parmesan over, and add a tablespoonful of the same

cheese to a gill of brown sauce, which should be poured round the cutlets after they are dished. After dredging the cutlets with the cheese hold a salamander over, or put them before a sharp fire.

Cutlets, Indian.—Required: two pounds of lean meat, any kind, or half poultry, a tablespoonful of tamarind chutney, a teaspoonful of salt, half as much black pepper, and a dessertspoonful of curry paste; the yolk of an egg, a tablespoonful each of boiled rice and chopped bacon, and some gravy. Cost, from 2s. to 2s. 6d.

Pass the meat through a mincer, add the other ingredients, mix well, and shape the mass into cutlets, using a palette knife. Fry them in hot fat for a minute, then put them by to get cold. Lay them flat in a frying-pan, and pour some gravy round to half their depth. Cook for an hour, turning a time or two, then serve with clear pickles as garnish, and a Rice Pilau (*see* Rice).

A good gravy such as would be used for hashes answers for the above, but it should be more highly seasoned. Only just enough to moisten the meat is needed.

Cutlets, Mutton Loin.—Some of the fat should be taken away, as loin of mutton usually contains more than will be eaten at table. The spectacle of pieces of fat on each plate, together with half-picked bones, is only too familiar. A far nicer dish, and one which is also much more economical, may be made by proceeding as follows: Remove the flap and some fat, then take out the fillet, *i.e.* the under-cut of the meat; divide the meat into slices of half an inch or a trifle more in thickness. The flap will make an Irish stew, or any similar dish; the fat can be used for frying purposes, or will make a pudding, while the bones will make good stock. Contrast this with a dish of loin cutlets prepared in the more general manner; in such cases fifty per cent. of the nutriment finds its way into the dust-bin or some other equally unsuitable place.

Boning is certainly some little trouble, but it is an art which every housekeeper should acquire, though, if requested, the butcher will perform the operation. Cutlets as above may be grilled or broiled. The fillets may be kept for a separate dish of little cutlets for an entrée; or cut and cooked with the rest. Or it may be braised. A boned cutlet braised is also a typical invalid's dish, as it is certain to be tender and easy of digestion. In preparing any dish of loin cutlets, it may be taken for granted that, whether boned ones are specified or not, nothing will be lost, while much may be gained, by carrying out the above directions.

Cutlets, Mutton Loin, Fried.—After taking the meat from the bones, and removing most of the fat, also the gristle, cut the meat in slices, barely half an inch thick; put on each a morsel of salt, pepper, and mushroom powder, or a pinch of herbs; then dip in beaten eggs, and coat them with fine, stale crumbs; lay them on a plate, sprinkled with crumbs, and leave for an hour; this is to make the casing dry, so that it will brown quickly. Have the fat in readiness, test it as directed (*see* Frying); then put the cutlets in a frying basket; plunge them in (mind that the fat covers them), and in a minute they will be done, or rather they will be by the time they are served, because the cooking goes on after they are taken from the fat. The outer covering being firm, the heat is kept in. They may now be served simply with mashed potatoes, or a purée of vegetables in the centre, as celery, white haricots, spinach, sorrel, onions, &c., &c. Or they may be converted into dishes suitable for entrées by means of various rich sauces and garnishes.

Another way.—Make some clarified dripping hot in a frying-pan; lay in the cutlets, peppered a little; turn in a few seconds, then cook them, turning

every minute until done; from seven to ten minutes, unless they are liked thick, then twelve to fifteen minutes must be given. The gravy should clot on the surface. Serve very hot.

Cutlets, Mutton, Neck. — Take the best end of a neck of mutton, saw off the tops of the bones; then cut the meat off, so as to leave the bone bare to the extent of nearly an inch. The thick part of the chine bone must be chopped off, and the cutlets batted out evenly. A cutlet bat is the best for the purpose (*see* Fig. 65), but a heavy knife will answer, if care be taken not to cut the meat. The knife should be dipped in cold water before using it. The skin should be taken off each cutlet, and the bone scraped. A carelessly-prepared cutlet will never be enjoyed, however elaborately it may be dressed; while if care be taken to make it appetising in appearance it will be relished, however plain may be the method of cooking.

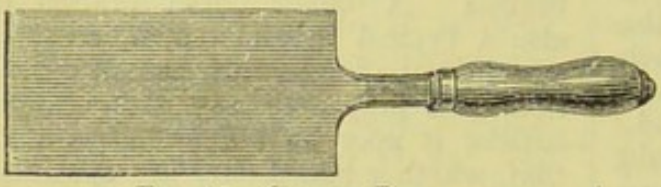


Fig. 65.—Cutlet Bat.

Cutlets, Mutton, Shoulder. — A lean portion from the shoulder will furnish good cutlets; they should be cut in slices of half an inch or more in thickness, and after batting out may be cooked in any of the usual ways. They are particularly nice egged and crumbed, and nicely fried, and served with onion or celery sauce, or a purée of either of the vegetables. They are also very good when grilled, with caper or tomato sauce.

Cutlets, Pork, à la Binswoode.—Required: seven or eight small cutlets, neck or loin, from lean dairy-fed pork, wine, seasoning, &c., as under. Cost, about 3s. 3d.

Melt two ounces of butter in a sauté pan, put in a tablespoonful of chopped parsley, with a fourth as much thyme and sage, a bay leaf, and a slice of onion; add a clove or two, and a saltspoonful of mignonette pepper; stir for a minute, then lay in the cutlets, pour a glass of light wine over, cover, and let them cook softly for fifteen minutes. Then take them up, drain well, and leave to cool. Have ready some seasoned crumbs and a beaten egg; brush the cutlets with a little French mustard, and sprinkle them with curry powder (a saltspoonful does for two cutlets); coat them with eggs and crumbs, dip them into boiling fat to cover, and when brown and crisp, drain, and serve in a ring round a purée of split peas. Garnish the top with little croûtons, spread with thick tomato sauce, in which a small quantity of hot pickles, finely chopped, has been mixed. Put a pint of tomato sauce round the base, first mixing with it any wine from the stewpan, and serve very hot.

Clear mixed pickles are best for the sauce, but thick pickle, or piccalilli, will do. Piquant, caper, tartare, and many other sauces are suitable for serving with pork cutlets when plainly dressed (*see* Joints and Plain Dishes).

Cutlets, Pork, with Sauce Robert.—Required: pork, sherry, herbs, eggs, and crumbs, seasoning, and sauce as below. Cost, about 2s., exclusive of sauce.

Lay two pounds of young pork—cut into neat cutlets and trimmed properly—in a deep dish. Put in a saucepan a glass of sherry, a bunch of parsley, a sprig of thyme, a bay leaf, a few peppercorns and shalots, and a bit of mace; add a tablespoonful each of French vinegar and tarragon vinegar, boil up, and when cool, pour over the cutlets. Let them lie in the mixture for a few hours, turning often, then drain and dry them, and coat with egg and crumbs. Cook them thoroughly

by grilling or frying, and serve the above-named sauce with them.

Cutlets, Venetian.—Required: veal cutlets, herbs, mushrooms, stock, eggs, cream, and seasoning, as below. Cost, about 3s.

Chop finely and separately, then all together, half a pint of mushrooms, two shalots, a little parsley, and a sprig of thyme. Mix them thoroughly and stew them for ten minutes over a slow fire in a little butter, with a slice of fat bacon cut into dice. Sprinkle a little pepper over two pounds of veal cutlets, put them into the saucepan, and cook them gently till quite tender. Add a gill of white stock by degrees while cooking. Draw the saucepan from the fire for a minute or two; then thicken the sauce with the well-beaten yolks of three eggs mixed with a gill of hot cream. The sauce must not boil after the eggs are added. Before serving, squeeze in the juice of a lemon. The meat will require about an hour's cooking. Add salt to taste when nearly done.

Ham in Curry Gravy.—Required: two pounds of ham, a pint of gravy as above, vegetables, &c. Cost, about 2s., exclusive of gravy.

Cut the ham in a nice square shape, and boil it in the usual way until almost done. Then put it in a saucepan, the fat uppermost; pour the gravy round it, cover, and leave for twenty minutes; serve on a hot dish with the gravy round it, and send suitable vegetables to table. The ham should be skinned as usual.

A piece of ham previously boiled, may be sliced and heated in the gravy; the dish should then be garnished with tomatoes, onions, or other vegetables, nicely dressed, or a purée of any kind can be used, or rice boiled as for curry.

Ham in Gravy à la Diable.—Boil the ham as above directed; dish it on a bed of fried onions or shalots, well-seasoned; pour Gravy à la Diable round it, and garnish with croûtons, seasoned with French mustard and curry powder before frying.

Ham in Robert Sauce.—Boil the ham until nearly done, then put it before the fire, and finish the cooking, basting often with a glass of light wine. Take the skin off, cover with raspings, let them brown; then put a little glaze on with a feather. Serve on a hot dish, with sauce as above round it. Send a purée of sorrel, spinach, or other vegetable to table with it.

Ham, Roast, à la Crawshawe.—Required: a ham, wine, sauce, glaze, vegetables, &c., as below. Cost, about 10d. per pound, exclusive of the adjuncts.

Prepare the ham by trimming and soaking, for twelve hours or more, then put it on to boil in plain bone stock, with a good plateful of mixed vegetables; boil it until half done, then take it up when cool, and put by until quite cold. Wrap it in a greased paper, and cover with a common paste, just as for venison, and finish the cooking by roasting or baking. When done, take the paste and paper from the ham, and pour over it a half pint of Madeira mixed with half a gill of herbal vinegar; put it before the fire for twenty minutes, and baste well with the liquor; then glaze it, and pour off the wine which remains; add to it some brown sauce, mixed with an equal measure of tomato pulp; boil up, and season rather highly; skim well, and pour a portion round the ham, and serve the rest separately. Plain tomato sauce should be served also. Garnish with braised tomatoes, mushrooms, and small pork sausages, all glazed; or use truffled sausages if liked. After the ham is cooked, before adding the wine and vinegar, it must be skinned. If possible let it be from a small home-cured pig, to ensure mildness of flavour and freedom from salt. Time, about half an hour for each pound.

Ham, Roast, Cold.—Required: a ham, and adjuncts as below. Cost, about 10d. to 11d. per pound, exclusive of garnish, &c.

This is a very nice dish for a large party at any time of the year. The ham should be cooked as directed for HAM, ROAST À LA CRAWSHAWE, but use only half the quantity of wine for the final basting, and in skinning and trimming remove any superfluous fat, and make the surface smooth. Then set aside until cold, and lightly glaze the ham; when this is set, pour over some pale pink aspic. When this is firm, trim the edges, and put the ham on a clean dish, with a border of dressed watercress to surround it, and some pink and yellow aspic in fancy blocks, and here and there, some small, whole tomatoes. Put a frill round the knuckle of the ham, pink, white, or silver (the latter is more suitable for a wedding or a christening), and garnish the top with HAM BUTTER, and EGG BUTTER, forming any design according to taste; or some leaves of aspic can be put all round the ham in a chain, and bordered with the butter; a large star of aspic, with a similar border, should be put in the centre. For the butter, use a bag with a leaf or rose pipe. Serve any nice salad with the above; one of fruit, iced, is suitable.

NOTE.—It is very necessary that the ham be carefully washed for this; any rusty parts must be removed, as the least trace of such will quite spoil the dish. A dish of savoury eggs (*see* EGGS) may be served with the ham.

Kidney, Pig's, in Batter.—Required: a pig's kidney, a pint of batter made as for RICH YORKSHIRE PUDDING, seasoning, sauce, &c., as below. Cost, about 1s. to 1s. 6d.

Take a kidney from a bacon pig, skin it, and mince it finely, add half its weight of minced ham; chop a small onion, a tablespoonful of parsley, and a fresh sage leaf; put all in a pan with a little hot butter, and fry from five to ten minutes, stirring all the time; then put the whole in a strainer and leave to drain. Put back in a pan with a gill of sauce, APPLE AND CURRY SAUCE is nicest; cover, and leave to simmer while the batter is baked. It should be put in two shallow tins, and cooked in a sharp oven. When done, cut into squares or fingers, and make into sandwiches with the kidney mixture; put in the oven to get hot, and sprinkle with coralline pepper just before serving. Make a ring round a dish by letting the pieces overlap, and fill the centre with FRIED APPLES. If round tins are handy, use them, and cut the batter into triangular shapes, then the apples can be served in a separate dish. A mixture of apples and onions, also fried, will be enjoyed by some, and the same may be said of fried turnips.

Kidney, Pig's, in Sauce.—The sauces most suitable are CURRY, CHUTNEY, PIQUANT, or TARTARE. The kidney should be skinned and sliced, then cooked in a sauté pan, and after draining be laid in the sauce until hot through.

Kidneys, Mutton, Broiled, Whole.—These are very delicious, but care is required, though this may be said of every dish of kidneys. First skin, but do not pierce or cut them; then dip them into enough fat to cover them. It must be as hot as if for frying. Take them out instantly; have some pepper and a little mushroom powder ready on a plate (equal quantities), sprinkle a pinch on each side the kidneys, and lay them on a greased gridiron over a clear fire. Turn them every minute, and give them from twelve to fifteen minutes. Dish them when the gravy clots on the surface. Have a dish ready as hot as possible, with oval croûtons, one for each kidney, and put a small pat of MAÎTRE D'HÔTEL, or other savoury butter on each. Serve very hot.

If the kidneys are very small, ten minutes will cook them.

Kidneys, Mutton, Devilled, Whole.—Skin the kidneys and dip

them into hot fat as above directed. Then put them in enough sauce or gravy to cover them, and simmer for fifteen to twenty minutes. Dish with a border of fried potatoes, macaroni, or other suitable garnish.

See SAUCES AND GRAVIES. Of the former, chutney, or a brown piquant sauce is best; of gravies, GRAVY FOR DEVILLED MEATS will answer; or for a rich dish, stock No. 16 or 17 may be employed for the foundation, the usual flavourings being added in proportion to taste.

Kidneys, Mutton, with Chablis.—Required: half a dozen kidneys, wine, seasoning, and bacon, as below. Cost, about 2s.

Remove the cores and skins, slice the kidneys, and fry some pieces of bacon of the same size; then put the kidneys in the bacon fat, toss them about all the time (they must not harden); add some thyme and parsley, salt and pepper, and a glass of chablis, with a squeeze of lemon juice; do not boil this, just let it heat, then put the bits of bacon on oblong croûtons, put the kidney on, and moisten with the strained gravy. Place these in a row down the middle of a dish, and put vegetables down the sides, or serve plainly. The gravy may be very slightly thickened.

Kidneys, Mutton, with Vegetables.—Required: kidneys, bacon, vegetables, garnish, &c., as below. Cost of kidneys, about 1s. Total cost, variable.

Remove the cores, and cut the kidneys in halves; cook them in bacon fat as above directed, then dish them, each half on a bit of bacon laid on a croûton as above. Have some vegetables cooked as for julienne soup; moisten these with BROWN SAUCE, or SAUCE PIQUANT is better still; put a little heap in each half kidney, and serve some potatoes round the dish; or instead of the latter, some carrots boiled until nearly done, then dipped in beaten egg and crumbs, and fried brown, may be used (*see* DRESSED VEGETABLES).

This is a good dish for breakfast. The remains of any savoury potted meat may be minced, and put in the kidneys, under the vegetables, and will greatly improve them.

Kidneys, Pig's, Stuffed.—Required: two kidneys, some pork sausage meat, seasoning, &c., as under. Cost, about 2s.

Prepare the kidneys in the usual way (*see* PIG'S KIDNEYS); mix some chopped onion with the sausage meat, and add a teaspoonful of grated ham, and the same of French mustard. Put a teaspoonful of the mixture in each half kidney, level it with a warm knife—it should be dipped in hot water—then dredge with crumbs, and brush over with oil or butter. Cook in a Dutch oven before a clear fire, turning them about that every part may be done. Then serve with any suitable sauce round them. Allow about twenty minutes, and brown the crumbs well.

Another way.—Use cold pork for the stuffing; it may be mixed with a little ham or bacon; and use mushroom or tomato pulp in place of the onion.

Kidneys, Pig's, Truffled.—Required: kidneys, forcemeat, sauce or gravy, &c., as below. Cost, inclusive, about 8d. to 10d. each.

Dip each half kidney into warm butter, then fill with TRUFFLED FORCEMEAT, level, and cook as above. Mix some truffle essence and sherry, a tablespoonful of each, with a gill and a half of brown sauce or gravy; if the latter, stock No. 6 or 7 may be thickened slightly and used, or No. 16 or 17 for a better dish. Dish each half kidney on a croûton and pour the gravy round. Calf's kidneys may be cooked as above. The sauce given is enough for two kidneys.

Lamb à la Périgord.—Required: a loin of lamb, oil, bacon, mushrooms, stock, seasoning, &c., as under. Cost, about 1s. per pound.

Trim the meat neatly; put in a stewpan a layer of chopped mush-

rooms, with a small onion mixed, a bunch of herbs, and a gill of olive oil; when hot, lay the meat in; cook until brown, basting often. Then pour off the oil, cover with a buttered paper, lay a slice or two of lemon in, and pour stock from mutton bones to half cover the meat. Cook gently (about twenty minutes to each pound must be allowed). When nearly done, add three or four truffles in shreds or slices. Dish the meat, glaze it, then keep hot while the gravy is skimmed, thickened, and boiled up; more stock must be added to make up the quantity required. Pour it round the meat, put the truffles in little heaps, with small rolls of grilled bacon in between. Small mutton may be served as above.

Lamb à la Sudhalle.—Roast a loin of lamb in the usual way, then cut it up, and place the pieces *en couronne* round a hot dish. Put a purée of spinach in a forcing bag with a fancy pipe, and ornament the dish, between the pieces of meat, with it. In the centre put some fancy shapes of carrot, turnip, and cucumber, all braised (*see* VEGETABLES). Pour a little CAPER SAUCE over, and send more to table separately. Cost, as above.

Lamb à la Swindon (*See* recipe for MUTTON À LA TURQUE).—Prepare and stuff some lamb similarly, except that the curry powder is to be omitted. Roast this nicely, and when done, sprinkle some fried crumbs over it. Prepare a dish of RICE À LA SWINDON, and put it in piles round the meat on a large dish. Send CUCUMBER SAUCE and gravy to table separately. Cost, about 1s. per pound.

Lamb Cream, Moulded.—Required: a pound of raw lamb, half a pint of cream, a gill of thick VELOUTÉ or SUPRÊME SAUCE, four eggs, and some macaroni. Cost, about 2s. 6d., without the vegetable garnish.

Parboil some pipe macaroni, and cut it into rings; stick these together on a buttered border mould. (*See* GARNISHES.) Cut the meat up; pound and sieve it; add the cream, sauce, and yolks of eggs; season with salt, white pepper, a dust of cayenne and nutmeg, and a pinch of powdered herbs. Cut up two to three tablespoonfuls of the macaroni, mix well together, then whip the whites of the eggs stiffly, stir them in, and fill the mould with the mixture. Steam it for an hour and a half, then turn out on a hot dish. In the middle of the mould put some asparagus points or peas, mixed with a little of the same sauce used in the mixture, and put more vegetables and sauce round the mould.

Mutton may be similarly cooked; and for a cheaper dish white sauce of a plain kind may be used in place of velouté, and half the cream can be dispensed with; a gill of milk, thickened a little with panada or roux, taking its place; or some thickened white stock can be used instead.

Lamb Cream, à la Parmesan (*See* recipe above).—Proceed as therein directed, but add one ounce of grated Parmesan to the mixture. When done, turn out and pour over the following sauce. To half a pint of CREAMY BÉCHAMEL, add two ounces of grated Parmesan, a pinch of cayenne, and a dash of French mustard; beat in the yolk of an egg, and add an ounce of butter last thing. Garnish round the mould with CROQUETTES OF MACARONI AND PARMESAN. Fill the centre of the mould with macaroni boiled in white stock and mixed with a little sauce as above. On the top put some poached eggs, with most of the white removed; a sprinkling of grated cheese, and a dust of coralline pepper should be put into the centre of each yolk. Mutton may be used instead of lamb, or half meat and half poultry makes a nice dish.

Lambs' Sweetbreads, with Bacon. — Required: sweetbreads, bacon, &c., as below. Cost, variable.

Wash and trim them, and boil

them in a little milk and water, or weak stock, to cover them, for fourteen to twenty minutes; add a few bits of vegetable, and a sprig of thyme and parsley to flavour. Take them up, dry them, and when cool egg and crumb them; flavour the crumbs with a pinch of salt, pepper, and herbs. Fry some little slices of bacon, two for each sweetbread (do not make them brown or hard), then keep them hot, and cook the sweetbreads in the bacon fat: a little more fat may be necessary, but the rules for DRY FRYING must be observed. Serve on a hot dish, and garnish with the bacon, for a breakfast dish, without sauce or gravy; but if for a luncheon dish, a little suitable sauce may be poured round, and a vegetable purée, or nicely dressed whole vegetables served in the centre.

Liver à la Millicent.—Required: liver, bread, and garnish, as below. Cost of liver, about 8d. per pound.

Cook the liver as directed in the recipe for LIVER, SAUTÉD. Fry some pieces of bread, the shape of the slices of liver, but rather larger; and prepare also some small, oval pieces of bread; coat these with brown sauce mixed with grated ham and mustard, after frying them. Dish the liver on the large slices, and put the small ones on the top. Garnish with fried parsley and potatoes in any approved form, or a purée of any sort. Make a gravy in the pan and serve separately.

Liver, Braised.—Required: a calf's, lamb's, or sheep's liver, gravy, vegetables, &c., as below. Cost, about 9d. to 1s. per pound, inclusive.

Wash and dry the liver—it should be fresh—then season it with pepper, grated lemon peel, and powdered herbs. Put some vegetables of the usual kind in a stewpan to form a bed; add a slice of bacon, lay the liver on, and put slices of bacon over; cover, and let it cook for ten minutes. Add plain stock to half its depth, put a greased paper over, and the lid on, then cook in a gentle oven, basting often over the paper. When done, dish the liver, brush it with glaze, and put it on a purée of vegetables, or whole mushrooms laid on a hot dish; garnish with vegetables in fancy shapes, separately cooked. Skim and reduce the gravy; add enough stock to make a pint or a pint and a half, thicken, and season to taste; pour a little over the liver, and serve the rest in a tureen. Or make some sauce (TOMATO, CAPER, or other suitable kind), and reserve the gravy for another dish. Little rolls of bacon, or small sausages, may also be used for garnish.

A pig's liver may be cooked as above. A piquant sauce should accompany it; it will then be more digestible.

Liver, Curried.—Cut the liver into suitable sized pieces, and cook in CURRY SAUCE. Serve with boiled rice and fried onions. A mixture of liver and kidney makes a nice curry, but the liver must be cooked longer than the kidney.

Liver, Devilled (a Breakfast Dish).—Required: a pound of calf's liver, a gill of bread crumbs, three ounces of pickled pork, a pinch of grated cloves and nutmeg, a small saltspoonful of cayenne, the same measure of black pepper, a large teaspoonful of salt, a grate of lemon peel, and a little wine. Cost, about 1s. 3d.

Chop the liver and pork; add the seasoning and crumbs, and moisten with a tablespoonful of port; press down tightly in a jar with a lid, set it in a saucepan, with boiling water to three parts cover it, and let the water boil for two hours. Then take it up, remove the lid, and serve cold in thin slices.

Liver, Devilled (a Luncheon Dish).—Slice some calf's or lamb's liver very thinly, after washing and drying; brush it with mustard and chutney, sprinkle with pepper, and then dip it in warm butter or oil; grill or broil it at a clear fire, and dish

in a ring, with DEVIL SAUCE or gravy round it, and a pile of TOMATOES, GRILLED, À LA DIABLE, in the middle. Instead of tomatoes, fried onions, mixed with a little thick brown sauce, in which some curry paste has been dissolved, may be used; or either of the sauces piquant can be poured over the onions.

Liver in a Mask.—Required: a pound of liver, sheep's or lamb's, two kidneys, mashed potatoes, bacon, grated ham, sauce, and seasoning. Cost, about 2s. 4d.

Melt an ounce of butter in a sauté pan; slice, flour, and fry the liver until done, turning it often; then put it in a clean saucepan, with the kidneys minced very small, after they have simmered for five minutes in a tablespoonful of claret. Then add half a pint of BROWN ITALIAN SAUCE. In the butter in the sauté pan stir two ounces of grated ham, and a tablespoonful of chopped parsley, with a little seasoning. Fry some slices of bacon separately; spread them with a little of the mixture, roll them up, and put a little skewer through each. Put a bank of RICH MASHED POTATOES straight down a dish; spread the liver, &c., on it, then put more potatoes on the top, using a bag and pipe; it should cover the meat. Dredge crumbs over, and put it in the oven for a minute, then sprinkle the top with chopped parsley, and garnish with the rolled bacon.

Another way.—Spread the potato over, using a palette knife; then mark it with a skewer in cross bars; brown as before, and garnish with fried parsley. In following either recipe, the liver should be cut in one inch squares after frying it. This facilitates the serving.

Liver, Sautéd.—Required: a pound of liver (any kind will do except bullock's), bread, wine, butter, seasoning, &c. Cost, about 1s. 6d.

Slice the liver, dry it well, and cut the bread the same size and thickness; season both liver and bread with pepper, grated nutmeg, and powdered herbs. Make the butter hot in a sauté pan, two or three ounces will be wanted; lay the liver in, and cook gently, turning every minute. Time, according to kind; as soon as all trace of redness disappears it is done. The bread must be fried in the usual way (*see* CROÛTONS). Then dish both alternately on a hot dish; flour the pan, scrape it well, pour in a gill of light wine, and a gill of clear stock, No. 6 or 7; boil up, and pour round the meat. Fill the centre with vegetables of any kind, if for luncheon or dinner; if for breakfast, it may be served plainly, or with tomatoes or mushrooms, cooked in any approved way.

Meat Porcupine (a Continental Dish).—Required: a pound of beefsteak, four ounces each of lean ham and fat pork, a teaspoonful of salt, half as much pepper, a saltspoonful of mixed spice in powder, a chopped onion, a tablespoonful of chopped parsley, and a fourth as much thyme and basil mixed, an egg, some stock, and bacon for larding. Cost, about 2s., exclusive of sauce.

Put the steak, ham, and pork through a sausage machine; add all the seasoning, and blend well. Beat up an egg, with half a gill of strong warm stock (it must jelly when cold); add it to the mass, and form it into a smooth oval shape. When cold and firm, lard it thickly with the bacon. Heat a little oil or butter, and brown the meat in it for ten minutes, then pour the fat off; add half a pint of stock (No. 1 or 2) and cook for an hour and a half, gently, then thicken and season the gravy, and pour it round the porcupine on a hot dish. The larding is to be carried right through the meat. Garnish with scraped horse-radish, put in little heaps between a PURÉE OF SPINACH or sorrel; this is to be forced from a bag with a fancy pipe. Any of the sauces for dark meats may be served with this: OYSTER, MUSHROOM, CHESTNUT, &c., &c., in addition to the gravy.

Mutton à la Lucknow.—Required: a pound and a half of lean mutton, from the neck or loin, cut up as for curry; sauce, vegetables, &c., as below. Cost, about 2s. 8d.

Sprinkle the meat with the following mixture: a saltspoonful each of ground ginger, white pepper, ground allspice, and curry powder, and a teaspoonful of celery salt. Make some fat hot, fry the meat a nice brown, then fry some onions in rings, in the same fat, first seasoning them with curry powder. Put both meat and onions in a clean pan, pour over half a pint of stock, No. 6 or 7, bring to the boil, skim very thoroughly, then add a tablespoonful of LUCKNOW CHUTNEY. In half an hour, stir in an ounce of fine rice flour, mixed smoothly with cold stock to a paste, and a glass of claret; simmer for an hour longer, adding a little stock now and then. Just before serving, put in a gill of tomato conserve, a little lemon juice, and a few drops of essence of ginger. The sauce should just coat the meat. Put a border of rice round the dish; it should be blanched, then cooked in stock as used for the meat, and seasoned with the same spices used for sprinkling the meat; a little chutney should also be added, and some chillies should be sprinkled on the top.

Mutton à la Turque.—Required: a loin of mutton, boned, and freed from most of the fat; and some rice, stuffing, &c., as below. Cost, about 1s. per pound.

Take some veal stuffing, and to half a pound, add two ounces of chopped sultana raisins, and a teaspoonful of curry powder; mix well, lay this on the mutton, and sprinkle it with some lean bacon, about four ounces, in thin strips; roll up tightly, and bind the meat, then roast it well; it must be basted often. When done, take it up, and make some gravy in the usual way, but with a tablespoonful of sherry and a teaspoonful of extract of meat to half a pint. Have ready some RICE À LA TURQUE. Put the meat on a very hot dish, with the rice round it; sprinkle the surface with chopped capsicums and a few shreds of saffron, and strew two or three ounces of sultana raisins over, first stewing them in a small quantity of stock for twenty minutes. Send the gravy to table separately, and if liked, some currant jelly.

For this the RICH VEAL FORCEMEAT made with butter is best. This is an excellent dish when cold.

Mutton and Okra, Curried.—Required: a tin of okra (*see* VEGETABLES), two pounds of lean mutton, cut into squares of an inch and a half, curry, &c., as below. Cost, about 3s.

Put the contents of the tin into a lined saucepan, bring to the boil, add an onion, fried after slicing, and a seasoning of curry paste and powder, about a dessertspoonful of each, mixed with stock to a paste; add a bay leaf and the meat; cover, and cook gently for half an hour, then add a tablespoonful of rice flour mixed with stock to a paste; boil up, and simmer for another half hour. The meat should by then be tender; if not, continue the cooking, but it should not be allowed to become "raggy" in appearance. Take out the bay leaf, and add salt to taste, and a little lemon juice. Remove the meat, put it on a hot dish, boil the sauce quickly for a minute or two (it should be thick) and pour it over; serve with a plentiful supply of rice boiled as usual for curries.

For a superior dish, pass the okra and sauce through a sieve; reboil, and lay in the meat again to reheat. Send cut lemons or limes to table with it, and sprinkle the rice with coralline pepper. "Okra and tomatoes" in tins may be used in the same way.

Mutton Curried, with Sultanas.—Required: two pounds of lean, raw mutton, cut in the usual way, a pint of CURRY SAUCE, two ounces of sultana raisins, half an ounce of glaze, some lemon juice, &c., as below. Cost of mutton, about 1s. 8d.

Fry the meat until nicely browned, then remove it, and make the sauce, using for its foundation stock No. 4. Put the meat in, and cook until nearly done, adding a spoonful of stock now and then; then put in the sultanas, picked and blanched (*i.e.* put in cold water, and brought to the boil); cook for twenty minutes or so longer, add the glaze, with lemon juice to taste, and more seasoning if required. Turn out, and put a RICE BORDER round; sprinkle with coralline pepper, and put a few chillies in the curry. During the cooking add a bay leaf to the gravy, or put some powdered bay leaf in with the onions, &c.

Another way.—If it is desired pale in colour, the above may be converted into cream curry, by omitting the frying of the meat, and using stock from mutton bones, instead of brown stock. Just before serving, a gill of thick cream, heated, should be stirred in.

Mutton Cutlets à la Russe.—Required: half a dozen cutlets, trimmed neatly, and the bones scraped, a gill of white wine, a gill of tomato pulp, half a pint of BROWN SAUCE, No. 2, a sprig of parsley and thyme, a slice each of carrot, onion, and celery, a tablespoonful of chopped capers, butter and seasoning. Cost, about 3s.

Melt the butter, brown the cutlets in it; a minute on each side will suffice; put them in a clean pan, with the wine and vegetables; add the herbs and a few peppercorns; when the wine is absorbed, take out the vegetables, &c., put in the tomato pulp and capers, and in ten minutes dish the meat, with the pulp spread over; make the brown sauce hot, and pour it round the cutlets.

Mutton Cutlets, with Haricots.—Required: mutton, beans, ham, butter, cheese, &c., as below. Cost, about 3s. 6d.

Divide the best end of a neck of mutton into cutlets, trim them, and grill or broil nicely. Boil a pint of white haricot beans (supposing six or seven cutlets) in the usual way, with a Spanish onion; it should be peeled and minced, and added when the beans are half done. When they are tender, put in two ounces of chopped ham, an ounce of butter, a tablespoonful of grated cheese, and seasoning to taste; shake the pan for a minute, then turn the contents on a hot dish, and place the cutlets round the pile.

If liked, the cutlets can be egged and crumbed, and fried; then, after cooking, a little cheese should be sprinkled over, a salamander being held over to brown the surface; and the beans may be sieved, and re-heated before the ham, &c., are added. This treatment is a great improvement. During the latter part of the cooking, the pan should be uncovered, so that when done there is no moisture to pour off; only just enough to moisten the beans.

Mutton Cutlets, with Onions.—After cooking the cutlets, brush them with glaze, and sprinkle them with finely shredded onions, fried until brown and crisp. Dish them in a circle, with a brown onion purée in the centre.

Mutton Escalopes, Fried.—Cut the under-meat from the loin in pieces, as directed for CUTLETS, LOIN, FRIED, and cook them in the same way. They may be served in any of the ways given for cutlets, and take their name from the sauce or other accompaniment. Lamb may be similarly served. The sauces, &c., sent to table with it should be delicate in character. (*See* remarks at end of CUTLETS, LOIN, FRIED.)

Mutton Escalopes, with Kidneys.—Required: six escalopes, three sheep's kidneys, gravy and seasoning, forcemeat, &c., as under. Cost, about 3s. 6d.

Divide the kidneys, skin them, take out the core and pepper them, cook them in any approved way, together with the escalopes. They may be grilled, or fried plainly, or egged and

crumbed; if the latter, a little nice forcemeat (any suitable kind free from suet) should be put in the hollow of each half kidney. Dish them alternately round a very hot dish, and serve a nice gravy round them. Fill up the middle with cooked Italian paste (*see* recipes under the various headings), mixed with a little parsley, scalded and chopped, and a seasoning of pepper and mushroom powder.

Another way.—Sprinkle the meat with curry powder before cooking, and serve with curry sauce or gravy, and boiled rice in the centre.

Mutton, Fillets, with Kidney.—Required: nine thin slices of mutton kidney, skinned and cored, twice the number of thin slices of mutton, any lean tender part the size of the kidney, sauce, &c., as below. Cost, about 2s., exclusive of sauce.

Put a piece of kidney between two pieces of meat, and lard them right through with thin strips of bacon in five or six places. Then trim the lardoons almost level with the meat. Broil or grill for about twelve minutes; or cook in a buttered tin in the oven under a buttered paper, turning when half done. Glaze and crisp the surface, then dish with a pile of French beans, or a Purée of Flageolets in the centre, and pour round a sauce, made by mixing a gill and a half of brown sauce with half a gill of tomato pulp, a tablespoonful of sherry, and a few drops of carmine.

Mutton, Kebobbed.—This is a favourite Oriental recipe, and with our English mutton, a dish superior to any found at Turkish or Egyptian tables ought to be easily obtained. A loin of mutton should be first jointed at every bone; all superfluous fat removed, particularly that of the kidney, and the skin taken away. The next thing is the seasoning. For this, a well-proportioned mixture according to taste must be made from the following ingredients:—Some bread-crumbs, sweet herbs, nutmeg, pepper, and salt; brush the mutton chops over with yolk of egg, and sprinkle the above mixture thickly over them; then tie the chops together in their original order, run a large skewer, or slender spit through them, and roast before a quick fire, basting them well with butter and the drippings from the meat, and putting more of the seasoning on them from time to time. Have ready a boat of gravy, to which has been added two tablespoonfuls of ketchup and a thickening of flour; let this boil; skim, and mix it with the gravy in the dish. Remember that all dishes of mutton should be served as hot as possible. Time, about twenty minutes per pound; rather less in warm weather. A nice vegetable should be served with this; stewed onions, with any dish of rice or macaroni is suitable. Cost, 1s. per pound.

The best end of the neck may be substituted for loin. Lamb or venison can be prepared in the same way, but for venison a higher seasoning is required; cloves, allspice, or coriander seeds, finely ground, may be added to the rest, and powdered ginger is liked by some.

Mutton, Leg of, with Rice.—Required: a small leg of mutton, Mushroom Forcemeat, rice, stock, and vegetables, &c., as under. Cost, about 1s. 2d. per pound inclusive.

The meat must be lean, and a nice shape at the fillet end; the bone should be removed, with the exception of the knuckle end. Then put in the forcemeat, and braise the meat with mixed vegetables, and a little stock made from mutton bones, adding more as it reduces. One or two mushrooms, or some ketchup, should be put in to flavour the meat. Dish and keep hot, glaze it if liked, then spread some rice, plainly boiled, on a hot dish; mix some brown sauce with a glass of sherry, boil for a few minutes, pour this over the rice, and dish the meat on it. The gravy from the stewpan should be boiled quickly, then mixed with more brown sauce to make a pint

and a half or more, and sent separately to table. Some GLAZED MUSHROOMS should be used for garnishing. Time, from three to four hours.

Mutton, Leg of with Tomatoes.—Use for this a good VEAL FORCEMEAT, adding to each pound the pulp of a large tomato. Braise as above, but with no vegetables, except an onion, if liked, and a couple of tomatoes. Dish the rice, and pour over it some TOMATO SAUCE, and send more to table in a tureen.

NOTE.—After boning and stuffing the meat, it must be fastened with tape and skewers to keep it a good shape, and a piece of thick muslin should be tied over the fillet end. Lamb may be cooked in the same way. Time must be given for the gravy to cool, in order that it may be cleared of fat.

These dishes are a welcome change, when cold, from a plain joint. Salad and sweet pickles should be served with them, or a nice cold sauce.

Mutton, Neck of, Stewed with Oysters.—Required: a piece of the best part of a neck of mutton, the middle, if possible, sauce, &c., as below. Cost, from 2s. 6d. to 3s.

Wash the meat free from blood; dry, and chop it ready for serving; then turn it about in a little hot fat in a stewpan, until brown. Pour over half a pint of mutton stock from bones, cold, this will throw up the fat; skim, and add the liquor from a score of oysters, a little anchovy essence, the juice of half a lemon, and a sprig of parsley. Bring to the boil, put in a dozen peppercorns, and cook until the meat is tender. Then put it on a dish, and keep it hot; strain and skim the liquor; make it up to a pint, then thicken with white roux, and add a score or more of oysters. Pour this round the meat, and serve very hot.

Another way.—Brush the meat with glaze, and dredge it with bread-crumbs mixed with cayenne pepper, ground nutmeg, and a little salt and powdered herbs. Brown this before the fire, while the sauce is being made.

Mutton, Ragoût of, with Gniocchi.—Required: two pounds of mutton from the thick part of a leg, or the under-meat of the shoulder, six ounces each of onions and mushrooms, wine, gravy, seasoning, and tomato purée, and some GNIOCCHI. Cost, about 2s. 6d.

Cut the meat about an inch thick, and in pieces two inches long. Put an ounce or two of bacon in dice in a stewpan; add the chopped onions and mushrooms, and fry for a few minutes, then put in a gill of tomato purée, fresh or bottled, the same measure of claret, and half a pint of stock from mutton bones, or the gravy of a joint; add a little pepper, and put on the lid. Cook gently for an hour and three-quarters, turning a time or two; then put in salt to taste, and a gill or so more stock, with a small quantity of roux or browned flour; boil up gently, and in ten minutes serve in a hot dish, and either garnish with the *gniocchi*, cut into squares, or send it to table in the dish it is baked in.

Mutton, Shoulder of, Boned and Braised.—Take the blade bone from a small shoulder, freed from most of the fat, put any nice forcemeat in the place, then shape it, and tie it securely; also sew it up with thread. Braise in the usual way with vegetables and stock. Glaze when done, and serve with the gravy thickened, and some GLAZED ONIONS round the meat. Cost, about 9d. to 10d. per pound.

Mutton, Shoulder of, Boned and Roasted.—Take the bone altogether from the meat, then put forcemeat in, and form it like a ball, or into a nice oval; the latter is the easier. The forcemeat should be shaped in a roll, then the meat should be rolled like a galantine, and tied securely. Make the forcemeat by mincing a couple of sheep's kidneys; add them to half a pound of VEAL

Sausage Meat, a gill of Mushroom Purée, and some bread crumbs; just to give the mixture consistency while shaping it. Then flour and roast the meat; or it can be baked. Serve good gravy with it, made from the bones, and a dish of French beans or other vegetable. Cost, as above.

Another way.—Use Mutton Sausage Meat, mixed with an equal bulk of chopped ham for the stuffing (or Oyster Forcemeat is excellent; then Oyster Sauce is required).

Another way.—Use Herb Forcemeat and serve Cucumber Purée with the meat. Bread crumbs and powdered herbs, with the rind of half a lemon grated, should be sprinkled on the meat after it is done, then browned well. Directions for the boning of meats will be found in the next chapter.

Ox Palates à la Jardinière.—Required: two palates, and some vegetables, stock, &c., as below. Cost, very variable.

Prepare the palates by cleansing and blanching (*see* Ox Palates); press until cold between two plates with a weight on. Cut them into rounds, and cover with any nice brown stock; lay them in a saucepan, and cook for three to five hours until quite tender. When nearly done, pour off any stock, add a glass of light wine, and cook until it is all absorbed. Have a hot dish ready, covered with some cooked sparghetti; pour over it some Sauce Herbacé and put the palates in a ring round the edge of the sparghetti, with slices of cooked cucumber and carrot in between. Prepare a little pile of the same with other vegetables, by cutting them in the proper shapes (*see* Vegetables for Garnish); put these on the top of the sauce, and add a few chopped capers or some sprigs of chervil, cress, &c. Send more sauce to table. The stock in which the palates were cooked will make good soup.

Ox Palates au Gratin.—Required: two palates, two or three ounces of ham, seasoning and mixed herbs, two button mushrooms, a shalot, a tablespoonful of bread, and half as much cream. Cost, uncertain.

The palates should be first cleaned, and then boiled and skinned. Make the above ingredients into forcemeat, scraping the ham, and seasoning as if for veal, but rather more highly than ordinary veal stuffing. Cut the palates in long slices, spread them with the mixture, roll each in a round, and tie it up. Bake them for half an hour in a buttered tin dredged with bread crumbs and sweet herbs; brush them with butter, dredge with crumbs, and put a few bits of butter on the top. Serve plain or with sauce, any kind such as would be served with steaks, fillets of beef, &c.

Ox Palates, Piquant.—After boiling the palates, cut them as above, and lay on each a small quantity of tomato pulp, bread crumbs, and a bit of cooked bacon in dice, mixed to a paste; roll up, and finish in the oven as above. Then serve them in a dish with Piquant Sauce to cover them; put a few pickled walnuts in a dish in the oven, with stock to cover them; when hot, use them for garnishing the dish; serve Tomato Salad or Pickled Tomatoes separately; the latter can be heated if preferred. In place of either, chopped pickled gherkins and capers will answer. Cost, uncertain.

Ox Tail à la Nordica.—Required: an ox tail, herbs, and vegetables, claret, sauce, garnish, and seasoning as below. Cost of tails, very variable.

Blanch an ox tail after jointing it; dry it well, and fry it until lightly browned in a little hot butter, with a few bits of vegetables, and a bunch of herbs. Then drain it from the fat, and put it in a stewpan with a gill of claret, a gill of brown stock (No. 4), and half a pint of Brown Sauce. Put in (in addition to the vegetables from the frying-pan) a tablespoonful each of minced onion, grated carrot, outer part only, and minced celery; a few black peppercorns,

and a clove, a bay leaf, and a small tomato; put a sheet of buttered paper over, and cook in a moderate oven for three hours or more. During the cooking, baste and skim now and then. When tender, take up the pieces of meat with a perforated spoon or small slice; put them in a pile on a hot dish, and keep warm, while the sauce and vegetables are sieved and re-heated. Then season to taste, and pour over the tail. Have ready some rings of fried bread; they should be the size of a florin, the middle being removed with a small round cutter. Put these all round the meat, overlapping, to form a border, and in each hollow place half a cherry, uncrystallised, having first warmed them in a little wine or gravy to cover them. Then, round each half cherry, put a little chopped truffle.

While garnishing, set the dish over boiling water.

Ox Tail with Beetroot.—Make a purée of beetroot, or prepare some fancy shapes of boiled beetroot (*see* GARNISHES). Pile it up on a dish, and put the tail, cooked as in the above recipe, all round it. Prepare some ring croûtons the size of a shilling; put them about the purée in a pattern; and fill the centres of them with a little green vegetable purée of any sort. Put some more croûtons, rather larger, outside the meat to form an outer border, and garnish them in the same way.

Ox Tail with Oysters.—Required: an ox tail, a pint of BROWN SAUCE, a dozen oysters, seasoning, &c., as below. Cost, variable.

Blanch, joint, and fry the tail until well browned; cook it in stock just enough to cover it; by the time it is tender the liquid should be almost absorbed. Then add the brown sauce, and strained oyster liquor, with salt, cayenne, and a teaspoonful each of lemon juice and anchovy essence. Beard the oysters, and put them in the sauce just before serving. Serve in a BORDER OF POTATOES, or garnish with POTATO CHIPS.

Ox Tail with Prunes and Sultanas (*See* BEEF, FILLET, WITH OLIVES).—Cook the tail as directed at the end of the recipe, but instead of olives, add some French plums stewed in claret until it is absorbed, and the plums quite soft, and some sultana raisins, picked and cooked in the stewpan with the meat. Serve with a purée of any vegetable preferred, and send sweet pickles separately to table. Cost, uncertain.

Ox Tongue à la Belgravia.—Required: a collared ox tongue (*see* JOINTS), a dozen EGGS À LA BELGRAVIA, and the same number of CHICKEN QUENELLES, some HAM BUTTER, and plain CURLED BUTTER; pink and yellow aspic, parsley, and tarragon and chervil. Cost, about 8s. 6d.; more if a large tongue.

Put the tongue on a flat silver or plated dish ready for serving; give it a quarter inch coating, top and sides, of pink aspic; place the eggs and quenelles round the base, after trimming it evenly, and cutting the eggs in two lengthwise. Put a border of the plain butter round the top edge of the tongue, and a narrower row of ham butter on the top of the first border; a bag with a small rose pipe will be needed. In the middle of the tongue put more ham butter, forming a circle the size of a crown piece, to imitate a rose; use a large rose pipe for this: put some leaves of chervil or tarragon round it (or use GREEN BUTTER from a leaf pipe), then cover the space between the butters with chopped aspic. Form an outer border on the dish with the remainder of the eggs, some tufts of parsley, and blocks of aspic.

This is a handsome and substantial dish for ball suppers, &c. In serving, a portion of egg should be put on each plate, together with part of a quenelle; they should be moulded, and of good size. If half are coloured pink, the dish is more effective.

A piece of beef may be cooked and served as above (*see* BEEF, COLLARED).

Ox Tongue à la Calcutta.—Required: an ox tongue, butter, salad, curried eggs and quenelles and sauce, &c., as below. Cost, about 8s. to 9s.

Boil or braise an ox tongue, and dish it, after skewering it to a board to preserve its shape. It should be trimmed nicely, and any excess of fat removed. Glaze it thinly, and ornament the tip with sieved egg yolk, and green butter, or ham butter (*see* GARNISHES). The tip generally looks somewhat ragged, and is preferably covered by the garnish. Then ornament the rest of the tongue in rows, with the same garnish, and fasten a frill on. Put a bed of dressed green salad at the sides to fill up the hollow, and place in it some CURRIED EGGS cut in quarters (a dozen or more may be used). Then place chopped aspic round the dish, and lay on it a border of curried quenelles, with sprigs of parsley or chervil in between. When ready to serve, put some little blocks of ICED SAUCE À LA CALCUTTA on a dish; or use tiny moulds, allowing one for each person; and garnish prettily with green salad, and leaf-shaped pieces of pink aspic.

For the quenelles, make the mixture as given for VEAL QUENELLES, or chicken may be used; and to half a pound, add a teaspoonful of curry paste; it should be pounded with the meat.

Ox Tongue à la Cranleigh.—Required: a fresh tongue, two ounces of bacon, a small onion, a turnip, carrot, and leek, half a dozen celery stalks, a good bunch of herbs, some peppercorns and allspice berries, a gill of sherry, and some stock, &c., as under. Cost, about 6s. 6d.

First, wash the tongue, cover it with cold water, and bring it to the boil, then take it up and dry it. Put the bacon (cut in dice) in a large stewpan, with the vegetables and spice; lay the tongue on the top, put a buttered paper over, cover, and cook for twenty minutes, shaking the pan often, then add half a pint of stock, as No. 4, or clear stock (No. 7 or 8) will be still better; add the sherry, cover, and cook gently for three hours, or more, according to size, basting every twenty minutes with the liquor, over the paper. Add more stock as it reduces, to keep up the quantity. When done, take the tongue up, trim it nicely, and skin it; brush it over with glaze, and put it on a dish. Reduce and skim the gravy, and mix with it half a pint of BROWN SAUCE (No. 2). Boil up, and pour a portion of it round the dish. Send any nicely dressed, seasonable vegetables to table, and garnish the dish with small cooked tomatoes, mushrooms, or artichoke bottoms (*see* DRESSED VEGETABLES), together with glazed croûtons, and scraped horse-radish.

Ox Tongue à la Dresde.—Coat the tongue as directed for OX TONGUE À LA BELGRAVIA, using yellow jelly in place of pink. Round the base, put some HAM BUTTER and SAVOURY EGGS. Garnish the top of the tongue with GREEN BUTTER to form a wheel, and put over it some chopped truffle. The butter may be passed through a forcing pipe, or CURLED BUTTER can be used. When serving the tongue, hand round some ICED SAUCE À LA DRESDE.

Another way.—Instead of collaring the tongue, serve it in its original shape, and ornament with the same garnish, but before putting it on the dish, lay on it a bed of plainly dressed salad; it helps to steady the tongue.

Ox Tongue, Sour (a German dish).—Required: an ox tongue, seasoning, thickening, wine, gravy, &c., as below. Cost, from 6s. to 7s. 6d., according to garnish, &c.

After trimming a fresh tongue of good size, lay it in a pan with the following ingredients: a gill each of vinegar and light wine, a lemon in thin slices, a large onion, and morsel of garlic cut up small, a saltspoonful of ground cloves, twice as much black pepper and powdered

bay leaves, and a pinch of cayenne. Turn and baste daily for four days, then melt in a stewpan three or four ounces of butter; add two ounces of flour and brown it, and some bacon, minced, about four ounces; next put in a chopped onion and a grated carrot, add the liquor from the meat, after straining, and some plain stock to make up a quart. Boil up, then put in the tongue, and simmer with frequent basting for three to four hours. It may be served hot, in which case add some brown sauce to some of the gravy, with a glass of claret, and salt to taste; keep the tongue warm while the gravy is boiled and skimmed, then dredge the tongue with raspings and pour the sauce round it. For a cold dish let it cool in the liquor, then skin, glaze, and garnish in the usual way. If thinly sliced, this is excellent for salad or sandwiches; and the remnants will make a nice dish of potted meat, or come in for croquettes, rissoles, &c.

Polish Buck.—This is a peculiar dish; those who may have acquired a taste for Continental dishes in which sardines enter largely will enjoy it, but we may mention that filleted anchovies may be used just in the same way if preferred to the sardines. Required: a thick slice, say an inch and a half, from a fillet of veal, some sardines (the boneless should be used), fat bacon, seasoning, onions, garlic, milk and butter. Cost, about 2s. to 2s. 6d.

Skin the meat, beat it with a steak-beater or rolling-pin, then make holes in it with a wooden skewer, three-fourths the depth of the slice. Cut bacon into thick strips and sardines into thin ones; fill the holes, then rub the meat over with some sliced onion and next with a clove of garlic; sprinkle with a half teaspoonful of grated lemon peel, the same of salt, and a little white pepper and cayenne, with a suspicion of ground mace. Roll this up sausage shape, tie it with tape, and brush it over with clarified butter; then lay it in a stewpan with hot butter, until it is delicately browned. Put in a gill each of veal stock and milk, cover the meat with buttered paper, and cook gently, basting sometimes, for two to two and a half hours. Then leave it until cold; unbind, and serve in slices as a breakfast dish, garnishing with salad according to taste.

Reindeer Tongue. — Before cooking, proceed as follows:—Put the tongue in cold water for three or four hours, then leave it in an airy situation until dry; soak again, and repeat the drying; again soak and dry, making three times in all. Scrape it, and put it on to boil in cold water; bring very slowly to the boil, with frequent skimming, and cook for three hours or longer. Serve on a folded napkin and garnish with parsley, if for a plain dish for breakfast. For a more elaborate one, the tongue can be brushed over with aspic, and garnished in any of the ways given for Ox Tongue. The remains of a tongue may be minced, and served in any of the usual ways, or potted with some

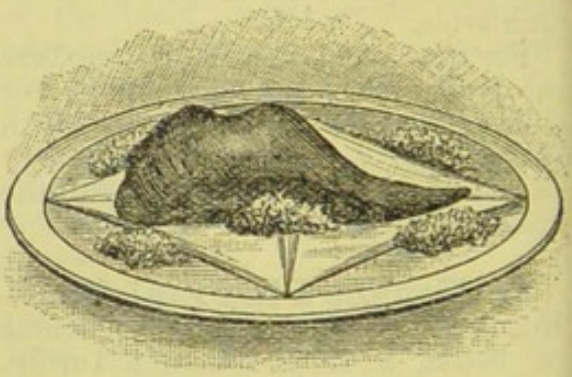


Fig. 66.—Reindeer Tongue.

ham or bacon; or, when dry, it can be grated, and used for flavouring sauces and gravies. A nice breakfast relish can be obtained by heating thin slices of the cooked tongue in good gravy, just to moisten, and serving with grilled tomatoes or tomato butter, or with horse-radish butter. Cost, from 1s. 6d. to 2s.

Salpicons in Sauce.—This is an exceedingly nice dish, and should

take its name from the sauce; the best is suprême, but good béchamel or velouté, or other kinds will do. Take the remains of a fowl (the whitest part), some sweetbread, tongue, and button mushrooms; all these must be cooked, and there should be equal quantities of each as nearly as possible. Put them in the sauce, enough to coat them, and make a thick mince, and when hot serve as they are, with any suitable garnish. The same mixture may be used for filling little vol-au-vents, &c.; and when cold, owing to the nature of the sauce, it will be firm enough to shape into croquettes, small rolls, or other forms. These may be cooked in the usual way, and should be served with a little more sauce. In addition to the ingredients named, truffles are added, or good forcemeat; all except the truffles must be in dice (that is the feature of this preparation), but the truffles may be in "chips," as the trimmings from sliced truffles are called. Again, game may be used instead of poultry for a similar mince. It often happens that portions of the ingredients required are left over from a dinner; in such cases the dish is not extravagant, but is somewhat costly if they are purposely prepared. For an economical variety of this, a small quantity of cooked brains is sometimes used instead of sweetbread. Cost, variable.

Sheep's Head, Fried.—Boil a sheep's head in the usual way, after blanching it, then take the bones out, and press the head until cold. The tongue and brains will make a separate dish. Cut it into squares or fingers, and coat with thick batter, or with egg and crumbs, as preferred; fry brown, dish in a pile, and serve with vegetables as below. Boil young carrots and turnips, and some cucumber in dice, or peas in place of the latter. Cut the turnips through, take the insides out, leaving them like little cups; fill these with the peas, glaze the carrots, and place them round the dish; some can also be put in the centre. The meat should be lightly fried, and well drained. Any white sauce is suitable, or a purée of onions or celery can be served with it; or a turnip purée (using up the portion scooped out) mixed with white sauce may be used (*see* DRESSED VEGETABLES). Cost of head, about 8d. Total cost, variable.

Steak, Italian (Beef).—Required: steak, butter, vegetables, wine, stock, &c., as below. Cost, about 1s. 2d. per pound, inclusive.

Take two or three pounds of steak from the rump or fillet—let it be quite an inch and a half in thickness. Brown it in a stewpan with two or three ounces of butter, turning it frequently over a quick fire. When brown alike on both sides, remove the steak to a baking-pan, with a tight-fitting lid (earthenware pans are always used for this purpose on the Continent), and fry two medium-sized onions, sliced, a shalot, minced, and a bunch of parsley in the same butter. Add these to the steak in the pan. Add two large wineglassfuls of port, and two breakfastcupfuls of brown stock, with a few stalks of celery cut into pieces, two pickled gherkins, four or five cloves, and a pinch of cayenne pepper. Cover down the lid tightly, that no steam may escape, and let it bake in the oven nearly an hour and a half, when put in a turnip and a carrot, quartered, and close as before. If the roots are young, they will be done in half an hour. Cut them into dice, and lay them over the top of the steak, which should be placed on a hot dish. Send to table with the gravy strained over. It may be thickened slightly.

Salt to taste should be added when the vegetables are put in; a pinch may be put in after the meat has cooked a short time.

Another way.—After cooking a beef steak of a pound or so in weight, by grilling or broiling, put it on a hot dish, and glaze it; then pour round it some BROWN ITALIAN SAUCE, and send vegetables separately to table.

Steak, Italian, Veal.—The

meat may be cooked in a sauté pan, or wrapped in an oiled paper and grilled, and served with WHITE ITALIAN SAUCE. Or a thick piece may be taken from a fillet of veal, previously braised or roasted, and reheated in the sauce, and served with a garnish of small tomatoes, mushrooms, and rolls of bacon, all separately cooked.

Sucking Pig, Galantine of.—Required: a sucking pig, forcemeat, seasoning, garnish, &c., as below.

Bone a young pig, which, for this purpose, ought not to be more than three weeks old. If this cannot be done at home, the butcher will do it. Lay it flat on the table, back downwards, and spread on it alternate layers of good forcemeat, truffles, pink ham, tongue, or anything which will look and taste well when the pig is cut into. Season each layer with pepper and salt, and roll the pig tightly, binding it well with tape. It will be more succulent if a few slices of fat bacon are fastened on the outside. Wrap it in a pudding-cloth, and simmer it gently in some good veal broth, in which may be put the bones of the pig, a large carrot, a blade of mace, twelve peppercorns, and some sweet herbs. When sufficiently cooked, let it cool in its own liquor, and when taken out, press it under a weight, and let it be eaten cold. Garnish the dish with aspic jelly, and salad, lemons, &c. It will be easier to make the galantine a good shape, if the head be removed. This will make another dish. Cost of pig, uncertain.

Sucking Pig, Galantine of, Superior.—Spread the meat with a layer of RICH VEAL FORCEMEAT, hard-boiled eggs in dice, truffles in slices, and chopped ham alternately; then put another layer of forcemeat. Finish off as above. Boil in stock to cover, with other ingredients, as in the previous recipe; add a gill of sherry, and some mushrooms (button ones must be used, the tinned ones do very well). Press as above, and garnish as follows: Give a plain coat of pink aspic, and sprinkle it in rows with chopped truffle, parsley, and sieved egg yolk. Pour more aspic over to set these, and garnish the dish with hard-boiled eggs, whole or sliced truffles, and blocks of aspic, with plenty of fresh parsley, or other green garnish. Cost, uncertain.

Sweetbreads, Calves'.—First wash them in tepid water, renewing it as required, then lay them in cold water to soak for a time. Put them on to blanch in cold water with a little salt and lemon juice; bring this to the boil, and then rinse the sweetbreads in cold water. If they are to be braised or stewed, they can be so cooked without parboiling, but if to be fried, baked, &c., they must be cooked in stock until nearly done, for half an hour, or more, according to size. They should then be pressed between two flat tins, with weights on the top, until cold, when they are ready, either for cooking whole or in slices. If to be larded for braising, &c., this pressing is necessary also. In the chapter on HOT ENTRÉES recipes are given for the more elaborate ways of serving sweetbreads; many can be considerably simplified by using a plainer sauce, and dispensing with expensive or troublesome garnish.

Sweetbreads, Fried.—The parboiling process must be carefully attended to here, as the sweetbreads should require but little further cooking. They must be cool before preparing them for frying. This is done by flouring, and coating with FRYING BATTER, or by egging and crumbing; the crumbs should be seasoned with a little salt and pepper, and cheese, or fine herbs can be added to give variety, or according to the sauce which is to be served with them. The fat must be very hot, and enough to cover them, and a golden brown tinge is the darkest they should acquire. Fried parsley and cut lemon furnish sufficient garnish for an ordinary dish. The sauce may be white or brown, as

preferred. Brown Sauce, with lemon juice to sharpen it, and a little sherry is an excellent one. Veal gravy, about as thick as good cream, and flavoured with sherry and lemon, or with herbal vinegar, is also very good; it should be pale brown only; a little glaze and extract of meat improve it, but it should not be too strong of either. About a saltspoonful of the extract, and a bit of glaze the size of a cherry, will suffice for two to three gills of gravy. Cost, variable.

Sweetbreads, Mock. — Required: a pound and a quarter of lean, raw veal, half a pound of veal kidney suet, grated lemon peel, salt and pepper, stock, sauce, bread, and eggs. Cost, about 1s. 10d., exclusive of vegetables.

Mince the meat and suet; soak a slice of white bread in hot white stock; drain and beat it up finely, about a teacupful will be wanted; add the meat and suet, and the seasoning; blend thoroughly, mixing in the yolk of an egg, gradually. Then use a small quantity of dry crumbs, just to shape the mixture, to imitate sweetbreads; coat them with beaten egg and seasoned crumbs, and fry them in hot fat to a delicate brown. Then pour round them the stock from the bread, with a little more; cook them, with frequent turning, for an hour, and add white sauce of any kind, such as could be served with veal or sweetbreads, to make up a pint and a half altogether. Serve on a hot dish, and garnish with fancy shaped vegetables, or peas, or macaroni.

Tripe and Eggs, Fricasseed. —Required: a pint of sauce, Parsley, or Plain White, twelve ounces of tripe, four eggs, seasoning, croûtons, and vegetables. Cost, about 1s. 6d. to 2s., according to the sauce.

The tripe should be boiled, and left until cold, then put in milk just to cover it, with a bay leaf and a slice or two of onion, celery, and carrot; when it boils put the tripe on a dish, cover, and keep it warm over boiling water. Now strain the milk, and use it for making the sauce. Boil the eggs hard, quarter them lengthwise, dish them with the tripe, and pour the sauce over. Prepare some oblong croûtons; spread them with a Purée of Onions or Celery, sprinkle a little parsley over, and use them for garnishing. This is a very good dish: the bay leaf and vegetables improve the flavour of the tripe. Any white meat may be served thus. For a richer dish, use a better sauce, and garnish the dish with any good purée of vegetables.

Tripe and Liver, Fricasseed. —Use tripe and liver, equal in weight; fry the liver in strips; cut some boiled tripe in the same way, flour it, when cold, and fry it also. Then cover with any good sauce of the brown class, or a thick brown gravy; serve hot, and garnish with fried parsley, and little heaps of fried onions. This is a palatable combination. The tripe renders the liver more digestible, while the liver gives piquancy to the tripe. Green Gooseberry Sauce may be served with this; Cucumber Sauce or purée is also suitable. Cost, variable.

Veal, Blanquette of. — Required: one pound of fillet of veal, half a pint of sauce, velouté or suprême, an egg, a lemon, a truffle, some parsley, lobster coral, and potato purée, stock and seasoning. Cost, from 2s. to 2s. 6d.

Skin a piece of meat three-quarters of an inch thick; cut it into rounds or ovals, then weigh the pieces; there should be a pound after trimming. Cover them with white stock No. 9, just warm; add a strip of lemon peel, a sprig of parsley, and some white peppercorns, and stew until tender. Drain, and reduce the stock until there is very little left; add it to the sauce, and season with salt and pepper, essence of nutmeg, and lemon juice. Put in the veal, cover, and leave for half-an-hour, but it must not simmer. The potatoes should be baked in their

skins and converted into a rich purée, (*see* DRESSED VEGETABLES). Put it in a bag with a rose pipe, and form a border on a hot dish, then pour in the meat and sauce; garnish with the parsley and truffle chopped, and sprinkle the lobster coral on the potato. All the garnish must be in readiness; the truffle should be heated in stock, and the parsley scalded, before chopping.

Veal, Fillet of, with Anchovies.—Required: veal, anchovies, butter, and seasoning, as below. Cost, about 1s. 6d.

Cut a slice from the thick part of a fillet of veal (it should be about three-fourths of an inch in thickness); brush it with oil, and grill or broil it. Put two boneless anchovies in a mortar, with an equal bulk of chopped parsley, and a clove of garlic, minced; grate in the rind of half a lemon, and pound well; then sieve, and mix with two ounces of fresh butter. Lay this on the dish, and put the meat on the top. Serve cut lemon with it.

Another way.—If a larger dish is required, cut two steaks, and cook them as described above. Prepare just double the quantity of anchovies, butter, &c. When the meat is done lay the butter on the dish, reserving part of it; put one piece of meat on the dish, spread it with the rest of the butter, and put the other steak on the top. A little glaze improves the meat. Beef-steak is excellent cooked as above, and the meat is delicious when cold. Sauce and salad improve it.

Veal, Fillet of, Braised.—Required: a fillet of veal, four ounces of bacon, a carrot, a turnip, an onion, a bunch of herbs, seasoning and stock. Cost, about 1s. per pound.

Cover the bottom of a braising pan with part of the bacon, sliced; the vegetables, prepared by washing, peeling, and slicing; if at hand, add a few celery stalks also, and a gill of stock made from veal bones. Make the meat firm and compact by binding it with tape; lay it on the bed of vegetables and bacon, and put the rest of the bacon on the top; add a few peppercorns, a clove or two, and put on the lid; simmer to reduce the stock, then add more stock to half the depth of the meat; put some hot cinders in the lid of the pan, and cook gently for two and a half or three hours (for five or six pounds), basting often. When done, take the bacon from the meat, drain the latter, and put it on a hot dish; strain the gravy, thicken it with brown roux to make it like cream in consistence, skimming it all the time it is boiling; season to taste, and add, if liked, a little light wine. If the meat is not brown enough, it can be brushed over with glaze, and put before the fire, or in a hot oven, or put back in the pan, the lid being replenished with fresh cinders while the gravy is being made; but if it has been attended to, it will probably be brown enough. Pour the gravy round, and send to table very hot, with nicely cooked vegetables separately dished.

Another way.—Send the gravy separately to table, and round the veal put a PURÉE OF ENDIVE, SPINACH, SORREL, CUCUMBER, CARROTS, or MUSHROOMS; or green peas, young carrots, glazed, button mushrooms, or small tomatoes, besides many other vegetables can be used *whole* in the same way; recipes for all will be found in later chapters devoted to VEGETABLES.

See that the drainer of the pan is kept very clean; if the holes are allowed to clog, the draining is retarded, and the meat will acquire an unpleasant flavour. A bone or two, or a strip of lean ham will improve the meat; they should be put underneath, with the vegetables and bacon.

Veal à la Ducie.—Required: a veal cutlet of a pound, an inch in thickness, and free from skin; it should be trimmed to an oval shape; half a pound of rice, seasoning, sauce, &c., as below. Cost, about 1s. per pound, exclusive of garnish.

Put an ounce of butter in a sauté-pan, and when hot lay the veal in; cook it for ten minutes to a pale brown, then drain it. Meanwhile, wash the rice (Patna), put it in fast boiling water with a pinch of salt and a teaspoonful of lemon juice, and boil for five minutes, then turn it into a colander, and pour plenty of cold water over. Take a clean pan, put in it half a pint of CHUTNEY SAUCE and the rice. In a second pan put another half pint of the same sauce, and the veal; cook for half an hour, letting the contents of both pans simmer only, and give them an occasional shake. Then take a hot dish, spread the rice on to cover it, make it smooth on the surface, and then lay the cutlet on the centre of the rice; reduce the sauce by boiling it sharply for a few minutes, and pour over the meat. Next, between the edge of the meat and the rice, put the following ingredients, which must all be in readiness: little heaps of olive, minced, and warmed in stock; tiny tomatoes, cooked whole in stock; and little heaps of cooked ham and tongue, cut in thin shreds, and heated in the same way. Over the meat, put some chopped parsley and a dust of coralline pepper. Serve very hot.

Veal Cake. — Required: two pounds of lean veal from the fillet, twelve ounces of streaky bacon, a good teaspoonful of salt, half as much pepper, a tablespoonful of mushroom ketchup, half as much store sauce, the rind of half a lemon grated, a good pinch of grated nutmeg, a gill of veal stock, and a pinch of cayenne. Cost, about 2s. 9d.

Mince the meat and bacon very small, or pass through a machine; add the seasoning, then the stock, and work well with the hand, just moistening with cold water from time to time. Press firmly into a deep dish or tin, buttered, and tie a buttered paper over. Bake in a moderate oven, for two to two and a half hours. Turn out when cold. This is a good breakfast dish. Useful also for a picnic, or for making sandwiches, &c.

Veal, Curried.—Required: two pounds of lean meat, three gills of CURRY SAUCE, a gill of cream, rice, and lemons. Cost, about 2s. 3d.

Cut the veal into pieces of an inch and a half square (any gristly portions should be removed); just cover it with white stock, and cook very softly for half an hour. Then put it with the stock into the curry sauce, cover, and cook until tender. Then add the boiling cream, off the fire, with salt to taste. Serve with rice round it, and lemon in quarters. This is a very mild and delicate curry. Any other white meat can be cooked in the same way, which will be acceptable to those who find ordinary curries somewhat hot, as the cream has a very softening effect. Time, about an hour and a half altogether, to cook the veal.

Another way.—Fry the meat in a little hot fat, after frying an onion; add an apple and a tablespoonful of tomato pulp, an ounce of curry paste mixed with a pint of white stock (No. 9), and a little lemon juice; put in a tablespoonful of grated cocoanut, and cook for an hour; add a teaspoonful of rice flour and a pinch of salt, cook for another half hour, then sieve the sauce, and finish off as usual. Add a little more lemon juice at the end. The sauce must be skimmed well at starting; and in place of an apple, a tablespoonful of gooseberries can be used.

Veal, Cushion of, Braised.—Required: veal, bacon, vegetables, stock, &c., as below. Cost, about 1s. per pound, inclusive.

The cushion of veal, or the *noix*, as it is called in French cookery-books, is simply that part of the leg which is covered by the udder. It should be separated from the under-part of the fillet with a sharp knife, and the udder should be left whole, closely adhering to the cushion in its original position. The sinewy parts may be cut away. Take the cushion thus prepared, and

lard the fleshy portion evenly and neatly with strips of fat bacon. Butter a braising-pan, and cover the bottom with a layer of sliced vegetables (onions, carrots, celery, and herbs), put in the larded veal and any bones and trimmings of meat that may be at hand, pour in as much white stock No. 9 as will just touch the surface of the veal, and braise it very gently over a slow fire. Butter a round of paper to fit the braising-pan, lay this over the meat, and cover tightly with the lid. Baste often, and stew very gently; this part of the leg needs long slow cooking. When done, brown the meat, skim and reduce the gravy, and add a morsel of glaze or extract of meat to it. Garnish the dish with a variety of vegetables, cut in any fancy shapes, and send a rich PURÉE OF SORREL or SPINACH to table separately. Time, about thirty minutes per pound.

Veal Cutlet, Stewed, à la Baginhurst.—Required: a cutlet, ham, sauce, bread, and seasoning, as below. Cost, about 2s. 3d.

Trim the cutlet into an oval shape, and sauté it in a couple of ounces of hot butter. Drain and lay it in a clean stewpan; pass the meat that was cut from it through a mincing machine, then pound it with an equal bulk of minced ham, raw; season, and stir in some bread crumbs soaked in stock, and squeezed dry; there should be a large tablespoonful of each; add some of the yolk of a raw egg, and make into tiny rolls, like sausages, an inch long; sauté these in the butter also, for ten minutes. Then set aside, add to the veal cutlet half a pint of thin brown sauce mixed with the juice of half a lemon, and a little of the grated rind; a teaspoonful each of mushroom ketchup and tarragon vinegar, and half a glass of light wine. Stew gently for an hour, turning a time or two, and basting with the gravy. Then lay the little rolls round the cutlets, and give a quarter of an hour's further cooking, keeping them turned constantly. Have a hot dish ready, lay on it a fried croûton, the size and thickness of the cutlet; put the latter on, and brush with glaze; arrange the rolls round, leaning on the croûton; put a slice of lemon between each, and then boil up the gravy; skin, and pour it round the croûton.

Veal, Fricandeau of.—For this dish—a segment of veal, larded and stewed, with bacon, sliced vegetables, sweet herbs, and seasonings—we are indebted to the age of Leo X.

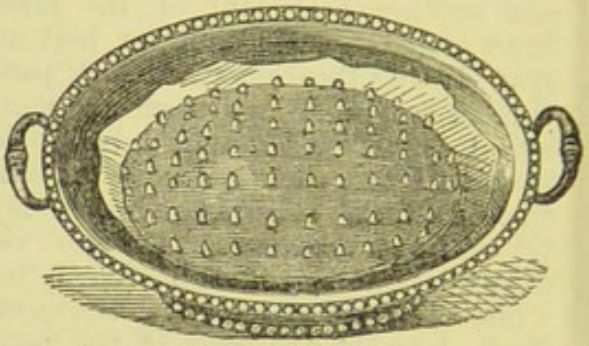


FIG. 67.—FRICANDEAU OF VEAL.

The following recipe will be found excellent:—Take about three pounds of the fat, fleshy side of a fillet of veal, of the best quality, or a slice about four inches thick. With one stroke of the knife cut it even, trim it into an oblong or oval shape, then lard it thickly and evenly with thin strips of fat bacon. Slice two carrots, two turnips, and two onions, and put these into the centre of a stewpan with two or three slices of bacon, the trimmings of the meat, a bunch of sweet herbs, two bay leaves, and a little white pepper. Put the fricandeau on the vegetables, and pour in about a pint of stock. Cover the stewpan closely, and let its contents come slowly to the boil, then stew very gently by the side of the fire or in the oven, till the meat is quite tender. Baste frequently with its liquor. A short time before it is to be served take it up and put it into a well-heated oven to crisp the bacon. Strain the gravy, skim the fat from it, boil quickly, and add a little glaze, and baste the fricandeau with it till it looks bright and glossy. Serve with the larded surface uppermost, in the centre of a

Purée of any vegetables that are in season—Sorrel, Spinach, Endive, Asparagus, Peas, &c. If liked, the gravy may be simply strained, skimmed, and poured over the meat, and then the dish is fricandeau with gravy. Sometimes as a matter of economy the lean part of the best end of a large neck of veal is used instead of the prime part of the leg, and does nearly as well. Truffles, mushrooms, and artichoke bottoms may all be served with this dish. Time, thirty to forty minutes per pound, according to thickness. Add salt as soon as the meat is tender, not before. Cost, variable.

Veal, Haricot.—Required: veal, gravy, vegetables, bacon, forcemeat, &c., as below. Cost of meat, about 9d. per pound.

Take the best end of a small neck of veal. Shorten the bones, and divide the meat into cutlets. Put them into a stewpan, pour over a pint of good brown gravy, and let it simmer gently. Boil in a separate saucepan a pint of freshly-gathered and shelled young peas, half a pint of carrots and turnips cut into fancy shapes, a small cauliflower, divided into sprigs, half a dozen young onions, a sliced cucumber, a cabbage lettuce cut into quarters, or any other suitable vegetables. Before the haricot is served, put the vegetables with the veal, and let all simmer gently together for ten minutes. Put the veal on a dish, arrange the vegetables round it, and garnish with Forcemeat Balls. Send fried bacon to table on a separate dish. If more convenient, some of these vegetables may be omitted, and it should be remembered that some kinds will need to boil longer than others, according to their nature and age. The appearance of the veal will be improved if it is brightly browned in hot fat before being stewed; and a little acid will improve its flavour for many. Time to simmer the veal alone, about an hour and a half. The liquor from the vegetables will make nice soup.

Veal in Jelly.—Required: two pounds of cooked veal, four eggs, four ounces of boiled ham, a quarter pint of freshly picked shrimps, a pint and a half of aspic jelly, and half a dozen veal sausages; garnish as below. Cost, about 4s. 6d.

Line a plain, deep mould, round or oval, with a thin layer of aspic; set on ice, then decorate the bottom and sides with the ham in strips, some leaves of chervil, a few shrimps, and the white of one of the eggs, first boiled hard, and cut into rings or thin shreds. Set this with a little more aspic. Then fill the mould up with the rest of the shrimps, eggs in slices, veal in dice, the sausages, previously cooked, skinned, and sliced, and some chervil or parsley. The whole should be put in in layers, and aspic added, and allowed to set after each layer. Turn out when cold, and garnish with watercress, shrimps, and cut lemons. Or some savoury eggs (for which recipes are given in a later chapter) may be cut in halves and placed round the mould, each half resting in a little bed of dressed salad. They should be placed alternately, *i.e.* the white side, then the inside. Over the white a pinch of lobster coral has a pretty effect; the savoury inside needs no decoration. This is an excellent dish for an *al fresco* gathering, as it is quickly served, and most inviting in appearance.

Veal in Jelly (German).—Required: a shoulder of veal, some ham and bacon, vegetables and herbs of the usual kinds for braised meat, a gill of white wine, a pint and a half of white stock (use the bone, and make this as given in stock No. 9), the juice of half a lemon, and seasoning to taste. Cost, about 1s. per pound, inclusive.

Cut the bacon in slices; make a bed of it in a stewpan with the vegetables; lay the meat on a board and roll it up, making it into a nice oval shape, then tie and make holes in it with a skewer. Cut the ham in strips (it should be rather fat), season these, and push them in the holes. Cover with a buttered paper, after laying the meat in the

pan with the liquid ingredients, and cook for three hours, basting now and then over the paper. Brown the meat after draining and set aside to cool. Meanwhile, reduce the gravy, and skim it well; let it cool, then remove any fat and add a little dissolved gelatine in hot weather; strain it through a cloth and colour it with beetroot juice a deep red. When the meat is cold, take off the binding, and coat the surface thoroughly with the jelly, letting each layer set before the next is added. Cut up any surplus jelly into shapes, and use them with slices of beetroot and lemon, and pickled cherries or plums for garnishing. Other joints may be boned, and similarly treated.

Veal in Tomato Juice, American.—Required: a pound of veal, small chops, or a large cutlet as convenient, half a pint of juice from canned tomatoes, some bacon, seasoning, and watercress. Cost, about 1s. 9d.

Melt a bit of butter in a pan, put the meat in, and turn it every minute for ten minutes until brown, then pour the fat off, wipe out the pan and put in the tomato juice with a little salt, pepper, and lemon juice. Lay the veal in and stew for twenty minutes. Season some small pieces of bacon with pepper and chopped herbs, roll them up, and broil them until crisp. Put the meat on a hot dish, boil the sauce quickly for a minute with a little white thickening, and pour it over, then lay the bacon round, with watercress salad between.

NOTE.—The exact time for the cooking of the meat can only be determined by its thickness and quality. It may take thirty or forty minutes to stew.

Veal Olives.—Required: slices of meat from the fillet, three inches long, and two wide; bacon cut in the same way, rich forcemeat, some olives, gravy, &c. Cost, about 3s. for a dish of nine.

The meat must be thin; bat out the pieces, put the bacon on, then the forcemeat (*see* FORCEMEATS); stone the olives and put in the hollows some chopped capers; lay one on each, roll up, and tie with thin twine or tape. Put them into boiling veal stock to cover, and let them simmer for an hour very slowly. A squeeze of lemon should be added, and the olives turned about as required. Take them up and pour over some thick BÉCHAMEL to coat them with; sprinkle some with lobster coral, others with chopped tarragon, chervil, or parsley (a pinch only of tarragon, the flavour is strong), and the rest with truffle. Reduce the gravy they were cooked in, add a little thick CELERY PURÉE, or mushroom, artichoke, or asparagus may be used, then pour it round the veal and garnish with stoned olives or button mushrooms.

Veal, Roasted (a French recipe).—Take a piece of three or four pounds, loin, neck, or any part; lard it, and put it in a marinade of oil, sliced onion, tarragon and chervil, powdered mace, and vinegar equal in measure to the oil; turn and baste now and then, and leave for six hours; cover with buttered paper, roast and baste with the marinade. Take the paper off for the meat to brown, make gravy in the pan and pour round the meat, and send a sorrel or spinach purée to table with it. If the flavour is liked, some leaves of tarragon may be put in with the larding needle, as well as the bacon, and tarragon sauce may be served with it. Cost, variable.

Veal Roasted, with Sauce Suprême.—Required: veal, sauce, and vegetables. Cost, varying with the part selected, &c.

Roast any part of veal, to a pale brown. When done pour the sauce all round it. Heat some artichoke bottoms; hollow them a little, and fill up with PEAS PURÉE, RICH. Place these round the dish, with small BRAISED CARROTS in between them.

If from the neck or breast, the meat may be cut up, and dished round a purée of peas, with the artichoke bottoms put in a ring round the meat.

In this case, some of the sauce, left white, should be poured over the meat; and more, coloured a pale green, is required for the artichoke bottoms. It should be thick, just to coat them. This is a very good dish, and if the meat is boned it can be served as an entrée. A pint of sauce will be wanted for about two and a half pounds of meat.

Veal Roularde.—Required: veal, bacon, eggs, gherkins, bread, seasoning, and garnish, as below. Cost, variable, according to the garnish, &c.

Bone a breast of veal without cutting the upper meat; beat it well with a rolling pin, then mix the following ingredients: half a pound each of lean veal and bacon, passed through a sausage machine, a chopped shalot, a tablespoonful of chopped parsley, the same of capers, a pinch each of winter savoury, grated lemon peel, and nutmeg, a teaspoonful of salt, half as much pepper, the same of thyme, a quarter of a pound of bread crumbs, a pickled gherkin in strips, and the yolks of three eggs. Spread this over the veal, then proceed exactly as for POLISH BUCK, but giving longer time, about three hours; more if a large breast. When ready to serve, the meat may be glazed, or coated with aspic, after trimming the ends of the roll. Garnish with fancy blocks of aspic, and little heaps of dressed salad, with some olives, capers, and pickled gherkins, cut into strips. This is a German recipe. It is a good breakfast dish, plainly served; garnished as above, it is excellent for tennis parties, &c.

Directions for boning are given in the next chapter.

Veal, with Chestnuts. (*See* BEEF, WITH CHESTNUTS).—Substitute veal for beef, and cook it by braising, or lay it in a buttered sauté pan, squeeze some lemon juice over, cover with buttered paper, and cook in a moderate oven. Then lay it on a hot dish, and coat it with thick BÉCHAMEL. Boil the chestnuts until both skins will come off, then cover with white stock, and finish off as in the recipe above referred to, but add a small quantity of WHITE SAUCE or cream, or an ounce of butter, to each pound. The mixture should be coloured pink. CREAM SAUCE is very good with this, and if made thick it can be used for masking the veal.

Veal à la Guernsey.—Required: a fillet of veal, some sauce, and garnish as under. Cost, about 11d. per pound, exclusive of sauce, &c.

The meat may be braised or roasted, as preferred, but must not be cut while hot. Place it on a dish for serving, and glaze it with pale, thin glaze; then put fancy shapes of TOMATO ASPIC on the top, with GREEN BUTTER between, to form any pretty design; put a rim of curled green butter all round the edge of the meat, and sprinkle it with tomato aspic, chopped very small. Glaze the sides of the meat, and put a border of plainly-dressed green salad all round, with TOMATOES À LA GUERNSEY here and there amongst it, and blocks of yellow aspic in between. Make some SAUCE À LA GUERNSEY (double the quantity given in the recipe); freeze as directed, and serve on a separate dish. If more convenient, a shoulder of veal may be boned, and substituted for the fillet. The latter must be very tightly rolled and bound after boning, or it will lose its shape, and be unsightly when cut.

Veal à la Ponsfoote.—Required: two pounds of veal, breast or neck, four tablespoonfuls of olive oil, a dozen little onions, the same number of young carrots and turnips, a bunch of herbs, a clove of garlic, three tomatoes, stock and seasoning. Cost, about 2s. 6d.

Cut the meat in pieces of an inch and a half square, cook in the oil for a short time until browned a little, then drain; lay in a stewpan, with the peeled onions, and scraped carrots, the tomatoes in dice, herbs, and a pint of stock from veal or chicken bones; cover, and cook for an hour, then put in the

turnips, and cook for another hour; add salt to taste, and more stock, thickened with white roux, and seasoned. Serve altogether on a hot dish.

Veal à la Ransforde.—Cook the meat as above, but instead of putting carrots and turnips in, proceed as follows:—Divide some turnips, scoop out the halves cup-shaped, cook them carefully, and fill them with shredded carrot, separately cooked, and minced truffle, heated in wine or stock. Before filling, the turnips should be coated with white sauce. For this dish, the meat may be from any part of the calf.

Veal, Breast of, Stuffed and Stewed.—Required: a breast of veal, a sweetbread, some forcemeat, gravy, &c., as below. Cost, variable.

Take some rich veal forcemeat; add the sweetbread, finely minced; raise the skin, and put the mixture under, in a thin layer only; sew the edges, and put the meat in a stewpan. Pour in half a pint of veal stock (*see* No. 9), and any odds and ends of poultry that are available; add a gill of white wine, cover with a paper buttered on the upper side; put the lid on, and cook for an hour and a half. Then add some button mushrooms and young carrots (failing these, some old ones must be cut to imitate young ones, but then longer time is needed); cook until the carrots are done, take the meat up, and lay it on a hot dish; pour some thick Béchamel or Suprême Sauce over, and sprinkle it with chopped truffle, parsley, and grated ham or tongue, in a pattern. Reduce the gravy, season and thicken a little; pour it round, and garnish with the vegetables. A breast of lamb is equally good thus prepared; peas can be used instead of carrots.

Veal, Fillet of, in Jelly.—Required: a fillet of veal, aspic, and other garnish, as undermentioned. Cost of meat, about 1s. per pound.

Stuff a fillet of veal, and roast it well, but keep it a pale brown only. The shape should be compact; to ensure this, bind it with broad tape, and tie greased muslin over to protect the stuffing. After cooking, leave in a cool place until quite cold, then take off the tape, and coat the meat with liquid aspic; sprinkle so as to form a pattern, with chopped parsley and sieved egg yolk when the jelly is firm, then pour more jelly over to set the garnish. Trim the meat round the bottom from any jelly, put it on a clean dish, and garnish with the following, placing them in the order named:—Small raw tomatoes, fancy shaped blocks of aspic, sliced an inch thick, beetroot (cut with a small round, crimped cutter), and little heaps of dressed green salad. Cut some eggs, boiled hard, into quarters, and put them (yolk side up) on small, oval slices of ham or tongue; place these about the dish to form an outer border, with a little chopped aspic between the slices, and serve for any cold collation, as ball supper, or for a tennis or other *al fresco* party.

Venison, Hashed, Plain.—*See* various recipes given for mutton; or make some plain gravy (*see* Gravy for Hashes), and season and colour it rather more highly than for mutton. Heat the meat without boiling, and serve in the usual way.

Venison, Hashed, Rich.—Required: meat sauce, wine, and garnish, as below. Cost, variable, about 2s. 6d.

Make brown sauce No. 2; add a glass of wine to a gill of strong mutton stock; pour this over two pounds of cold venison in neat slices; cover, and leave for an hour with a seasoning of nutmeg, cloves, and cayenne. Then put all into the sauce, just enough to cover, and when hot through serve. Garnish the dish with croûtons, and place one on the top with a plated skewer. Some cray-fish or prawns can also be used for garnish.

Another way.—Use any nice gravy or sauce given for game; or make a thickened gravy from stock No. 16



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or 17; heat the meat in it, and serve with a garnish of GLAZED MUSHROOMS or FRIED POTATOES. Put little croûtons in between, first coating them with glaze and melted jelly; red or black currant, or tomato will do.

Venison, Jugged. — Required: venison, a marinade, stock, wine, roux, seasoning, &c. Cost, variable.

Cut up the meat, and put in a marinade as given for ROAST HARE. For each pound of the meat, allow half a pint of stock No. 5, a tablespoonful of red wine, a good teaspoonful of brown roux, seasoning, &c., as for JUGGED HARE.

Boil up the stock, put the meat in, with the seasoning, &c.; cook until tender in a jar set in a pot of boiling water, or in a gentle oven. Then take the meat out, and thicken the gravy (after straining) with the roux; add the wine (after the gravy has boiled and been skimmed), then pour it over the meat. The marinade should be added to the stock for cooking the venison. Garnish with cut lemons and small round croûtons spread with dissolved jelly; red currant or tomato can be used. A CHERRY SALAD can be served with this; or a dish of sweet pickles of any kind.

Venison, Jugged (Plain). — Cut up any part of the meat, and simmer in some stock made from venison or mutton bones; or use stock No. 5 if at hand; a few vegetables, and a bunch of herbs, with a clove or two, and some allspice berries should be added. When tender, skim, thicken, and add salt to the gravy; pour it over the meat, on a hot-water dish, if possible, and serve with French beans, or nicely-cooked floury potatoes, and currant jelly. Cost, variable.

Venison Steaks, Grilled. — The steaks should be from the leg or loin, and at least an inch thick. Make the gridiron very hot, lay the meat on, and expose to fierce heat for a few seconds, to close the pores on both sides; then turn every two minutes, and cook more gradually, for twenty minutes or thereabouts. A little pepper should be put on the meat, but no salt. The gridiron must be greased, or the meat may be oiled. Have a dish ready heated, and serve with a pat of butter only; or with a spoonful of currant jelly dissolved in port; or any sauce can be served separately (*see* recipes for the sauces to be served with game and dark meats). Sometimes thin slices of lemon are put on the meat, towards the end of the cooking, and served with it. We can also recommend BROWN SAUCE, flavoured with orange juice, and lime or lemon juice mixed; or orange juice with a dash of Madeira or sherry will be preferred by some. (*See* also GRAVY FOR VENISON.) Cost, variable.

COLD ENTRÉES.

COLD entrées are now very popular, and it is likely that their popularity will increase, for the points in their favour are many. The scope which they afford for variety and decoration is great, and no dish will more readily tempt the appetite in warm weather than a nicely prepared cold entrée, while their cost need not be excessive. In many cases, where forethought holds sway, a very small quantity of meat or poultry, with suitable decorative media, and some good sauce, may readily be transformed into a really dainty dish of this class. For, although in the concoction of cold entrées, a number of ingredients are enumerated, the quantity of each is sometimes so minute as to be hardly worth consideration; and it is just the morsel of truffle, pinch of lobster coral,

sprig of chervil, or an ounce or two of savoury butter, as the case may be, that raises the dish above the commonplace, to the rank of an entrée proper.

The list of dishes given under this heading may seem somewhat short; the reason for this may be readily explained by the fact that they are selected by way of illustration only, mainly because, in so many other chapters, hosts of dishes equally suitable for the entrée course will be found. Amongst others, we may instance dressed fish, salads of all sorts (the most elaborately dressed ones), small savoury pastries, and iced soufflés of the savoury order; besides which, a number of game and poultry dishes may become entrées by the addition of a little suitable garnish; while some of the hot entrées will readily suggest themselves as suitable for serving in the cold state, to those who are accustomed to what may be termed "decorative cookery;" garnish must, of course, be added at discretion.

In speaking of the scope afforded by cold entrées for the exercise of the decorative powers of the cook, a word of warning on this point may not be out of place. Some err on the side of over-elaboration, and it should be remembered that the dish itself should always stand out, so to speak, clearly from the garnish; whereas, it is sometimes difficult to determine which is the entrée and which the garnish. Then, everything which can be called in any way a concomitant of the dish, should be *eatable*. "Of course, everybody knows that," says the experienced cook. The novice may not know it, however, and we have heard so-called good cooks declare that it does not matter about the taste of certain garnishing media, notably aspic, because *nobody eats it*. This is a sweeping assertion, and calculated to mislead. As a matter of fact many people do not eat aspic, and all which comes under the head of savoury jelly, but some do, and find it very refreshing and palatable; and guests ought to be able to assume safely, that sufficient care has been exercised in the preparation of such dishes as to render them fit to eat; the experience of many will, however, prove the contrary to be true.

We would here point out that all the dishes we are now dealing with, and referring to as entrées, can be served for ball suppers, *al fresco* gatherings, and cold collations generally; indeed, whenever a spread of pretty dishes is required. Others will be found under EGGS.

In conclusion, we would draw attention to what is, perhaps, the greatest advantage of cold entrées, viz., the facilities they afford for getting some of the dishes out of hand early in the day. This, in a house where the cook works perhaps single-handed, and is inexperienced, and therefore unable to cope with the difficulties of dishing up, is not to be despised. The worry of sending to table several hot dishes in perfection, in rapid succession, is greater than can be imagined by those who have every facility for the cooking and serving of a large dinner; and to reduce the hot dishes even by one, is often quite a boon.

For the various adjuncts to cold entrées, reference must be made to the index: the majority are given under GARNISHES, ADJUNCTS TO ENTRÉES, &c.; others are in FORCEMEATS, DRESSED VEGETABLES, &c.

Ballotines of Hare, with Cherry Salad.—Required: hare, forcemeat, sauce, and garnish, as below. Cost, variable.

The legs of a hare will make a small dish; they should be boned, then filled with any game forcemeat, or with a purée of foie gras or game; or a rich mushroom forcemeat can be used; it should be mixed with a few pieces of cooked sweetbread or brains, if possible. The legs should then be sewn up, and braised in stock for an hour or more. When cold, cut them into slices, and mask with good suprême or béchamel sauce, or with white chaudfroid; let it set, then pour some liquid aspic over; this should be pale pink or deep yellow. Trim the edges when firm, and dish straight down a block of aspic cream, of a contrasting colour—a white one if pink aspic is used, or a pale green looks pretty. Put little heaps of the cherry salad down the sides, with blocks of aspic cream, or clear aspic jelly in between.

Prepare a ballotine of rabbit in the same way. Or, if liked, either can be braised, then finished off in the oven, and masked with brown chaudfroid only.

Ballotines of Pheasant (*see* recipes under FORCEMEAT).—Stuff the legs of one or more pheasants with any rich forcemeat; braise as above, and when cold slice them, and brush over with thin glaze; then sprinkle with chopped jelly, truffles, and chopped white of egg, with here and there a pinch of chopped chervil and tarragon. Dish straight down a block of rice, and garnish with cherry or currant salad. Cost, variable.

Ballotines of Turkey.—Required: turkey, forcemeat, stock, sauce, and garnish, as below. Cost, variable.

Bone the legs of a turkey, and stuff them with veal or herb forcemeat; sew the skin over to keep in the farce, and sprinkle the outside with lemon juice; then tie up in buttered muslin, and boil in white stock until quite tender. When cold, take the skin off, slice them, and pour some white sauce over—suprême is best. Let this set, then garnish the top with ham butter, using a bag with a leaf pipe; or take a rose pipe, and form a rose in the centre, with leaves of chervil round it. Cut some slices of lemon and beetroot, and divide some hard-boiled eggs in quarters; ornament the latter on the yolks with ham butter. Take an aspic border made in a fancy mould (*see* GARNISHES); arrange the slices of turkey on the top, and put between the slices some of the lemon and beetroot. Put a dressed salad in the middle, and lay the eggs in a pattern on the top. Put more lemon and beetroot round the base of the border.

Another way.—Instead of a border of aspic, take one of salad mayonnaise in aspic; lay the meat on as above, and put a beetroot salad in the centre (supposing a pale salad to have been used for the mould). Garnish the base with eggs, lemons, and beetroot; or in place of beetroot, use little rounds of ham and tongue, coated with aspic or chaudfroid.

It is very necessary that only young birds be used for the above, or any similar dish.

Bombay Creams, Iced.—Required: two eggs, a small tomato, an onion, a teaspoonful of mulligatawny paste, a gill of white stock (No. 9), a gill of whipped cream, a teaspoonful of Bombay chutney, colouring, seasoning, and six ounces of any cooked white meat, or poultry. Cost, about 1s. 8d.

Peel and mince the onion; fry it in hot butter, then drain; add the pulp of the tomato, paste, stock, chutney, with a pinch of cayenne, and grated lemon peel and nutmeg. Cook until all can be passed through a hair sieve; then stir in the sieved yolks and whites of the eggs, first boiled hard, the meat, pounded and sieved, or very finely minced, and a little yellow colouring. Whip the cream stiffly; add it lightly; then fill some little paper cases—round, square, or oval—using a bag and pipe, and making the mixture stand higher

than the edge of the cases. Cut some chillies into shreds, and chop some pistachios and French gherkins; sprinkle these over the surface, and set the cases in an ice cave for half-an-hour, or rather more.

Bombay Cutlets, Iced.—Make a mixture as for BOMBAY CREAMS, ICED. Add a little strong aspic to it, just to set it when cold; this can be tested by pouring some on a plate. Spread the mass in a smooth layer, on a baking sheet with turned-up edges, and set it by until cold and firm. Then cut out with a cutlet cutter. Put a small quantity of mayonnaise in a cutlet-shaped paper case; mix a little green salad with it, then put in one of the cutlets, with more mayonnaise on the top. Proceed until all the cutlets are used up, then set the cases in an ice cave for half an hour; dish them on a lace paper, and garnish with green salad. Should any difficulty be experienced in detaching the cutlets (or any similar ones) from the tin, wring a cloth out of hot water, and place it underneath for a few seconds, taking care that it is not left long enough for the cutlets to get warm and run. Cost, about 3s. per dozen.

Bombes de Foie Gras.—Line some *bombe* moulds (*see* page 146) with pale yellow aspic; put about it some star shapes of truffle, rings of white of egg, poached, and little strips of French gherkin; set the garnish with another layer of aspic; then put some brown chaudfroid sauce at the bottom of the moulds, and fill up with foie gras (free from fat), divided into small pieces, and pour in more aspic to set it. Turn out when quite firm, each on to a cooked artichoke bottom, coated with béchamel, or coloured chaudfroid sauce. Put some chopped aspic and fancy slices of truffle about the dish, with little piles of cooked beetroot in dice shapes. The moulds should hold about half a gill.

Bombes (or Darioles) of Game.—Line *bombe*, or plain dariole moulds with tomato aspic, thinly; when set, put in a purée of game (as directed for CANAPÉS DE GAME EN MERINGUE), and pour more aspic over; turn out when set, and garnish the tops with chopped pale aspic, and truffles. Have some slices of ripe tomatoes, rather larger than the moulds; coat them with sauce, brown chaudfroid for choice; set a bombe on each, and serve on a flat dish, with little piles of red currants on slices of dressed cucumber as garnish. (*See* RED CURRANTS, SPICED, in *Sweet Pickles*). Cost, variable.

Canapés de Foie Gras en Meringue.—Required: custard, foie gras, eggs, sauce, quenelles, salad, and aspic. Cost, about 3s. 6d. per dozen, or more.

First make a savoury custard with half a pint of stock No. 16, the yolks of four eggs, and a pinch of salt and cayenne (*see* SAVOURY CUSTARDS in *Garnishes* for the method). When cold and set, cut it in round slices, two inches in diameter. Cut some foie gras in small pieces; moisten it with brown sauce, and lay a little heap on each round of custard. Then beat up the whites of four eggs, with a pinch of cayenne and salt; when stiff, put it over the foie gras from a bag and pipe, sprinkle with fried crumbs, and hold a heated salamander over to lightly brown the surface. Put the canapés on a dish, and garnish with more of the custard, cut into fancy shapes; and some small game or chicken quenelles, coloured pink, and little heaps of salad and chopped aspic.

The meringue should entirely cover the custard rounds; and the salamander should be held a distance above, to *cook* as well as *colour* the meringue; otherwise it would have a raw taste.

Canapés de Game en Meringue.—Required: game, sauce, jelly, &c., as below. Cost, variable.

Make a purée of game by mixing six ounces of sieved cooked game (any kind), with a tablespoonful each

of tomato conserve and brown sauce, and a teaspoonful of red currant jelly. Proceed as above directed, but coat with brown chaudfroid sauce before the meringue mixture is put on. Dish and garnish as above, and sprinkle the tops with coralline pepper.

Cannelons of Beef, with Iced Sauce.—Required: beef, stock, sauce, and garnish, as below. Cost, varying with the garnish.

Cut some thin slices from a fillet of beef; bat them out and stuff them with any suitable forcemeat. Roll and tie them up, and braise in stock; each should be in a little piece of muslin; then leave until cool, untie, and glaze them. Set them upright round a dish, and put some Iced Sauce à la Barbe, or other kind preferred, on the top. It may be cut in a round, or some little dice shapes may be piled up. Put a border of the same sauce, also in tiny dice, round the base of each. The centre of the dish can be filled up with a croustade of bread, or a block of rice; either must be coated with chopped aspic, or with a nice vegetable salad; or some artichoke bottoms, masked with white sauce, and garnished with little blocks of the iced sauce, can be used.

Cannelons of mutton can be similarly served; this dish will suggest others of the same kind.

Cannelons of Veal, with Iced Sauce.—Prepare some small cannelons of veal as above directed, using rich mushroom, veal, or other forcemeat preferred. Roll and tie them up, and cook in white stock flavoured with vegetables. When cold, mask with velouté or suprême sauce, and sprinkle with alternate rows of sieved egg yolk, grated ham or tongue, and coralline pepper. Serve with a tomato salad in the centre of the dish, with a border of Iced Sauce à la Barbe round the salad. Lay the cannelons on, or round the border, and garnish with sprigs of chervil and chopped aspic.

Chartreuse of Chicken and Tomatoes.—Required: aspic, tomatoes, eggs, beetroot, cucumber, salad, a chicken, purée, &c., as below. Cost, about 3s. to 4s., according to garnish, &c., and the season.

Line a plain Charlotte mould, round or oval, thinly, with pale aspic. Cut ripe tomatoes in thin slices, and use them, together with shreds of hard-boiled white of eggs, fancy shapes of beetroot and cucumber, and chervil or other green salad, for decorating the bottom and sides of the mould; any pattern, according to fancy, may be formed. Set this garnish with a second layer of aspic, and when firm, fill up with a creamy purée of chicken. This is to be made with the white meat of a braised or boiled chicken, pounded after chopping, then minced with a little butter, seasoned delicately, and moistened with thick béchamel and cream; about a gill and a half to half a pint of chicken mixture. The whole should be blended over ice before it is put in the mould, and the cream should be beaten until stiff. The top should be made level with a palette knife, and coated with more aspic; and the mould set in an ice cave until the contents will turn out firmly. The garnish should consist of small green salad, aspic, chopped and in little blocks or leaves, and the yolks of the eggs that were boiled for the interior garnish, together with beetroot or cucumber; and by using aspic of various colours the dish is more effective. Any white of egg left over can also be used up; lemons are a suitable addition; or olives can be employed. The dish may be varied to taste. (*See* Coloured Plate, No. 3.)

Chicken and Ham Cutlets.—These may be simple or elaborate, economical or costly, just according to the kind of sauce used and the garnish employed. The foundation is cold ham and fowl, and white sauce to hold them together. Cut thin slices of ham, lean and mild, and see that no gristle or skin is left on the fowl. Dip the slices in white sauce, and put a layer of each on a baking sheet: first fowl, then ham,

then fowl again; put a layer of sauce over all, and smooth it; then leave until cold, when a cutlet cutter, or an oval cutter (plain or crimped), should be used for stamping out the pieces. A little more sauce should then be spread round the edges. A small piece of pipe macaroni will serve for the bone, and a centre ornament of truffle, or the skin of a pickled walnut, with a sprinkling of lobster coral round, has a pretty effect; or the simple addition of some pickled gherkins or cucumber with the skin of a bright chilli or capsicum is not to be despised, while even a sprinkling of chopped parsley will serve to take off the "bare look." Remember that the whiter the sauce, the nicer the cutlets. These may now be dished on a flat border of savoury custard, pink or green, with a salad in the middle; or they can be put in the centre of an aspic border, decorated in various ways (*see* GARNISHES); then some garnish should be put outside the border; this should consist of the same materials used for the interior.

Chicken Mayonnaise, in Shells.—Required: chicken, mayonnaise, salad, and garnish. Cost, from 2s. 6d. to 3s. per dozen on an average.

Mix together some minced cooked chicken, and mayonnaise (the meat only requires to be thickly coated with the sauce). First put a little heap of dressed salad in each shell; cover with the above mixture, and level the surface with a knife. Put some fancy shapes—as leaves or stars—of tomato aspic round the edge of each shell, and cover the centre with chopped truffle and parsley, or with sieved egg yolk and cooked ham or tongue, either grated or sieved. Pile on a dish covered with a lace paper.

Another way.—Mix the chicken with pink mayonnaise; smooth the surface, then ornament it with ham butter and green butter round the edge, and put a little pile of chopped capers and beetroot in the middle.

Chicken Mayonnaise, with Quenelles.—Required: aspic, aspic cream, chicken as above, quenelles, and garnish. Cost, variable, about 4s. to 5s.

Line a border mould thinly with pink aspic; when set, fill up with yellow aspic cream, put in a cool place until firm, then turn out, and fill the middle with chicken mayonnaise (*see* recipe above). Make some chicken quenelles, moulded; coat them with pink aspic, and put them round the base of the mould, and place a few on the top, intermixed with slices of tongue, cut in fancy shapes; truffles, in crescents or stars; and slices of cucumber, cut with a crimped cutter. This is a very effective dish if the ingredients are tastefully arranged.

Coquilles of Beef.—Required: beef, foie gras, sauce, and garnish, as below. Cost, about 3s. per dozen.

Mix some braised or roasted beef with a fourth its weight of foie gras; pass through a fine mincing machine, and then moisten with brown sauce No. 2. Take some china or plated shells; put a teaspoonful of horse-radish sauce in each, fill up with the beef, and level the tops. Then coat them with pink chaudfroid, and garnish with horse-radish butter from a bag and pipe, to form any pretty design, so that the pink shows between.

Serve piled on a dish covered with a lace paper.

Coquilles of Mutton.—Required: mutton, mint sauce, aspic, salad, &c., as below. Cost, about 2s. to 2s. 6d. per dozen shells.

Cut some lean, cooked mutton into dice shapes. Mix some good mint sauce with strong liquid aspic; the latter should be twice the usual strength, then equal measures of the two can be used. Stir them together over ice until on the point of setting, then pour into a shallow mould, and set on ice until firm, when it must be turned out, and cut in dice the size of the meat. Arrange some cucumber salad at the bottom of some shells, as above described; fill up with the meat and sauce, and pour salad cream over all. Chop more

of the sauce, and put a little heap in the centre of the cream, with tomatoes in little squares, dressed with oil, &c., as for salad, all round. Serve as cold as possible. Braised meat is better than any other for this dish.

Cream of Chicken and Ham.—Take a square copper baking-sheet with turned-up edges, and line it with tomato aspic. Mix a purée of ham and chicken (*see* HAM AND CHICKEN PURÉE, ICED), with a little chopped parsley; spread it over the aspic when set. Coat with more aspic, then set on ice until cold. Garnish the top with alternate rows of green butter and egg butter, using a bag and pipe. Leave a clear space between the garnish, so that the cream can be cut neatly into squares. Serve one to each person. They may be on little plates, or in paper cases. Garnish with chopped tomato aspic, or small salad. Cost, variable.

Cutlets in Aspic Cream.—Required: seven or eight lamb cutlets (or veal can be used in the same way), some sauce, asparagus purée, and garnish as under. Cost of meat, about 3s.

Grill the cutlets, and leave them until cold. Put a pile of iced asparagus purée in the centre of the dish, and put the cutlets round it. Prepare some aspic cream (*see* COLD SAUCES) and whip it over ice for a short time; then ornament the cutlets with it, and put some round the base.

Cutlets in Chervil Cream.—For this, a piece of lamb or veal, either roasted or braised, may be used. It should be left until cold before it is divided into cutlets. Substitute chervil cream (*see* COLD SAUCES) for that given above, and use it in the same way. In the centre, put some whole dressed asparagus (*see* DRESSED VEGETABLES), the best part only; every bit of the hard stalk must be removed. This should be placed in a border of rice, high enough to keep it in shape; the cutlets resting against the border. Fancy slices of cut lemon and little blocks of aspic should be used as garnish. For the rice border *see* GARNISHES; if preferred, a border of aspic can be used in place of rice.

Cutlets, with Queen's Own Sauce.—Take as many cutlets as may be required; they may be mutton, lamb, or veal, and grilled, fried, or broiled; or braised meat is equally good. Lay each singly in an oval paper case, on a bed of cress and shredded lettuce, or any other salad preferred; mask with béchamel or suprême sauce; then ornament the top with queen's own sauce (*see* page 112). Garnish the surface with chopped parsley and coralline pepper; or the sauce may be coloured pink, and sprinkled with chopped truffles. Cost, variable.

Duckling, with Fruit Salad.—Required: duck, sauce, and garnish, as below. Cost, variable, about 3s. to 3s. 6d.

The breast of a duck is required for this, and one that has been braised is to be preferred to a roasted one. Slice it when cold, and see that the slices are even in size. Dip each into tomato sauce, made by mixing the pulp of a ripe tomato or two with sherry and glaze, in the proportion of a quarter of an ounce of glaze and a tablespoonful of sherry to a gill of the pulp, and a tablespoonful of good brown stock or gravy, and the same of very strong aspic. Cut some pieces of pale aspic, a little larger than each slice of duck; lay one on each when the tomato sauce has become cold, then dish on a bed of watercress salad straight down the dish. In between the slices put some cherries, drained from the salad dressing, and cut in four, mixed with a small proportion of chopped olives. Put a spot of white mayonnaise on each slice of duck, with a few bits of olives in the middle. More cherry salad (the fruit left whole), with a few olives, complete the garnish for the sides of the dish.

Another way.—Use orange salad,

both on the top and round the dish, instead of cherries; chop the fruit for the top decoration, and leave the rest in the usual sectional divisions.

Escalopes of Pigeon in Cases.—Prepare as many birds as are required, by boning them and filling them with rich forcemeat (any suitable). They may then be braised or roasted and left to cool, when they should be cut in slices the third of an inch thick. Have ready some paper cases, and put in each some nice salad, one of artichoke bottoms is suitable. Lay a slice of pigeon on each, and mask it with mayonnaise or chopped aspic. If the cases are square, put a slice of egg (plover's are most suitable) at each corner. Cost, variable.

Escalopes of Pigeon, with Truffles. — Prepare the cases as above; mask the slices with good chaudfroid, pale pink or green; sprinkle with chopped truffle, and cover with pale aspic. Round the escalopes, in the cases, put a border of chopped aspic, with little rings or other devices of truffles, and small pieces of foie gras; the latter should be put in the centre of some little rings cut from hard-boiled white of egg. Cost, variable.

Another way.—After the escalopes are cut from birds that have been boned, but *not* stuffed, spread them with foie gras, then mask this with brown chaudfroid; when set, sprinkle pink aspic, chopped into pea-sized pieces, all over it. Put into the cases, and garnish the edges with aspic cream, cut in fancy shapes, with here and there a shred of truffle, and a sprig of cress or chervil.

Fillets of Beef in Jelly.—Required: beef, sauce, aspic, cherries, and salad. Cost, according to garnish.

Braise or grill some small fillets of beef (*see* preceding chapters); leave them until cold, then coat them with brown sauce, mixed with strong aspic, sufficient to set it; or use, instead, brown stock No. 16, mixed with dissolved gelatine, about half an ounce to three gills of stock. When firm, cover the fillets with chopped pale aspic in the centre; then lay some glacé cherries round the edge; they should be halved. Place the fillets in a row, overlapping, down the centre of a dish, and down each side put some nice green salad—flageolets, cucumbers, haricots, verts, &c.—and garnish with more cherries. (*See* CHERRY SALAD.)

Fillets of Mutton in Jelly.—Prepare the fillets as above; they should be in ovals, cut from the leg or loin. Mix some chopped mint in the aspic used for them, and garnish with an iced cucumber purée. Put cherries about the dish, and on the meat, as above directed. Cost, variable.

Fillets of Mutton with Foie Gras.—When the cooked fillets are cold, cut them round the edge, and put in some sieved foie gras, press them together, and coat them with brown chaudfroid; then, when set, with yellow aspic. Before the jelly sets, coat it with chopped cherries and truffles. Glacé cherries are best for the purpose. Dish as above, and garnish the sides with SAUCE VERTE. Cost, about 3s. to 4s., for a dish of nine.

Fowl à la Parmesan in Aspic.—Required: three ounces each of cooked ham and fowl, two ounces of grated Parmesan cheese, sauce, &c., as below. Cost, about 2s. 6d. to 3s.

Pound and sieve the fowl and ham; stir the cheese into a gill of creamy béchamel while hot; when cool, mix it with the meat, then add a gill of aspic mayonnaise, and stir until it begins to set. Have ready a plain mould lined with pink aspic, and garnished at the bottom and sides with sprigs of chervil, cooked tongue, and ham in little rounds, chopped capers or gherkins, and slices of hard-boiled eggs. Set the garnish with more jelly, fill up with the cheese mixture, and pour jelly over the top. Set in an ice cave for an hour or more, then turn out and garnish with the

same materials used for ornamenting the mould.

Ham and Chicken Purée, Iced.—Mix together three ounces of boiled chicken, and the same weight of cooked ham; pass them through a mincing machine, and mix with them a gill of liquid aspic, and a gill of whipped cream and mayonnaise stirred together. Season with cayenne and a pinch of salt: colour a pale pink, and stir over ice for a short time; then fill any fancy moulds, and freeze in an ice cave; or pour into sandwich moulds, or a large plain mould, and cut into small blocks. In either case, dish with a border of green salad, plainly dressed; sprinkle with finely chopped pickled gherkins, and put small strips of cooked ham, coated with pink chaudfroid, here and there about it. Cost, about 1s. 10d. to 2s.

Ham and Veal Purée, Iced.—Required: four ounces each of cooked veal and ham, a gill of thick suprême sauce, half a glass of sherry, and a gill of white stock No. 9, firm enough to set into a jelly when cold; or aspic may be used instead. Seasoning as below. Cost, about 1s. 6d. to 2s., exclusive of quenelles.

Prepare the meat as for quenelles; add a little celery salt, cayenne, grated lemon peel, and nutmeg. Fill a plain border mould—after whisking the mixture over ice—then freeze in an ice cave for an hour or more. Turn out, and fill the centre with a rich vegetable salad, and garnish the top of the mould with quenelles, masked with aspic, or coloured chaudfroid sauce.

Indian Cutlets.—Remove the white meat of a young chicken which has been parboiled in white stock; free it from skin, then mince, and mix it with the following ingredients: a gill of fine bread-crumbs, soaked in white stock and beaten finely; a saltspoonful each of Nepaul pepper, grated lemon peel, white pepper, chopped parsley, tarragon and chervil; a teaspoonful of mulligatawny paste, the yolks of two eggs and the white of one, a gill of thick béchamel, and a little salt. Put the mixture into buttered cutlet moulds, and poach for fifteen or twenty minutes. Turn out when cold, and coat them with white chaudfroid sauce. Round the edge of

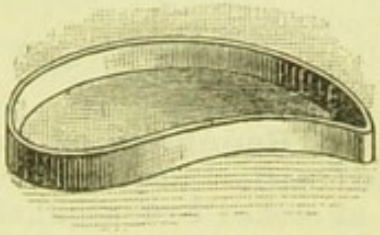


Fig. 68.—Cutlet Mould.

each put some chopped pink aspic, mixed with clear mixed pickles, finely chopped, and sprinkle tiny strips of red and green capsicums over the entire surface. Dish the cutlets on a border of pink aspic, and fill the middle with salad. Cost, about 2s. 6d. to 3s. per dish of nine or ten, exclusive of salad.

Fig. 68 shows the shape of the moulds. They are made in copper, and are very useful for various kinds of entrées and made dishes.

Lamb Cutlets à la Bradleigh.—Required: the best end of a neck of lamb, braised and left until cold, purée, and garnish as below. Cost, about 3s. to 3s. 6d.

Cut the lamb into neat pieces, take the bones away, and coat the meat with pale aspic; sprinkle it with finely chopped mint. Dish in a circle overlapping, and put some iced cucumber purée all round each, using a bag and pipe. A block of rice, or a croustade, may be used to rest the cutlets against. Round the base put more of the cucumber purée, sprinkled with chopped mint and beetroot in thin strips or tiny dice.

Lamb Cutlets à la Taunton.—Required: cutlets as above, vegetables, &c., as below. Cost, about 3s. to 3s. 6d.

Divide the meat, glaze it, and lay on the glaze, on one side only, some

star-shaped pieces of cooked carrot, turnip, beetroot, and cucumber; or little rings, or other devices will do. Then pour pale aspic over to set the garnish. Dish as above, and round the base put more of the same vegetables in olive shapes, mixed with any nice salad dressing. Garnish with olives and capers.

Small mutton can be used just as above directed.

Little Bouchées of Beef en Chaudfroid.— Required: half a pound of cooked beef, a gill of brown sauce, No. 2, half a glass of sherry, a gill of stock, No. 16, and a quarter of an ounce of French gelatine. Cost, 1s. 6d. to 2s., exclusive of salad and vegetables.

Prepare the meat as for beef quenelles; add a little pepper and nutmeg, and a few drops of anchovy essence. Mix in the brown sauce; dissolve the gelatine in the stock and sherry, add it when rather cool, then whip the mixture over ice and fill some little *bouché* moulds, using a bag and pipe. Set them in an ice cave for an hour, then turn out and mask them with brown chaudfroid; put them back to set, then pour pink aspic over; return to the cave for a short time before serving. Dish them on a border of rice, and fill the centre with a nice iced salad. Serve with dressed vegetables.

Little Timbales of Hare.— Required: hare, liver, kidney, wine, sauce, and garnish, as below. Cost, about 2s. 6d. to 3s., according to salad used, &c.

Chop and pound some cooked hare; to six ounces add the liver of a fowl or the hare, and a sheep's kidney, both braised in stock, then pounded and sieved; stir in a gill of good aspic, well flavoured with sherry; the same measure of thick brown sauce, and a teaspoonful of chopped truffle. Fill some timbale moulds and set them on ice; turn out, and fill up the centres with tomato aspic in little blocks, and tiny fried forcemeat balls, coated with chaudfroid or aspic, with little sprigs of chervil or tarragon in the centre. Serve a salad of tomatoes in a separate dish.

Mousse of Fowl à la Lillington.— Substitute fowl for the veal as above, then proceed in the same way, except that cooked ham or tongue may be used instead of cocks' combs or sweetbread. When turned out of the mould, garnish with a lettuce or cress salad and omit the truffles and aspic. Put a few fancy-shaped slices of ham, coated with aspic, about the dish.

Mousse of Pheasant.—Required: half a pound of cooked pheasant, a gill of brown sauce, the same measure of stock from the bones of the bird, half a gill of Madeira, half a gill of cream; garnish as below. Cost, variable.

Skin and pound the meat, add the brown sauce, rub through a sieve; mix in the pheasant stock—this must be strong and clear, but need not be clarified—whisk for a few minutes, then add the cream and whisk again. Have some little fancy moulds, with pink aspic to line the bottoms, and sprinkle them with truffle shreds and chopped white of egg boiled hard. Line the sides of the mould with aspic cream, pale yellow; fill up with the mousse mixture, and set on ice. When firm turn out, and dish with green salad round each, and a cherry salad in the centre of the dish.

Mousse of Veal à la Lillington.—Required: three ounces of cooked veal, two ounces of foie gras, half a pint of stock, No. 6 or 7, a glass of sherry, half an ounce of sheet gelatine, a border of aspic cream (*see* GARNISHES), jelly, and garnish as below. Cost, varying with the garnish.

Line an oval Charlotte mould with yellow aspic; garnish with slices of truffle and cooked cocks' combs; or instead of these, stamp out some sweetbread in the same shapes. Pound and sieve the veal and foie gras; mix it with the stock and sherry in which

the gelatine has been melted; then stir in a tablespoonful of truffle essence, and whip the mixture until it looks spongy. The stock should be cool before it is added to the foie gras and veal. Put it into the prepared mould; pour more aspic over the top, and set in an ice cave, or on ice until firm. Turn it out on to the oval border of aspic cream, and put a few slices of truffles and blocks of aspic round the base.

Pheasant, Chaudfroid of.—Required: pheasant, sauce, foie gras, aspic, truffle, and watercress. Cost, about 3s. 6d. to 4s. 6d., but variable.

Take the breast from a brace of roasted pheasants; cut into fillets, and mask them with brown chaudfroid sauce. Place them in a ring round a dish. Then pass some foie gras through a sieve; mix it with an equal bulk of semi-liquid aspic, and whisk together; put this mixture on the top of the fillets. Next pour over some white chaudfroid, and sprinkle with chopped truffle. Or put a star-shaped slice of truffle in the centre. Fill up the dish with watercress.

Pheasant in Surprise.—Required: a pheasant purée, tongue, and ham, aspic, sauce, salad, garnish, &c., as below. Cost, on an average, from 4s. to 5s., but variable.

Line a plain mould with yellow aspic; when set, coat it with a garnish of foie gras in thin slices, cooked tongue and pink ham in fancy shapes, and strips of hard-boiled white of egg. Then pour in a coating of thick brown chaudfroid. When set, fill up with a purée made by mixing a gill each of brown sauce and liquid aspic with half a pint of pounded cooked pheasant; stir over ice until it begins to set before filling the mould. Then smooth it, place the mould in ice, and turn out when firm. Round the mould put a vegetable salad. Sprinkle a chopped truffle and some sieved egg yolk over, and serve as cold as possible.

Quails en Chaudfroid.—Required: quails, sauce, salad, and garnish, as below. Cost of quails, uncertain.

Bone and stuff some quails (*see* recipes under GAME), and braise them; then divide when cold. Spread the outer part with brown sauce, good chaudfroid, and when firm garnish it with green chaudfroid, from a leaf pipe down the centre, and put some white or pink down the sides from a smaller pipe; leave the brown edge visible all round. The sauce must be used for this purpose before it sets; or, instead of coloured chaudfroid, some thick mayonnaise sauce, or whipped cream seasoned with cayenne pepper, can be used. Have ready some paper cases; half fill them with watercress salad, lay half a quail in each, and put round a flat dish.

Quails with Foie Gras.—After boning and cooking the birds as above, cut slices thinly after the birds have become cold, and have a similar supply of foie gras in slices. Lay these in cases, one slice of foie gras on the top of the quail, and garnish with chopped jelly of two colours, pale in the centre, and a deep pink for the edges, or *vice versâ*. Salad can be put in the cases, as in the above recipe, and should also be used for garnishing the dish; or olives, sliced beetroot, and plovers' eggs may be used instead.

Ragoût of Game à la Finchdale.—Required: four ounces of cooked game, two ounces each of boiled ham, truffles and foie gras, all in dice shapes; two eggs boiled hard, three gills of stock, No. 6, clarified, half an ounce of gelatine, garnish, &c., as below. Cost, from 2s. to 3s.

Dissolve the gelatine in a glass of Madeira, add it to the stock and stir in the meat, &c., and the eggs in strips—whites only. The stock should be on the point of setting when they are put in. Line some sandwich moulds with pink aspic, then put in a layer of the above, then more aspic, another layer of the ragoût, and aspic again; five layers in all. Turn them out when firm; they should be put on

ice, or in the cave for a short time. Garnish with green salad, sprinkled with the egg yolks, sieved.

Stock No. 7 or 8 may be used instead of No. 6; in fact, any kind suitable for clear soup answers.

Suprême of Veal à la Trego.—Required: nine or ten thin slices from a fillet of veal; garnish, &c., as below. Cost, about 2s. 6d. to 3s.

The slices should be about three inches long, and an inch and a half wide, and batted out evenly with a wet knife. Put them on a buttered tin, sprinkle them with lemon juice and a spoonful of white wine, then pour a gill of white stock over, and cook, covered, in a gentle oven, for five minutes. Then put a pinch of salt and pepper on each fillet, and cook for five or seven minutes more. When cold, mask with pink and green chaudfroid, half of each, then dish them alternately on a border of aspic—this should be pale yellow. Put a row of the same aspic, finely chopped, between the fillets where they overlap, and fill up the middle of the mould with a mixed salad of cucumber and tomatoes. Over the centre surface spread some mayonnaise; the foundation should be white; colour a small quantity green and pink, and use for ornamenting from a bag and pipe.

Suprême of Veal à la Stockdale.—Cook the meat as above, but mask with pink chaudfroid only. Sieve some yolk of hard-boiled eggs, and cut the whites into diamonds; lay them on the top of the meat to form a pattern, and dust them over with lobster coral or coralline pepper. Coat the surface of the salad dressing with the sieved yolks.

Sweetbread Bouchées à la Russe.—Required: aspic and other garnish, sweetbread, ham, sauce, &c., as below. Cost, about 2s. 6d. per dozen, or more.

Line some little deep dariole moulds with pale yellow aspic, and sprinkle it with chopped parsley and chervil, with some tiny stars of truffle at the bottom. Mix together some cooked sweetbread and ham in tiny dice shapes; moisten them with creamy béchamel and mayonnaise in equal parts; fill up the moulds and pour more aspic on the top. Turn out when set, and dish each mould in a little bed of "macédoine of vegetables" tossed in mayonnaise.

Sweetbreads with Foie Gras in Aspic.—Required: aspic, foie gras, sweetbread mixture as above, and garnish as below. Cost, variable, according to sweetbreads used.

Line a square tin, with deep turned-up edges with pale aspic, then cover it with thin slices of foie gras; next put the mixture as given in above recipe; then more foie gras; then aspic again, making five layers in all. When set and cold, divide into squares or fingers, and dish nicely in a pile, with a garnish of chervil and tarragon, and fancy shapes of beetroot and cucumber. The part that was bottom in the mould should be the top in serving.

Lamb's sweetbread does quite as well as calf's for dishes of this kind.

Sweetbread and Tongue Cutlets.—Required: some thin slices of cooked tongue and sweetbread, thick white sauce, and garnish as below. Cost, varying with the garnish.

Put the slices together in four layers, dipping them in white sauce; the top layer should be tongue, and that must be dipped in sauce on the under side only. Coat these with very pale aspic, and lay in the centre a star cut from a truffle or pickled walnut; put tiny shreds of tarragon round, and a leaf or two of small cress or chervil. Round the edges of the cutlets put some pale aspic, chopped small, and passed through a bag and pipe. Put a block of rice down the centre of a dish, and put the cutlets in a row overlapping. Garnish the dish with olives, green salad, and prawns; or with cut lemons and beetroot, and hard-boiled eggs, with blocks of aspic

in between; or put a cherry or currant salad round, with little quenelles of white meat on the edge of the dish. These should be masked with chopped truffle.

Timbale of Hare, Iced.—Required: a purée of hare, aspic, salad, eggs, &c., as below. Cost, about 3s. to 3s. 6d.

Line a timbale mould with aspic, flavoured with a spoonful of dissolved currant or tomato jelly; pink aspic should be used, and the colour should be deep. Fill up with a purée of hare, and set on ice for a few hours. Turn out, and garnish with blocks of yellow aspic, and little heaps of currant jelly which have been on ice. In between these put some dressed salad and stuffed eggs in slices; coat the latter with a purée made by mixing sieved foie gras with brown sauce, No. 2, and liquid aspic, equal measures of each, well whisked over ice before using. Make the hare purée in the same way, using cooked hare in place of foie gras; but after the purée is put into the mould, pour a layer of aspic, half an inch thick, over it, so that when turned out the purée will be completely covered with the jelly. Garnish the top of the mould with the ingredients used for the base, mixing them so that the colours contrast well.

Tomatoes Stuffed, in Aspic.—Cut some plum-shaped tomatoes in two, lengthwise, scoop out the pulp, and rub it through a hair sieve. Mix all that goes through with an equal bulk of sieved foie gras. In the tomatoes put a spot of mayonnaise, fill each half with the above mixture, place them together again, and put them singly into little oval paper cases, as shown in Fig. 69, with a bed of small salad at the bottom. Chop some aspic, put it all round the fruit to fill up the cases, and coat the top of each tomato with coloured mayonnaise, or a little pile of Iced Sauce à la Barbe (plainly frozen, not moulded) is better still. Cost, variable.

These may be served at dinner, or for ball suppers, or any outdoor gatherings. They must be thoroughly cold. Instead of the purée given above, some mince of chicken or game may be used,

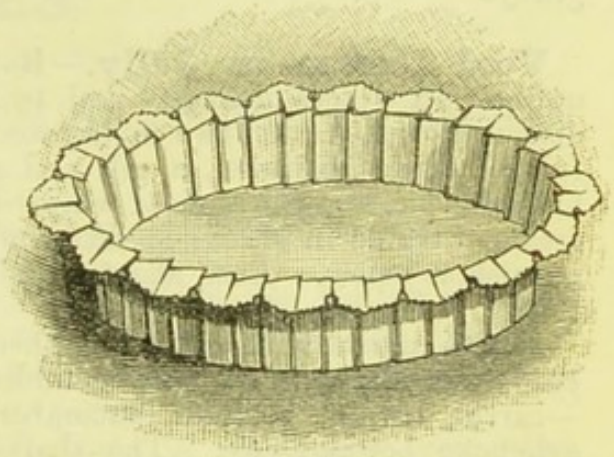


Fig. 69.—Paper Case.

and the savoury pâtés sold in tins come in for such dishes. Many potted meats can be similarly utilised.

Veal Chaudfroid à la Lillington.—Required: half a pound of cold veal, from a braised fillet, ham, vegetables, aspic, garnish, and sauce as below. Cost, about 2s. 6d. to 3s. 6d.

Cut the meat into thin slices, and then into ovals; all skin must be removed. Cut some ham into the same shape, but smaller. Mask the veal with white chaudfroid, lay the ham on, and mask that with the same sauce coloured pink; sprinkle the white sauce with chopped truffles and capers, and the pink with truffles and cooked turnips in tiny strips, or with hard-boiled white of egg. Toss a tin of "macédoine de légumes" in mayonnaise until well coated; pile them in the centre of a dish, and put a border of chopped aspic round. Dish the meat on the border, and put little quenelles of veal or chicken round the base; these should be pink and white. In between them place some rich forcemeat balls, made small, and mask them with brown chaudfroid. This is done very easily by holding them on a palette knife and pouring the sauce over, then laying them on a wire sieve

or pastry rack to set. Or they can be taken up on a fine skewer, and dipped in the sauce, then smoothed with a knife. The first is the better way. The balls may be fried, or stewed in gravy.

Veal Cream in Jelly.—Required: six ounces of cooked veal, two ounces of cooked ham, two tablespoonfuls of thick béchamel, a gill and a half of aspic, and the same of whipped cream, a truffle in shreds or dice, and garnish as below. Cost, about 2s. 6d. to 3s.

Line a mould with aspic, and then coat it entirely with cooked vegetables—carrot, turnip, beetroot, cucumber, artichoke bottoms, &c. The shapes should be as fanciful and varied as possible, and the colours nicely arranged. Set these with more aspic, then make a purée of the above ingredients, fill up, set on ice until firm, then turn out Cut some iced sauce à la barbe into dice, or any desired shape, and garnish the top of the mould; put a few more pieces round the base, with any of the vegetables used for the garnish, in little heaps, first dressing them with oil, &c., in the usual way. Some fancy-shaped slices of lemon should divide the vegetables from the iced sauce. A timbale mould, or any mould with a sunk top, can be used. If a "sunk top border mould" is used, the centre must be filled with chopped aspic after it is turned out, and this should be pale to contrast with the vegetable garnish in the mould.

JOINTS AND PLAIN MEAT DISHES.

(*For* BRAISED MEATS, *see* ENTRÉES, MADE DISHES, AND REMOVES.)

GENERAL HINTS ON MEAT.

THE choice of food is one of the most important of the duties of every housekeeper; much of the requisite knowledge involved in the judicious selection of wholesome fare, and the careful avoidance of what is bad or doubtful, can result only from practical experience.

We will first point out the leading features of good meat generally. Further details of each kind are given under their respective headings. One of the surest signs of a healthy animal is the condition of the tongue; this should be plump and clear skinned, the fat at the root being fairly plentiful and of good colour, with no unpleasant odour. A shrivelled tongue, with rank smelling fat, may not indicate actual disease, but goes far to disprove perfection. Then the internals. These—viz., the heart, liver, kidney, &c.—furnish an equally reliable test. A bright, clear kidney, with firm clear fat round it; a smooth-looking liver, uniform in colour, and free from blotches on the surface; or a heart, clear and bright-looking, are prominent signs of a healthy condition. On these points the highest authorities are agreed.

As to the flesh itself, we must refer to our remarks under the separate headings for BEEF, VEAL, &c. &c., for details; but speaking generally, it should be firm, free from flabbiness—*i.e.* pleasant both to the sight and smell—and when cooked should neither shrink, nor separate when cut to any great extent. A certain loss of weight is unavoidable, given the primest meat and the most careful cooking; we refer rather to the dry, shrivelled appearance of poor meat; whereas good meat, to use a homely phrase, will "plump." But to ensure good results at table, the great thing is personal inspection: one soon becomes acquainted with the outward signs of good, indifferent, and bad meat; and the lines of demarcation are many; while as to the choice of joints, a so-called inferior one from a first-class animal is to be preferred to a prime cut (?) from a poor, badly-fed one.

Meat should always be hung up as soon as it comes from the butcher, after careful wiping with a damp cloth, then with a dry one. Kernels, marrow, kidneys, and other parts which taint readily should be removed: a good dust of pepper, round the shank bone of a leg or shoulder of mutton, or other meat, is a simple preservative; and some flour should be dredged all over. The cellar or larder should be cool, airy, and dry; damp, lack of ventilation, or proximity to open drains will render the meat unwholesome; and those who have not facilities for hanging it

must either eat it in a fresh condition, or get the butcher to hang it for them.

Should a joint become tainted, owing to sudden change of temperature or any other cause, the best restorative is, we think, permanganate of potash—enough being added to give the water a pink tinge; both must be renewed until the meat ceases to discolour the water. After this treatment, thorough drying is important, and for baking or roasting the meat must be floured.

With regard to *frozen meat*, now largely consumed in this country, certain rules for its treatment must be carefully followed by those who would serve it in its best condition. Like fresh meat, it needs to be hung for a time to become tender. Supposing a butcher cuts up one of these sheep in the morning, and it is bought and cooked for the mid-day dinner, the result will be very different from that of the same meat cooked two to four days (according to the weather) later. But it must be remembered, both in hanging it before cooking and for cooking, that the cut end must be upwards, or a good deal of the juice will run out; where two ends are cut, as a loin or neck, the position must be horizontal. The time required is rather longer than for home-fed meat, as, after the usual preliminary closing of the pores, the cooking should be very slow. We may here repeat the reminder to bring into the kitchen, a few hours before cooking, any joint, whether English or foreign, in cold, frosty weather. It is astonishing what an improvement will thus be effected, both in flavour and the tender juicy condition of the joint. Frozen meat should not be floured during the hanging, it is apt to turn sour; but it should be dredged with flour for baking or roasting. It is admirably adapted for stews, pies, and puddings, on account of its tenderness; boiling is the least satisfactory way of cooking it, and for beef tea or mutton tea, frozen meat is not suitable; this is explained in the chapter on INVALID COOKERY.

CARVING.

That carving is an art none can deny, but whether the bad carving so often met with is really due, as is sometimes said, to stupidity, awkwardness, or laziness, is an open question. Practice has much to do with it, and a good knife much more; given both, no one need carve badly, assuming that the general principles are rightly understood; and these are embodied in cutting fairly, so that the prime portions are not dug out, and the inferior ones left bodily on the dish; and in the retention of the gravy as far as possible. It is not possible to carve meat in any way without the gravy escaping; the point is to avoid the hacking and chopping, which results in a dish full of gravy, and dry chunks of meat on everybody's plate.

There are many reasons why a bad carver should endeavour to perfect himself (or herself, as the case may be); foremost, perhaps, are the palpable ones that meat has a very different flavour and appearance when nicely carved, and that a good deal of waste is prevented. A joint cut fairly to begin with can reappear a greater number of times as a joint than if spoilt in the first cutting, and fag ends only are left upon the dish.

There is, however, much in custom, and with respect to carving, many *chefs*, and others who can speak authoritatively, argue that the ordinary methods, even when most carefully performed, might with advantage be altered. For example, one writer points out that a loin of mutton suffers by being jointed before cooking, and served in chops, and advises that it be cut just as a saddle, which consists of two loins. He asks, too, why should not a leg be carved as it is when joined to the loin, and served as a haunch? Perhaps the question with regard to the homely neck of mutton is still more pertinent. Why, it is asked, if it is ruinous to a neck of venison to cut it in chops, should not mutton be subject to the same rule? If one gains by being cut saddle-fashion—*i.e.* from end to end—the other will be the better. But these points must be left to individual decision, and while one might easily bring forward other arguments in favour of different methods, it is likely that the majority will cling to the more familiar ways. Therefore, our diagrams for the most part are illustrative of the modes of carving as generally practised. But as it does not fall to the lot of everyone to meet with "saddles and haunches" in daily life, we indicate also how the neck, loin, or leg, should be dealt with, where the desire exists to put into practice the suggested alterations.

BONING.

On this point there is much to be said on both sides. That a boned joint goes farther is obvious to all. The ease with which it is carved, and the fact that the bone in the fresh state can be utilised for soups, &c., prove this; but there is no denying a loss of flavour to some extent. We urge the importance of every housekeeper making herself proficient in the art of boning, because we think that the gain—notably in the case of a loin of mutton—outbalances any loss; at the same time, we do not think that the meat is as rich in flavour. But here, again, opinions differ. We once knew a man who could tell, after a mouthful, whether a helping of meat was from a boned joint, and his palate was equally keen with regard to fish. But for one such, there are scores who would detect no difference; and in such cases, where economy has to be studied, a boned joint might with advantage be served for the family dinner. Besides the economy, a pleasant change may be obtained by inserting some forcemeat in place of the bone.

How to acquire the art is the question for any who may be disposed to try, and here again certain underlying principles must be understood; briefly, avoid hacking the meat; remove it with a clean cut, so to speak, and leave as little as possible on the bones. If it be true that the nearer the bone the sweeter the meat, it is a mistake to leave the sweet meat behind. It is also a mistake to leave on the meat anything which would be better in the stock pot; *paxy waxy*, and other portions that would, if served with the meat, be left upon the plates, should all be removed; a little piece of fat can be dexterously slipped in the vacant places.



Fig. 70.—Boning Knife.

A boning knife, as illustrated, is a necessity, and the cost is trifling.

To attempt to bone with a table knife is useless. The knife must be kept close to the bone, the point being used carefully round corners and in hollow parts to avoid cutting the meat. Patience and care and a few experiments will bring about the desired results; and one practical lesson, if obtained only by watching the butcher at a distance, will be a great help.

Don't leave the bones lying about; they rapidly deteriorate. Put them on at once with any other odds and ends, and so make the most of the entire joint.

EXTRACT OF MEAT.

It is doubtful if there is any more useful invention in connection with the table than the substance which bears this name. First introduced as invalid food, its use is now fully recognised in the kitchen, where it comes in handy for all sorts of purposes. With the few writers who assert that it is better than fresh meat we do not agree; but for saving time, when circumstances do not permit of due attention to stock of the ordinary sort, or when a sauce or gravy is hardly as good in colour or flavour as it should be, or for the hundred and one dishes that may be wanted on the spur of the moment, then it proves a real boon. It is worthy of note that many persons who are prejudiced against every other sort of preserved food, have no objection to the use of extract of meat. Some, however, while owning its utility, dislike what they term the "burnt taste." This is often the result of using it in excess, a common error in dealing with concentrated foods of all sorts; the fact should be grasped that one pound represents many pounds of meat in the fresh state. The large jars are much cheaper in proportion than the small ones; and where it is used regularly they should be bought, as it will keep well in a cool place. This is not the place to argue the question as to whether extract of meat is a food proper or only a stimulant; further remarks are made on this point in a later chapter; we are here referring to its usefulness as a food adjunct, and of that there is no doubt.

When glaze is not handy, a good substitute is made from extract of meat with a little gelatine and water. (*See* GLAZE.) The extract is also a very valuable addition to the traveller's store, since it occupies but little space; with hot water a basin of soup is ready in a moment; or a satisfying snack is made by spreading it on bread and butter. In many small savouries throughout this work, for which a spoonful of brown sauce, thick gravy, or stock is recommended as an ingredient, should neither be handy, by mixing a morsel of the extract with water, and thickening with flour or roux, the deficiency is supplied.

MIXED MEAT DISHES.

THE recipes under this heading are separately grouped, for several reasons. The meat dishes, many of which are cheap and simple, are for the most part made from mixed meats, or one recipe stands for several more; therefore, to place them under any one kind of meat would considerably limit their sphere of usefulness.

Bread and Meat Baked.—Required: half a pound of stale bread, the same weight of raw meat, four to six ounces of scalded onions in thin slices, salt and pepper, dripping, and water or plain stock. Cost, about 6d.

Grease a baking dish, cut the bread very thinly, spread with the dripping, slice and season the meat, and fill up the dish alternately, having bread top and bottom, and onions over the meat. Pour the stock over, about half a pint, and let it stand an hour or two, that the bread may soak; then bake for an hour or two: it depends on the kind of meat. Cover the dish for three parts of the time it is in the oven, then uncover for the surface to brown and crisp nicely.

Many children would enjoy a dinner of this in preference to roast meat. The remains of a dish of cooked rice or macaroni can be used up in it, allowing more stock in proportion to the quantity.

Bread and Meat Steamed.—Required: equal weights of bread and meat, or liver and bacon in place of meat. For half a pound of each, required also an ounce of shredded suet, or beef marrow, seasoning, and a gill of stock, one egg, and a small onion. Cost, 6d. or 8d.

Use a basin instead of a dish; make this as directed above, and pour the egg and stock over last. The suet or marrow takes the place of the dripping. Steam it for four hours, as directed for PUDDINGS. If the full time cannot be given for steaming this, some other fat must take the place of the suet; three hours will do if marrow or dripping be used. The outside fat of a cooked piece of baked meat will do for this and similar dishes; it should be cut up very small, and used like suet.

Heart Roasted in a Saucepan.—Prepare the heart in the usual way—it may be stuffed or plain—then dry it well by rolling it in flour. Put a quarter of a pound of beef dripping in an *iron* saucepan; when hot, lay the heart in and baste it for several minutes; on this its tenderness, or otherwise, mainly depends. Then grease a thick sheet of paper and put over it; put the lid on and cook gently, allowing about the same time as for roasting, or rather longer; baste often, over the paper. When done, take the paper off, and put the heart on a hot dish in front of the fire for a minute and pour round it some sauce or gravy. During the cooking, the heart must be turned about every twenty minutes, that it may be evenly browned.

This is a useful method of cooking, when it is inconvenient to heat an oven, or make up a fire for roasting, as only just enough heat is required to keep the fat hot. Cost, variable.

Heart with Digestive Sauce.—Required: a heart (pig's, lamb's, sheep's, or calf's), half a pint of DIGESTIVE SAUCE, and some stuffing and stock, or liquor from boiled meat. Cost, variable.

Cook the heart by boiling in stock until almost done; or follow the directions given for HEART ROASTED IN A SAUCEPAN; then take it up and slice it; put it in a saucepan with the sauce, add a gill of stock (No. 1 or 2), cover, and leave for half an hour, below boiling point. When ready,

put on a very hot dish, with a ring of fried onions and apples round it, or an onion or celery purée. The forcemeat may be "plain veal." If boiled, tie the heart in muslin or a thin cloth; if roasted, tie a piece of greased muslin over it.

Many other sauces may be used in just the same way.

Hotch Potch (Cheap and Good).—Required: the scrag end of a neck of mutton, say two pounds, an ox foot, two quarts of cold water, a large carrot, an onion or two, a small cabbage, and a pound of dried green peas, or split yellow peas. Cost, about 2s.

Prepare the meat by washing and cutting it up; the foot may be bought at the tripe shops; cut it up and put it with the mutton and cold water; bring to the boil, add the sliced vegetables and a little pepper; cook gently in a covered jar for three hours, then add the cabbage, boiled separately for a few minutes, drained and shredded. Give a quarter of an hour's further cooking, then season to taste, and stir in the peas, which should be cooked in another vessel. Before adding the peas, draw out the bones from the mutton and the foot.

Another way.—Use boiled lentils instead of peas, either plain or curried; the latter make a savoury hotch potch, very acceptable on a cold day.

Kidneys Roasted in a Saucepan.—Take two ox kidneys, or three or four pigs' kidneys, and after washing and drying, flour them well, and proceed as directed for heart, on page 289. Be sure that the cooking is slow. Give beef kidneys about forty minutes; pork, being smaller, will be done in less time. Serve with gravy or sauce, with a dish of fried or stewed onions or any other vegetables. Cost, variable.

Liver, Moulded.—A breakfast dish. Required: half a pound of fat pork, two pounds of calf's or sheep's liver, a quarter of a pint of bread crumbs, a raw egg, a dessertspoonful of salt, a chopped onion, a tablespoonful each of brown sauce and tomato pulp, a teaspoonful of pepper, a saltspoonful of grated lemon peel, half the measure of ground cloves and nutmeg, and a little cayenne to taste. Cost, about 2s. 2d.

Pass the meat and onion through a sausage machine, add the crumbs and sauce, mix well; put in the seasoning, which should be blended first in the dry state. Press the mass firmly into a buttered mould, with a lid, and steam it for a couple of hours. As soon as done take the lid off: turn out when cold, and garnish with cress, parsley, celery or beet leaves, nasturtium leaves, or anything of an equally simple kind. Salad should be served with it.

The egg should be beaten and strained before adding it; it should be mixed in last of all. Pickled pork may be used, or bacon instead of fresh meat, then the salt must be decreased.

Meat in a Mask.—This is a simple and good way of heating a cold joint from any animal. Some mashed potatoes must be prepared, with which the meat is to be covered until even in shape; a knife should be dipped in hot water for smoothing the surface. If brushed over with beaten egg it will look nicer, or it may be dredged with raspings. A quick oven is needed, and as soon as hot through and brown, the meat is ready. Gravy or sauce should be served with it. Cost, variable, according to circumstances.

Discretion is needed in preparing this. If the joint is large and underdone, the potato covering may be thick; but a small joint, well cooked, must be thinly coated, as it is not desirable to expose it to the heat of the oven longer than may be necessary. If their flavour is liked, a layer of cooked onions, sliced, can be put underneath the potatoes; this will improve a piece of pork, and sage is a suitable addition. The remains of a tureen of sauce can be used up on the top of the meat under the potatoes.

Meat with Macaroni.—It sometimes happens that the centre of a joint is found to be insufficiently cooked, and some way of re-heating, other than mincing or hashing, &c., would be welcomed. In such a case we advise a trial of this dish. Supposing the meat to be mutton or veal, say the fillet, about a pound or rather more. Put it on a plate, and sprinkle it with pepper and chopped herbs; pour over a gill of stock and cover it for a short time. This will give it flavour and prevent dryness. Have for it a deep dish, grease it, dredge it bottom and sides with bread crumbs. Boil some macaroni until half cooked, quantity according to taste—about half a pound will do. Make a good supply of plain forcemeat—a little onion should be added if for mutton—and put it at the bottom and sides of the dish; then line the dish with a few slices of ham or bacon, cooked. Put in the piece of meat, place a few more slices of bacon over, then another layer of forcemeat. Cover the dish, and set in a tin of hot water in a moderate oven for half an hour. Then take away the tin, and give it another quarter of an hour, or thereabouts. While this is cooking, finish the macaroni in stock or sauce. (*See* BROWN MACARONI.) Turn the moulded meat on a hot dish and put the macaroni all round it.

It is necessary that the dish be but little larger than the meat. The latter should touch the bacon; if a space is left between it will not turn out so nicely. The forcemeat must be free from suet. Cost, variable.

Meat with Spinach and Batter.—Required: a pound of steak, a dish of spinach, and a pint of batter made as if for YORKSHIRE PUDDING. Cost, about 1s. 8d.

Cook the steak in the usual way by broiling, grilling, &c., or stew it. After cooking and pressing the spinach, put it on a plate, and cut up the steak; lay the pieces on and pour the gravy over. Bake the pudding batter in a round tin, and cut it in four pieces; lay these on the meat in their original form, and serve with more gravy.

This can be varied by using various sorts of meat; and cabbage, turnip tops, or other green vegetables. The batter, if preferred savoury, should be made by one of the recipes given for SAVOURY BATTER PUDDINGS.

Meat with Vegetables and Rice.—Required: half a pound of rice, two pounds of meat, a carrot, a turnip, an onion, and a few stalks of celery, seasoning, &c. Cost, about 2s. 2d.

The meat may be any kind, and from any lean part of the animal: it should be cut up and stewed with the sliced vegetables and some gravy (*see* GRAVY FOR STEWS), then thickened and seasoned with a teaspoonful of curry powder and a little pepper and chopped herbs. Boil the rice by the directions for SAFFRON RICE, and serve in a pile, the rice over the meat, &c. Garnish the dish with fried onions and fried parsley. This is very savoury, and generally liked.

Mixed Meat Stew.—Required: half a pound each of lean pork, mutton, and beef kidney; three pounds of potatoes and a pound and a half of onions, seasoning and water. Cost, about 1s. 6d.

Cut the meat and kidney up, slice the vegetables, put onions at the bottom of a saucepan, then meat, then potatoes, and so on until full, having onions at the top. Season each layer and pour half a pint of water over. Cook slowly for three hours; or if the vegetables are parboiled first, two hours will do. Shake often to prevent burning.

Herbs may be added, or a spoonful of ketchup, or a mushroom or two when they are plentiful. Instead of pork, lean ham or bacon, cut into strips, can be used; and veal is nice in place of mutton. Some sheep's feet, boiled separately until nearly done, or the remains of cooked calf's or ox feet, will be a valuable addition. This may be said of any sort of gelatinous meat; it gives body to the gravy.

Potato Pasty.—This is a very economical dish. To make it properly, a pasty-pan must be procured which has a well-fitting perforated plate, and a valve-pipe to screw on. This can be had of almost any ironmonger, and will cost from 3s. to 5s. The meat, seasoning, and gravy are put into the lower part. The plate is then laid on the meat, the valve-pipe screwed on, and mashed potatoes spread equally on the top. The pasty should be baked in a moderate oven and sent to table in the same tin in which it is baked, which should have a neatly-folded napkin pinned round it. The cover should not be removed until the meat is to be served, and an empty dish should be placed in readiness for it. If properly baked, the potatoes will be nicely browned, and will be flavoured like the meat. The contents of this pasty may be varied indefinitely. Mutton or veal cutlets, pork chops, chickens or rabbits cut into neat joints, or beef cut up as for stewing, will all be found excellent. The meat should be neatly trimmed, and nicely seasoned, and a

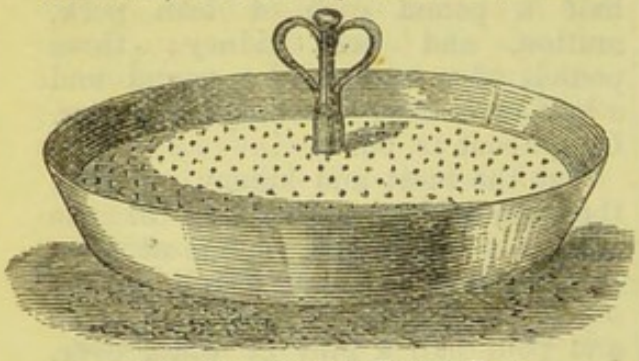


Fig. 71.—Potato Pasty Pan.

small quantity of gravy poured over it. The mashed potatoes should form a crust at least three inches thick. Two pounds of meat and three pounds of potatoes will make a moderate-sized pasty. Cost, from 2s. to 3s.

Care should be taken that the gravy boils up before the potatoes are laid on the top, and it should not be thickened much, or it may burn, as it cannot be stirred while cooking, and a moderate heat only is required. If preferred, it can be steamed until half done, then put in the oven to finish and brown the top. A little beaten egg brushed over the potatoes will ensure their browning, though this is not necessary.

Sea Stew.—Required: a pound of buttock steak, half a pint of common stock, a large onion, a pound of potatoes, some dumplings, and seasoning as below. Cost, about 1s. 6d.

Peel and slice the onion, brown it in a bit of hot dripping; cut the meat up in squares, brown it also; sprinkle with flour, pour in the stock and boil up, then skim well. Make the dumplings by either of the recipes for suet crusts, either plain or savoury; a dozen little ones are best. While the meat is cooking, parboil the potatoes, then slice them, and add to the meat; stew until done, about two hours altogether. The dumplings should be steamed separately, and put round a hot dish, with the meat, &c., in the centre. (*See* also Sea Pie.)

Any other kind of meat, or a mixture can be used for this; or some cooked beef, if underdone, can be put in to heat through. Chopped parsley improves it.

Stew for Cheap Dinners.—Required: three pounds of cuttings and scrapings of bones, such as may often be had for fourpence per pound, half a pound of milt, half a pound each of carrots, turnips, onions, and celery, a tablespoonful each of brown sugar, salt, and chopped parsley, four ounces each of nice beef dripping, maize meal, barley meal, and broken rice, half a gill of vinegar, and a good teaspoonful of black peppercorns. Cost, about 1s. 10d.

Prepare and slice the vegetables. Brown the meat in the hot dripping, add the vinegar and two-thirds of the water, and bring to the boil. Put in the carrots, onions, and celery, the peppercorns, and a spoonful of browning, and boil for an hour; then put in the rice; boil, or rather simmer, for another hour; add the potatoes, turnips, and the meal mixed with the rest of the water, and give another hour or

more. It may take nearly four hours in all; add the salt and chopped parsley a short time before serving. Of water, use from three to four quarts. (*See* remarks at foot of recipe for MIXED MEAT STEW.)

Toad-in-the-Hole.—Required: a pound and a half of lean meat (mutton or beef), a pint of milk, two eggs, half a pound of flour, a little salt, pepper, baking powder and dripping. Cost, about 1s. 9d.

Melt the dripping in a baking tin, let it get hot, and grease it well. Make a batter of the milk, flour, &c., as if for YORKSHIRE PUDDING. Pour it in the tin, then pepper the meat a little; lay it in the batter and bake. The oven should be quick at first for the batter to rise, then rather slow for the meat to cook. Time, about an hour. If the meat is cut up into four or six pieces it is more conveniently served, but if in one piece, the gravy is better preserved. Tender meat is a necessity for this dish. Kidneys and liver can be cooked as above, and sausages make a savoury dish of the kind, though somewhat rich.

For other dishes of this sort, *see* COLD MEAT AND SCRAP COOKERY.

Tongues, a Cheap Stew of.—In some towns sheeps' tongues may be bought very cheaply of the dealers in American and Australian meat. For half a dozen tongues take three quarts of water, three ounces of pearl barley, salt and pepper, and a pint, after cutting up, of the usual vegetables, thickening and colouring. Cost, variable.

Soak the tongues in the cold water for an hour or two (first wash them well); then bring to the boil, put in the barley and vegetables, and cook for about three hours. Take up the tongues and skin them; keep them hot and thicken some of the liquor (strain it off through a sieve) with browned flour, an ounce to the pint; boil it up and pour over the tongues. Then take up some of the barley and vegetable, and serve round the tongues. Some chopped parsley is a great improvement.

The liquor, &c., left can be served next day as broth. (*See* remarks under the recipe for MIXED MEAT STEW.)

BEEF.

BEEF is considered the most generally useful meat for the family meals, and it is the most economical also. It can be obtained all the year, but is in perfection in the winter, because the joints can then be hung long enough to become quite tender. In summer, wipe off any moisture which may arise (if it hangs but a night the joint will be improved), but do not wash meat for roasting unless quite necessary. If the flies have touched any part, rub it with a cloth dipped in vinegar, then dry it and sprinkle with flour. The lean of good beef is bright in colour, and the fat whitish and firm; very lean beef is always inferior, while, if too fat, it is far from economical. Ox beef is the best of all; the flesh is smoothly grained, and will rise when pressed with the finger in a young animal. Heifer beef is smaller and better suited for small families; the meat is somewhat paler, and closer in the grain. Bull beef is dark in colour, with little fat, a coarse grain, and a strong smell, and should never be chosen. Butchers in good localities do not, however, expose it for sale. Very rank smelling, highly coloured, and greasy looking fat is indicative of oil-cake feeding, and although not necessarily unwholesome, it is far from economical, and the flavour is not liked by many people.

An ox is usually cut up and dressed as follows :—

Rump.—The silver side is salted and boiled; the middle part cut into steaks; the chump end is roasted or braised.

Sirloin.—Prime roasting part; the steaks cut from the fillet (or undercut) are very tender, and are preferred by many to rump steaks, but the latter are more fully flavoured.

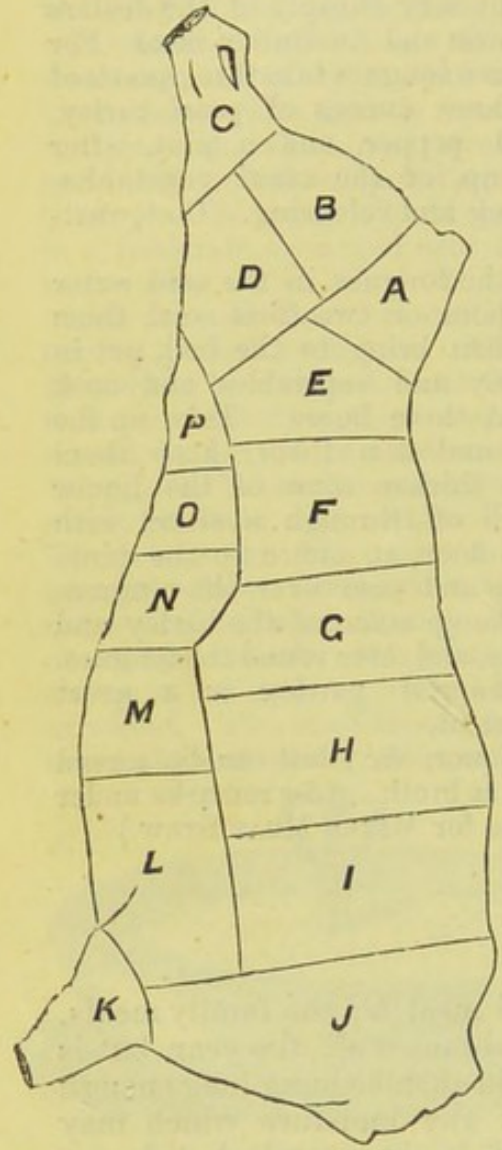


FIG. 72.—SECTIONAL DIAGRAM OF THE OX.

A Rump.
B Mouse Buttock, or Round.
C Leg, or Hock.
D Buttock, or Round.
E Aitchbone, or Top.
F Sirloin.
G Fore Ribs.
H Middle Ribs.
I Chuck Ribs.
J Neck, Clod, or Sticking Piece.
K Shin.
L Shoulder- or Leg-of-Mutton Piece.
M Brisket.
N Thin Flank.
O Thick Flank.
P Veiny Piece.

Buttock, or Round.—This is cut into steaks, or may be boiled or stewed; the upper side is sometimes roasted, but should be well hung, or will not be tender.

Mouse Round.—This may be boiled or stewed.

Flank.—This, whether thick or thin, is excellent when boiled, especially if rolled and pressed.

Veiny Piece.—This is cut into steaks, but they are of inferior quality, and are best stewed, or used for pies and puddings.

Aitchbone.—Usually salted and boiled, or may be stewed or roasted.

Leg.—Stewed or used for soups and stocks. The top part, cut thickly, is very good braised.

Shin.—This has the same uses as the leg.

Shoulder- or Leg-of-Mutton Piece.—This can be boiled, braised, or stewed; it makes good gravy.

Neck and Clod.—These parts are mostly used for gravies, soups, &c., or may be rolled and boiled.

Ribs.—The fore ribs are the prime part, and should be roasted; the middle ribs are also roasted; from the chuck ribs second quality steaks are cut.

Brisket.—This can be stewed or cooked like the flank.

Cheeks.—Very good stews and soups are to be had from these, or they may be made into brawn.

Tail.—Excellent when stewed and makes very good soup.

Tongue.—Generally salted and boiled, or may be braised or stewed while fresh, or parboiled and roasted.

Heels.—These make good stock, or may be boiled or stewed.

Liver.—Often fried; may be baked or stewed; the latter is best.

Palate.—This can be cooked in various ways; it needs long cooking; and when fried should be first parboiled.

Heart.—This may be roasted or baked, but is more digestible if first partly stewed; may also be braised.

Skirt.—This makes good gravy, or can be cooked like steaks, used for puddings, &c. It should be skinned.

Tripe and Sweetbread are cooked in various ways.

The various parts of an ox are, however, subdivided somewhat differently, and called by various names, in different counties, and this is somewhat bewildering to the purchaser. For instance, it is quite possible to meet with a butcher who makes no distinction between thick and thin flank and brisket, but classes them under one heading; while, as to the "shoulder-of-mutton piece," a writer asserts that the inquiry for that was met with the reply, "that there are no shoulders of mutton in cows!" This, however, was ignorance of a rare kind we should say. We would also add, that in the diagram we can only indicate the parts of the ox from which the joints are taken; for, setting aside the fact that the methods for cutting up are not uniform, it is not possible to show the exact shape of the several joints here. They are more clearly given, with directions for carving them, under their separate headings.

See COLD MEAT COOKERY, INVALID COOKERY, ENTRÉES AND MADE DISHES, and MEAT PIES AND PUDDINGS, for other dishes from BEEF proper to those headings.

Aitchbone of Beef.—We advise that this be boiled; it is excellent boiled fresh, but recipes for salting will be found under BRISKET, RUMP, &c., which answer equally well for this joint. If it be allowed to boil fast at first, no after-care can make it

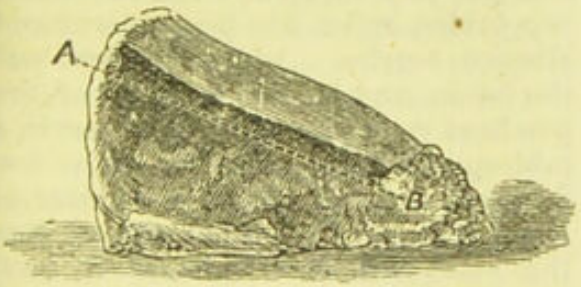


FIG. 73.—AITCHBONE OF BEEF.

tender. Vegetables (carrots, turnips, and parsnips) and suet dumplings are the usual accompaniments. The soft, marrow-like fat is generally enjoyed while hot, but the hard fat may be left until cold. From the remains, very good potted meat may be made. Cost, about 7d. or 8d. per pound.

In carving this, cut across the grain, the knife following the line from A to B, as illustrated above. The slices should be even and moderately thick. If extra fat is required, it should be taken horizontally from the side of the joint. If roasted without preliminary hanging, toughness is almost certain; but a well-hung joint, from a prime animal, *may* be roasted or slowly baked. It can be stewed also, but the fat should be removed.

Bachelors' Stew.—Required: four pounds of lean beef, from the rump or buttock, vegetables, &c., as below. Cost, about 4s. 3d.

Slice some carrots, one for each pound of meat if large; brown them in hot dripping, with the meat, first tied in shape. About twenty minutes must be given; the meat should be a rich colour all over. Add a pint of stock (No. 1 or 2), just warm; let it boil up, then skim all the fat off; add a bay-leaf, some herbs and spice, and put the lid on; keep a weight on it

to prevent escape of steam as much as possible, and in an hour turn the meat, but keep the carrots on the top. Then add to the gravy a dozen little onions and mushrooms, and half a dozen turnips, all sliced. Simmer for another hour; turn again, keeping up the quantity of stock, and in three hours thicken, colour, and season to taste, adding more gravy if required. The vegetables may be sieved, or added just as they are round the meat. A squeeze of lemon juice improves the dish. This is excellent, very little trouble, and is economical. Chuck ribs may be used for it, and will be found very tasty.

Baron.—This is a double sirloin; the weight varies considerably according to the size of the animal. It is always roasted, and served only on festive occasions at the tables of the rich, or at great public entertainments.

Beef Cheese.—Required: three pounds of steak, half a pound each of veal and ham, half to three-quarters of a pound of bacon (fat), seasoning, &c., as below. Cost, about 4s. 6d.

Put the steak, ham, veal, and four ounces of the bacon through a mincing machine; mix with this about a dessert-spoonful of salt, half as much pepper, a chopped shalot, a tablespoonful of chopped parsley, and a teaspoonful of mixed herbs, fresh or dried—in *fine* powder, if the latter; add a gill of brown stock (No. 4 would do), and half a glass of light wine. Mix very thoroughly, then line a dish or an oval jar with the rest of the bacon in slices, leaving some for the top; press the mince in firmly, cover with the bacon, and then with a flour-and-water paste. Bake it in a very slow oven, three or four hours, and set it in a cold place for twenty-four hours before removing the paste. It is then ready to serve, and forms a very economical and convenient dish for a number of guests on any occasion; it also makes very good sandwiches.

Boiled Beef (improved German recipe).—Choose fresh, lean beef; cover it with water or stock from bones, a few whole spices, some chopped onion, celery, and carrot, and a spoonful of grated horse-radish. Boil, and after skimming well, cover, and simmer very gently, giving thirty minutes per pound if thick. Half an hour before it is done add a little salt, and a small bunch of herbs. Reserve the liquid for soup, after taking from it enough to serve with the meat as gravy. It should also be accompanied by horse-radish sauce, and a dish of dressed beetroot or fruit in vinegar. For the latter, *see* recipes for SWEET PICKLES.

If not wanted hot, put aside all the liquor for soup, &c., but leave the meat in until cool, first pouring it in an earthen pan; then, when the meat is cold, glaze or brush it with aspic jelly, garnish with salad, &c., and serve as a breakfast or luncheon dish. It also makes tasty sandwiches or potted meat; and may be added with advantage to hashes, &c., to give piquancy.

Brazilian Stew.—Required: two pounds of beef, cut from the leg or shin in pieces, about two or three ounces in weight; they should be in lumps, not slices; half a pint of sliced vegetables; seasoning, &c., as below. Cost, about 1s. 6d.

Dip each piece of meat in vinegar, and put in a stewpan with the sliced vegetables, and a few peppercorns and allspice berries. Add no water; put the lid on, and let the contents of the pan heat very gradually, then put in a tablespoonful of store sauce, a few drops of browning, and a squeeze of lemon juice. In two to three hours the meat will have yielded a good supply of gravy, and will be tender, if from the best part of the leg, and well hung; but the shin will take four hours. Add salt, and serve in a hot dish.

The meat may be cooked in a stone jar in a slow oven, or in a "water bath" over the fire. (*See* JUGGED HARE.) This is a good dish for busy days. Savoury dumplings, or rice or macaroni can be served with it.

Brisket Stewed.—Take a piece of fresh brisket, of any required weight; take out the flat bones, wipe and flour the meat, and fry it brown in an ounce or two of dripping (*see* Ox Cheek, Rolled); and finish the cooking by the directions given in that recipe. If for a cold dish, the meat should be pressed. Few people, comparatively, are acquainted with the merits of a piece of beef of this description, stewed and served cold, boiling being so much more general; a moment's consideration will, however, suffice to convince anyone that the chances are in favour of the stewed joint being more tasty and tender.

Brisket is often rolled; it must then receive double the usual time for cooking, whether fresh or salted; it is then carved like a round of beef. It is desirable, in salting it, that a pickle containing sugar should be chosen. Cost, about 7d. or 8d. per pound.

Chuck Ribs.—This is an excellent piece for boiling; and in the opinion of an American writer it is also one of the best pieces for braised, rolled, piquant, savoury, and a hundred other beef dishes, all familiar to thrifty German housewives, and which should be more generally known, as they add variety to the daily *menu*. This may also be larded and served as is fillet of beef. It is quite acceptable as steak, with sauce Bordelaise, or any other, while the most exacting epicure would probably be content with chuck rib bones, when grilled or devilled. We would also recommend a trial of it, boned, rolled, and stewed; whether simple or elaborate, it will be found full of flavour, and very tender if the principles of the method are carried out. Steaks may be cut from chuck ribs after the part has hung, but take care that the steak does not hang after it is cut. A favourite dish with some is a rib covered both sides with slices of raw bacon, laid in a stewpan with an ounce of melted butter or dripping, and exposed to a quick heat for a few minutes; the pan is then removed to a cool part of the stove that the meat may cook gently. All sorts of herbs and spices are sprinkled on, together with chopped onions or shalots; and sometimes a suspicion of garlic and a spoonful of flavoured vinegar are put in.

Collops (German).—Required: ten ounces of lean beef, six ounces of young pork, two ounces of bread crumbs, an ounce of butter, a small shalot or a chive, salt, pepper, and grated nutmeg, and an egg. Broth or bone stock in which to cook them is also wanted. Cost, about 1s.

Dissolve the butter, stir in the crumbs, seasoning, and a spoonful of broth, take from the fire, and add the minced meat; stir well; the shalot should be chopped and browned in the butter, or some parsley can be substituted for it. Then bind with the egg, and form little balls, using the yolk only; beat up the white and dip the collops in, then put them into the broth, which must be boiling, and simmer them for half an hour, turning them as required. When done, thicken the sauce—there should be a pint or more—and season it; then put in some sharp pickles, and sliced lemons in dice. Boil it up and pour round the collops. Klopps is the German name for these.

Another way.—Flatten the balls into little cakes and cross-bar them with a skewer; brush over with the white of an egg, and cook in a mixture of light wine and broth. Dish in a wreath, with the gravy thickened and poured over, and some fried potatoes in the centre and round the collops. These may be in any desired shapes.

Collops, Savoury.—Required: two ounces of butter, one ounce of flour, a teaspoonful each of chopped parsley and onions, a good pinch of powdered thyme and bay-leaf, the juice of half a lemon, a tablespoonful of walnut or mushroom ketchup, a teaspoonful of salt, and half as much pepper, and a pound and half of tender beef steak. Cost, about 1s. 8d.

Dissolve the butter (or clarified dripping), add the flour, and brown well; stir in all the other seasonings, salt excepted, then put in the steak, cut in half-inch squares; stir it about to brown it, then pour in half a pint of hot stock (No. 1, 2, or 4), or the water from boiled meat, with a few drops of colouring. Cover the stew-pan, and simmer as gently as possible for about forty-five minutes. Add salt and serve on a hot dish. Cooked vegetables may be cut in fancy shapes, and used as a border to the dish.

Unless first-class meat is used for this, much longer time must be given, and the steak should be beaten before it is cut up.

Fillet, Roasted.—Take the fillet from a sirloin of beef and remove the fat; trim it neatly, and tie it in shape, then cover it with a sheet of white paper, spread with beef dripping, and roast or bake in the usual way, taking the paper off for the meat to brown. Make gravy in the tin, and put in a little glaze; the meat should be brushed over with thin glaze, and garnished on the top with scraped horse-radish. Horse-radish sauce should be served in a boat. Cost of the fillet separately, rather uncertain.

Another way.—This is a savoury roast. Sprinkle some chopped herbs over the paper after greasing it (say parsley, thyme, and bay-leaf, with a chopped onion, some celery and carrot, also chopped or sliced). Wrap the meat in the paper and tie it up; let it brown as above directed, then glaze it and serve some good gravy with it and any suitable vegetable purée; or some braised or stewed vegetables can be put about the dish. Tomato sauce is excellent with this dish; then tomatoes should be used for garnishing.

It should be remembered that when meat is wrapped in paper for cooking, the basting process is reduced; but, unless the paper is taken off in good time for the browning and crisping, there will be a certain amount of greasiness.

Flank, Boiled. — If the thin flank be chosen, and it is not rolled, it will not take long to cook; it is, therefore, a good part to select if time be limited. It should be put into boiling water, or weak stock, with the usual vegetables, and well skimmed; then simmered until done, about twenty minutes per pound; a little salt should be put in towards the end of the cooking.

Flank, salted and rolled, is excellent. Dumplings are suitably served with dishes of boiled beef, and rice boiled with it is very good; the flavour of the rice is improved, and there is no waste, as what the rice yields to the liquid is not thrown away (as is the case when boiled in water) but serves to enrich the next day's soup.

Complaints of the insipidity of boiled meats are often heard, owing to the custom in some families of serving them minus sauce or gravy, with no addition but the pot liquor. This arises, perhaps, from the popular idea that it is not worth while to go to the trouble of making sauce for so plain a dish. We advise a trial of one of the many that will be found in the section devoted to GRAVIES and SAUCES; or, at least, of one made by thickening and flavouring some of the meat liquor. The dish will then be vastly improved, at a very slightly increased cost. (*See* recipes later on.)

French Ragoût.—Select some of the cheapest parts of beef for this, and for a pound, take also half a pound each of onions, carrots, celery, and potatoes, an apple, some stock, &c., as under. Cost, about 1s.

Cut up the beef the size of a walnut; lay the pieces in a stew-jar with the apple, chopped, the celery in dice, and the potatoes parboiled; put in a sprinkling of herbs and pepper, half a "pastille de légume" dissolved in a pint of any plain stock, and the onions and carrots, sliced, and fried brown in hot dripping. Cover the jar with a sheet of greased paper, then put the lid on, and cook in a gentle oven for three or four hours, according to the quality of the

meat. Add salt to taste, and browned flour to thicken; boil up the gravy, and serve the whole in a hot deep dish.

For a better dish, use double the quantity of meat to the same weight of vegetables. A few chives, or a leek or two will improve the ragoût. The scrapings of a bone from which steaks have been cut can often be bought cheaply, and answer admirably for such dishes as the foregoing; then less time is needed for the cooking.

Frico (Spanish).—This is a very excellent dish, though it is a most economical one; care is needed in the preparation, then success is certain. Required: two pounds of lean beef, fillet, or any other juicy part if well hung and lean; two pounds of potatoes, and one pound of Spanish onions, seasoning, butter, stock, and claret as below. Cost, about 2s. 3d.

Cut the meat into thick pieces, of a couple of inches square: parboil the potatoes, and slice them thickly: slice the onions, and fry them a yellow colour in butter, for ten minutes or so, then put all into a jar, with onions top and bottom, together with the butter they were cooked in; add pepper, no salt, and half a pint of stock, as No. 1 or 2, and a glass of claret; tie down with greased paper, and cover the jar with the lid. Cook in a "water-bath" (*see* JUGGED HARE), or in a gentle oven, setting the jar in a pan with hot water half the depth of the jar, the contents of which must not reach boiling point. In two to three hours the meat will be tender, then add salt to taste, nothing else, unless more pepper is needed, and serve in a hot, deep dish. If the meat is good, and the cooking slow enough, there will be plenty of gravy.

Heart, Roasted.—After the heart has hung for a day or two, wash it well, removing the pipe, and all trace of blood, then dry the cavities thoroughly, and fill with forcemeat; the plain herb, or veal stuffing is suitable. (*See* FORCEMEATS.) Sew it up securely, and wrap it in a sheet of paper, well saturated with warm dripping. Hang it to roast, and cook slowly, with very frequent basting. Time, from three hours, according to size.

Brown sauce or gravy, onion, celery, or tomato sauce or purée may be served with this, and the dish garnished with vegetables, or they can be served separately. Bacon and forcemeat balls may be added.

Another way.—This is very superior. Parboil the heart in weak stock before baking or roasting it. It can be stuffed as usual, and should be tied in a cloth. Take it up when half done, dry it, and wrap it in paper as above. Finish the cooking, and serve with brown sauce or gravy, and red currant or any other fruit jelly. Or the boiling may be kept up until the last half hour: then the heart should be put before the fire until brown, and basted and floured like a joint.

Kidney.—This makes a nice dish, if care be exercised in its preparation and the length of time that is given to the cooking; one extreme is as bad as the other, for if overdone, although less indigestible than when underdone, a kidney is very tasteless. Whatever the mode of cooking, the core must be removed (the core is the hard, fatty meat which runs along the kidney). After this, the kidney must be washed in cold water and vinegar, a tablespoonful to the pint, then dried. This treatment removes a certain strong, and rather unpleasant flavour, always to be found in an unwashed ox kidney. Cost, about 8d. per lb.

Kidney to Broil.—Follow above directions, then cut the kidney into slices a quarter of an inch thick; brush both sides with warm butter or clarified fat, pepper each piece, but do not salt them, then cook them in a Dutch oven, very gently, turning every minute, and serve each on a croûton or sippet of buttered toast: or place the slices in a circle round a pile of mashed or fried potatoes. Any sauce which is suitable for steaks can

be served with this, or a tiny pat of maître d'hôtel butter may be put on each slice. Time, about a quarter of an hour.

A much more digestible dish, as well as one of better flavour, may be obtained by soaking the kidney in a little warm stock, before cutting and broiling it.

Kidney with Haricots.—Required: a beef kidney, a pint of small, white haricot beans, a carrot, an onion, and the outside sticks of a head of celery, seasoning, thickening, and a little vinegar and dripping. Cost, about 1s. 2d.

Soak the beans, put them in an earthen stew-jar, with a quart of cold water, or stock No. 1 or 2, an ounce of dripping, and a sprig of parsley and thyme. Cook them in the oven for an hour, then add the celery and onion, very finely sliced or minced, and the carrot, grated; return to the oven for another hour, then put in the kidney in thin slices. Give about three quarters of an hour more cooking, then season to taste, and serve in a deep, hot dish.

The vinegar is to be added to the water for washing the kidney, and instead of slicing it, it can be cut into thick pieces, and added with the vegetables to the stew; in this way it is less likely to become hard. A small apple, grated, is a further improvement.

Kidney with Peas. — Some peas-pudding and pork should be prepared in the usual way, and for each two pounds of pork an ox kidney should be allowed. In dishing, turn the pudding on a dish, and put round it the kidney, first cut in slices, and stewed in stock, which must be seasoned, browned and thickened. Serve some of the gravy in a separate tureen.

Liver, for Gravy.—Mix half a pound of moist sugar with two tablespoonfuls of salt. Rub the liver well with this mixture, lay it in a shallow pan, and turn it and rub it every day for a week. Make a pickle by boiling a pound of salt and an ounce and a half of saltpetre in a gallon of water for a quarter of an hour. Pour it when cold over the liver, and let it remain in the pickle for six weeks, turning it every other day. Take it out, drain it well, and hang it in a cool place. When dry, it is ready for use. The liver should be cured in cold weather. When gravy is required, cut about four ounces of the liver into thin slices. Add a quart of cold water and any other suitable ingredients, and simmer gently for three-quarters of an hour. Strain and serve after thickening it. Salt will not be needed. Instead of using the liver in this way for a separate gravy, a small quantity may be added to plain stews, to flavour and colour the gravy; the liver must be taken out before the meat is dished. Drain the liver from the salt and sugar, before pouring the brine over it.

Liver, Stewed.—This *can* be fried in the same way as the liver of the calf or sheep, but is hard to digest; if that method is adopted, we advise that it be stewed until nearly done, then floured, and plunged into hot fat to brown and crisp it; but if the "dry" method be more convenient, the cooking must be very slow. To stew it, cut it after washing, in half-inch slices, and put it, with half its weight of fried onions, in plain gravy (*see* GRAVY FOR STEWS), and give it from an hour to two hours. It is not desirable to overcook it, and it is sometimes done in an hour. After the gravy has been finished off, it should be served, preferably with bacon, and a wall of mashed potatoes or other vegetables round the dish. Cost, about 4d. or 5d. per pound. Parsley or sage will improve the stew, and a bay-leaf is a good addition.

Marrow Bones.—Saw the bones into equal lengths, and secure both ends with a flour-and-water paste; tie a floured cloth over, and boil for two hours. The water should be boiling

when they go in. The cloth and paste should then be taken off, and a napkin pinned round the bones, which should be put upright on a hot dish, covered with a napkin. Serve quickly, and as hot as possible. Marrow is much relished by epicures; it is, however, very often digested with difficulty. Its nourishing properties are the same as those of fats generally. There are other ways of serving marrow than in the bones. (*See* recipes under SAVOURIES.) Marrow bones are generally weighed and sold with the silver-side of the round.

Olives.—Required: beef, seasoning, stock, &c., as below. Cost, about 2s. 6d.

Cut two pounds of rump-steak into thin slices, and beat well with a rolling-pin to make it tender. Lay over each a seasoning of chopped herbs, pepper and salt; roll up the pieces separately, and tie round with a narrow tape. Put in a stewpan one ounce of butter, two ounces of bacon, cut in thin slices, some chopped parsley, and enough stock to make gravy. Put the rolls of steak in the stewpan, pressing them closely together; cover with a piece of white paper, and stew gently from two to three hours. When sufficiently tender, thicken the gravy with brown thickening, or flour and serve. A few drops of mushroom ketchup, or good store sauce, will improve this dish.

If inferior steak, or freshly-killed meat is used, sprinkle it with vinegar a few hours before cooking. (For other recipes *see* ENTRÉES AND MADE DISHES.)

Olives with Hominy.—Boil some hominy as for PORRIDGE; pour some plain stock over, and cook until it has absorbed it; season nicely, and put the olives, as above, in the middle of a dish, with the hominy round it. Over the latter put a little CHEESE SAUCE, and coat it with browned crumbs.

This is a very savoury dish. An ounce of hominy should be allowed for every two olives. Rice can be used in the same way, and various other sauces will serve. By some a nice brown sauce flavoured with cheese would be relished. Cost, about 2s. 9d.

Ox Brains.—After very careful washing and drying, these may be boiled in seasoned stock until firm enough to slice; they should then be egged and crumbed, and fried. The stock in which they are boiled may be freed from fat, and converted into gravy to serve with them.

Ox Brains, Baked.—Skin the brains, and steep for half an hour in a little warm stock; then dry, and bake in the oven, or before the fire with a little dripping or bacon fat to baste with, for about half an hour. If par-boiled, less time will do. Serve with fried potatoes and bacon, or with fried mushrooms or tomatoes, and strips of ham or bacon.

Ox Cheek, Boned and Rolled.—Required: an ox cheek, seasoning, dripping, vegetables, stock, &c., as below. Cost, about 2s., but variable.

After the cheek has been washed and soaked, take the eye out, dry the cheek, and take the meat off the bone neatly. Then lay it outside down on a board, scrape the bone, if any bits of meat are sticking to it, lay these on the cheek, then dredge it over with pepper, a dust of grated nutmeg, and powdered herbs; half a teaspoonful or so mixed, together with a tablespoonful of freshly-chopped parsley. Roll it up tightly, and bind with tape; string is often used, but the shape suffers, and the meat is not so nice. Next, melt four ounces of beef dripping in an iron saucepan; when hot, put the meat in and brown it well; give it a quarter of an hour, and turn it often. Then pour off the fat, add stock (No. 1 or 2), just warm, to cover the meat; boil up and skim, then put in vegetables, herbs, and spices of the usual kind for stews, and simmer steadily for three to four hours. Thicken and flavour some of the liquor for gravy, and serve the vegetables with the

meat; or reserve them, with the rest of the liquor, for soup, &c.

Brown Rice or Macaroni, Hominy Fritters, or Suet Dumplings may be put round the dish; or pickles of any kind can be sent separately to table. The meat is excellent, when cold, for breakfast, &c.

If time is limited, the cheek may be cooked unboned. It must be laid in a large boiling pot. For a very plain dish, water can be used instead of stock.

Ox Cheek, Potted.—*See* Ox Cheek Soup. Put the meat (or as much as may be left over after serving it either in the soup, or as a separate dish) on a warm dish, and cut it up small; keep the dish over hot water, or set it near the fire—the process is thereby assisted. Mix on a plate, supposing a pound to a pound and a half of meat, a small teaspoonful of salt and celery-salt mixed, a good pinch each of black pepper, ground cloves, and allspice, a small pinch of cayenne, and a saltspoonful of herbs in fine powder; mix this thoroughly with the meat. Put a gill and a half of stock in a saucepan, boil it down to a third; moisten the meat with it, and press it in a mould or brawn tin. (*See* Brawn.) Cost, about 1s. to 1s. 3d.

This is nice for making sandwiches or for breakfast. Horse-radish scraped, and fresh parsley, are suitable for garnishing it.

In all dishes of this kind, "second stock," or some equally strong, should be used if possible. If not firm when cold, the meat will not keep so well, especially in warm weather.

Ox Palates.—Ox palates may be served in three or four different ways, but they always require the same preparation. They deserve to be better known than they are, as they are both inexpensive and wholesome. Three or four are enough for a dish. To prepare them, dissolve a handful of salt in a gallon of lukewarm water, put in the palates, let them lie for several hours, and press them frequently with the fingers to draw out the mucus. Drain them, and put them in a saucepan of cold water over a gentle fire. Let them heat gradually, and before the water boils lift them out and scrape off the horny skin which covers the roof-part until they look white and clear. If the water boils, the skin will be difficult to peel off. (*See* Made Dishes.)

Ox Tails.—These are so dirty as a rule, that they need soaking as well as washing; a rub with salt assists in removing the dried blood. They should be dried with a cloth before cooking in any way, and for delicate dishes they must be blanched by putting on in tepid, or if very dirty, cold water, and brought to the boil; this water is then to be thrown away; the slight loss of nutriment entailed by this process is sometimes really necessary. When the tail is to be fried before stewing or braising, the washing should be done some time before that the tail may be dry; it will then brown well. When tails are cheap, as they are in some towns, they afford a very nourishing and economical dish; when two or three shillings is asked for them they become a luxury for the few.

Ox Tail, Broiled.—After washing and jointing, boil the tail in the stock-pot until it is quite tender. The tail will taste better than if boiled in water, and the stock will be improved. Then take it up, and after it has drained, season it, and sprinkle with bread crumbs; put a few bits of butter or dripping on, and cook in a Dutch oven until brown. Serve a nice sauce, gravy, or vegetable purée with it. Cost of tail, very uncertain. The thick joint of the tail is best cut through; *see* below.

Ox Tail, Stewed.—This is a plain method. Just cover the tail with stock No. 1 or 2, while warm; add a nice mixture of the usual vegetables, sliced or in dice, and some herbs, and after skimming, cook for about three hours; some cloves and peppercorns

should be put in at first. Then season and thicken, put in a little sauce, and boil up; the vegetables can be sieved, or left behind, just as preferred. If the tail be floured and fried a little with an onion before stewing, it will be much better.

Another way.—Fry the tail, and cook it in stock No. 4; then, when done, thicken the gravy, and garnish the dish with vegetables cut in dice and boiled separately. Or serve a purée of onions, mushrooms, celery, or tomatoes with it. It is desirable that the thick part of the tail be cut through in the contrary direction; otherwise, the thin pieces will be done too much by the time that is ready.

Ribs, Roasted. — The best piece to roast is the fore-rib, and it should be hung for two or three days before being cooked. The ends of the ribs should be sawn off, the outside fat fastened with skewers, and the strong sinew and chine bones removed. The joint should first be placed near the fire, and drawn further back until done. Baste freely with clarified dripping at first, as there will not be sufficient fat when first put down; dredge with flour a quarter of an hour before taking it up. Care must be taken not to allow it to burn, as it is very easily spoiled. Serve with horse-radish sauce. Probable cost, 10d. to 1s. per pound. Time, about fifteen minutes per pound, and fifteen minutes over.

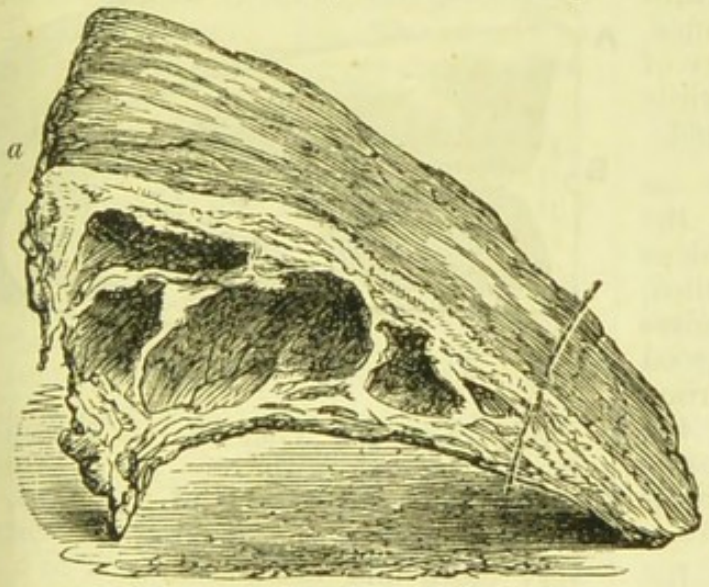


Fig. 74.—Ribs of Beef.

To carve ribs of beef, a sharp knife is necessary, and if it is run along between the meat and the bones, the carving will be more cleanly and quickly done. The slices should be thin, and cut from *a* to *b* as shown in the illustration. Unless this is well carved, it is a wasteful joint, and it is more economical to cut the end off to a greater extent than is usually done, or it becomes dry and overdone by the time the thick part is cooked. This can be boiled fresh, or may be salted separately, or with another lean piece of meat, and if the two are cooked and eaten together a very good dish for breakfast may be had at little cost and trouble. If, however, the butcher is requested, he will cut the rib short before sending it home, but a trifle more per pound must be paid for it if the thin end is not taken. (*See* dotted line in the illustration. It indicates the portion which may advantageously be removed.)

Rolla Cheese.—Required: two pounds of tripe, the same weight of beef skirt, seasoning and stock, vegetables to flavour. Cost, about 2s. 9d.

The tripe must be prepared in the usual way, then cut into pieces about three inches square, and laid on a board, the rough side of the meat upwards; season with salt and pepper, first mixing them, allowing a teaspoonful of salt and half as much pepper to each pound of meat. Then cut the skirt into pieces rather smaller, take the skin off, lay a piece on each piece of tripe, season it, and roll up; tie the rolls with twine, and drop them into hot stock, with a bit of fresh vegetable to flavour. Boil gently until quite tender, then put the rolls on a board, and press them until cold. Serve with any sharp sauce, and keep the rolls in a dish

with a little vinegar, if not all required at once.

Round, Roasted. — Hang the meat as long as possible; the upper side; the silver side is to be removed. The fat must be drawn over, and skewered, or bound with tape. For the cooking, *see* the following recipe. This may be baked, so may the rump, quite well with care. (*See* chapter on BAKING.) In localities where coals are very dear, a large joint, roasted at an open fire, is in some families an almost unknown luxury; and many, under the impression that baked meats are not good, confine themselves almost entirely to boiled joints. Every day brings some improvements in ovens, and many quite large ones may be economically heated. Those who can indulge but seldom in a roast should, therefore, take pains to perfect their baked meats. The above, baked, and well basted—it cannot be basted too much—served with a large thin Yorkshire Pudding, and some sauce, hot or cold horse-radish, and plenty of gravy, is a most excellent dish while hot, and a very useful one when cold.

Rump, Roasted. — Take as much as may be wanted from the chump end; tie it evenly, and cook as a sirloin. It can be boned and rolled, but will take much longer. It requires a steady fire, lots of basting and good gravy, and *must* be from a prime animal. The longer it can hang the more tender it will be. It can also be baked. (*See* remarks above; serve it with the same adjuncts.)

Savoury Beef, Stewed.—Required: some lean beef, six pounds or so, from the top of the leg, a teacupful of brown vinegar, bacon, &c., as below. Cost, about 3s. 6d. to 4s. 6d.

Cut the meat in a neat square shape, boil the vinegar with a bit of mace, a dozen allspice berries, and black peppercorns, an inch of stick ginger, and a few cloves; after boiling, let it stand till cold, then strain the vinegar over the beef on a dish. Turn and baste daily for four days, then lard it, by rolling some bacon, cut in thick strips, into ground herbs and mixed spices, and pushing it into holes made with a wooden skewer all over the meat. Lay it in a pot that will just hold it, put in three ounces of butter, and a good plateful of vegetables, mixed as for soup, and some herbs; cover, and cook for twenty minutes, turning a few times, then add a pint of stock from beef bones, and some whole spices, and stew for nearly three hours, turning and basting every half hour. If to be served hot, add more stock, thicken and serve round it. If for a cold dish, let it cool in the gravy, then set aside until quite cold and set, when it can be glazed, or served plainly for breakfast. It makes excellent sandwiches, salads, &c.

During the cooking, more stock must be added to keep up the quantity. This is a German dish.

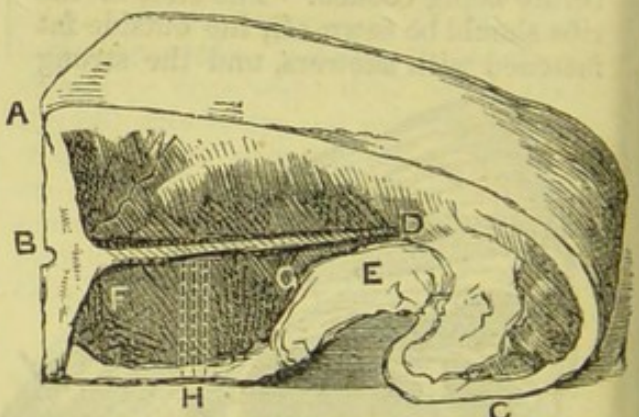


FIG. 75.—SIRLOIN OF BEEF.

Sirloin, To Carve.—A sirloin should be cut with one good firm stroke from end to end of the joint, at the upper portion, making the cut very clean and even from A B to C. Then disengage it from the bone by a horizontal cut exactly to the bone, B to D, using the tip of the knife. Every slice should be clean and even, and the sirloin should cut fairly to the very end. Many persons cut the under side whilst hot, not reckoning it so good cold; but this is a matter of taste, and so is the mode of carving it. The best way is first of all to remove the fat E, which chops up well to make puddings, if not eaten at table. Then

the under part can be cut, as already described, from end to end, F to G, or downwards, as shown by the marks at H. The latter is the more general method, and the slices should be rather thick; those from the top should be thin. If only the fillet is eaten while hot, the top of the joint should be glazed, and the dish garnished with fresh parsley and scraped horse-radish; it will then furnish a most appetising cold dish.

Sirloin, To Roast.—The time given to this joint must depend mainly on the taste of those who partake of it, for while many prefer it very much under-done, others like every part thoroughly cooked: in the latter case, it is then not easy to prevent the end becoming rather over-done. If the fire is fierce, a piece of greased paper should be tied over the end at first, and removed in time for the meat to brown nicely. With a moderate fire, or if the meat is baked, this precaution is not necessary. The meat should be dished with a little gravy round it, the rest served in a tureen; some horse-radish sauce, and a Yorkshire pudding, with sprouts and potatoes, are favourite accompaniments for a plain, family dinner.

The top of a sirloin is sometimes taken from the bone, and rolled; the flap should be inside, and the meat tied with tape, and skewered firmly. It is then easy to carve, but will take rather longer to cook, about twenty to twenty-three minutes per pound. In serving it, proceed as if cutting a round of beef. The fat and lean being fairly distributed, there is practically no waste, and the meat can be evenly carved to the bottom. The remains will then make a nice jar of potted meat, or a little dish of mince.

Skirts. — These are very good grilled, fried, or stewed; they should always be skinned. By either of the first named methods, they may be quickly cooked. If dipped in oil before grilling or broiling, and sprinkled with pepper, they are very delicious. If fried, they can be cut in strips, and cooked by immersion in fat, or left in large pieces, and cooked by the DRY FRYING process. If the gravy is made in the pan, a little ketchup or sauce can be added. Some will prefer them plain, or with a pat of butter only. An entire skirt, skinned and peppered, and folded over a time or two, then tied up to resemble a little joint, and cooked before the fire or in a sharp oven, is very delicious with horse-radish sauce, and mashed or fried potatoes. Cost, about 8d. or 9d. per pound, and we would strongly advise the purchase of skirts if it is a question between them and inferior steaks; for the skirts will be tender and of good flavour; the same cannot be said of steaks, unless of the best.

Skirts with Kidney and Mushrooms.—Required: an ox kidney, a pound of beef skirts, a pound of mushrooms, seasoning, and a quart of plain stock, or gravy, as given for stews. Cost, about 2s. to 2s. 6d.

Cut the skirt and kidney up, and brown them in a spoonful of melted dripping; add the stock, skim, and put in the prepared mushrooms, broken up; stew for forty or fifty minutes, thicken, season, and add a few drops of browning, and serve hot, with a border of toasted or fried bread cut in triangles.

To increase the flavour, wash the peelings of the mushrooms, and boil them down in a little stock or water; strain, and add to the stew.

This dish will prove that a small quantity of meat may be made to go a long way by judicious treatment, and will be all the nicer if some fried bacon be used in garnishing it.

Steak.—This can only be eaten in perfection in cold weather, because in summer the meat cannot be hung long enough to become tender. The chief faults of steaks are insufficient thickness, and an over-cooked condition; indeed, some steaks can only be described as horny; the dish is then very wasteful, and extremely indigestible.

The most economical way for a family to obtain steaks, is to hang the meat, and cut it as required; and when joints are kept hanging, this can easily be done, and the required thickness and tenderness are assured. Yet, as it is possible to spoil an otherwise tender steak in the cooking, care is always necessary. Under the head of GRILLING we have given instructions for that process, and we would here repeat the advice that when the frying pan is resorted to, the aim should be to imitate as far as possible the grilling process. (*See* DRY FRYING.) It is always an improvement to give a steak a coating of oil, or clarified fat, good beef dripping for instance, before cooking; needless almost to point out, the fat should be liquid and quite hot.

Steak and Onions.—In many cookery books the recipe for the above dish directs that the steak be fried, then kept warm, while the onions are fried in the same pan. Bearing in mind, however, the universally acknowledged fact that a steak, like a chop, should be served as soon as done, we think that the better way is to fry the onions in one pan, while the steak is cooked in another; or to broil or grill the steak, while the onions are fried; so timing them, that both may be done together. (*See* ONIONS, FRIED.) Another way is to fry the onions a little, then take them up, and fry the meat a little, just to brown the surface; then to drain off the fat, and put a layer of onions at the bottom of the pan, then the steak, and a thick covering of onions on the top. The addition of a gill of stock, supposing a pound each of meat and onions, and a sprinkling of salt and pepper, and an hour's gentle simmering (more or less according to the age of the onions, and the quality of the steak) will convert this into a very tasty and digestible dish. Still another way for this old-fashioned favourite is to cook the sliced onions in a shallow tin, in a sharp oven, while the meat is cooked: or small onions, baked or stewed, may be served instead.

Many other combinations of steak and vegetables may be prepared on the above lines.

Steak, Fried.—Cut the steak an inch or a trifle less in thickness; if too fat, trim off any that is not likely to be eaten, and add it to the fat which is to be used for frying, &c.; pepper and flour it a little, then lay it in a *clean* frying pan, in which an ounce of clarified fat has been heated. It must be quite hot, but not burnt; a watchful eye is very important, as so small a quantity quickly changes from the right degree of heat to a burnt condition. After a minute or less on one side, turn on the other, then raise the pan, and turn often until done. Remember that the better the meat the quicker may be the cooking. Give from eight to fifteen minutes, according to thickness, quality, weather, and whether liked well-done or much under-done. Generally, it is right when the gravy clots on the surface, and the meat is firm to the touch. (*See* DRY FRYING for further details of the final treatment.)

Steak in Gravy.—This has the merit of extreme simplicity, and is usually much enjoyed. Take a thick steak, not less than an inch and a half, and a pound or rather more in weight: pepper it on both sides, and flour it slightly. Then put it in a fire-proof china stew jar, with two or three tablespoonfuls of beef gravy. Cook it in a gentle oven for an hour and a half, more or less according to quality, &c. It should be turned when half done, and salt added ten minutes before it is taken up.

A thick mutton steak from the leg is excellent in the same way.

A simply-cooked vegetable should be served with this, and if there is any suspicion of toughness, a teaspoonful of French vinegar should be added to the meat, but if well hung, and cooked gradually, it is almost certain to be tender.

Steak, Roasted.—In small

families, where little joints are the rule, a nice, thick steak, say two inches, and two pounds in weight, will afford a nice little roast, or it may be baked. In either case, pepper and flour it; baste it well at starting; give it a few minutes' sharp cooking, then reduce the heat. It will take about forty minutes, less if liked under-done. It can also be nicely cooked in a saucepan. (*See* HEART ROASTED IN A SAUCEPAN.)

If cut rather thinner, it may be spread with veal stuffing, then rolled and tied with tape, and covered with a buttered paper, and cooked as above. A morsel of anchovy paste, or a spoonful of essence will improve the stuffing. Cost, about 2s. to 2s. 3d.

Stewed Beef.—This is an excellent recipe. Required: six pounds of lean meat, half a pound of fat salt pork, a turnip, a carrot, a parsnip, an onion, an apple, a tablespoonful each of salt, French vinegar, store sauce, and tomato pulp, six pints of hot water, a teaspoonful of mixed spice, a sprig each of thyme, parsley, marjoram, and a bay leaf, and a saltspoonful of celery seed. The last named, with the herbs, to be tied up in a muslin bag. Cost, about 4s. 6d. to 5s.

Cut the meat from the shoulder, and divide the pork into strips; push them in the meat until lost to sight, and brown the vegetables in a little hot dripping. Put in all the rest, salt excepted, bring to the boil, and put in the meat; give it three hours' cooking, or more if necessary. The apple can be grated, or cut up. Cover the stewpan, and put an iron or weight on the lid to keep in the steam; when half done turn the meat, cover again, and at the end of the time thicken the liquor with browned flour, until like good cream; add the salt and a little cayenne, and serve some of the gravy with the meat. Keep the rest back; with the sieved vegetables it will make a nice tureen of soup. A teaspoonful of brown sugar may be added when there is fear that the meat will be tough; it will improve it considerably. If from the leg, or shin, longer time must be allowed than for the shoulder.

Stewed Beef, Welsh.—Required: meat, vegetables, &c. Cost, variable, but an economical dish. After bringing the meat and gravy to the boil, in the proportion of a pint to a pound, some leeks and young turnips should be put in, in time to be tender by the end of the cooking: chopped parsley is essential, and a thickening of rice or barley must not be forgotten. All stews containing barley need careful watching and stirring, to prevent burning. If convenient, the barley may be separately parboiled, in plain water or stock, and added to the stew to finish, with the liquid in which it was cooked. A grated carrot is a further improvement to this. The stew should be quite thick with vegetables. It resembles the Scotch dish called HOTCH POTCH.

Stuffed and Stewed Beef.—Required: meat, stuffing, and vegetables, &c., as below. Cost, about 3s. 3d., exclusive of adjuncts. Take the bone from a piece of beef of four pounds weight, the upper part of the shin, then fill it with veal stuffing, or use any other kind preferred. Put the meat on a soup plate, and set it in a large saucepan on the top of a weight, or anything that will raise it a few inches above the bottom of the saucepan. Then pour in hot water, just to create steam. On the top of the meat put some slices of Spanish onion, and a few ounces of bacon cut in strips; just moisten with a tablespoonful of vinegar, and a little bone stock. Cover, and cook until the meat is done, about four hours, then serve with any nice gravy or sauce, and the liquid from the plate added to it. The water must be renewed as required, and must be kept out of the plate; a round shallow baking tin answers equally well.

This is a most excellent dish, tender, and of good flavour; a dish of rice or vegetables should be served with it.

Instead of a weight, a meat stand can be used, or a stand such as is used

for irons, and an oval tin will serve instead of a round plate or tin. In short, the materials employed are capable of variation; the thing to grasp is the principle. The water should boil steadily the whole time, and if of sufficient depth, dumplings may be boiled, and served with the meat. Marrow dumplings are very good.

Sweetbreads.—Much depends upon the condition of the animal, whether these are, or are not, worth the cooking; sometimes they are good if carefully cooked, but, at the best, are naturally of a stronger and coarser nature than those of other animals. They must be trimmed, and boiled in a little stock, seasoned with herbs, vegetables, and spice; then they may be fried or broiled. The juice of a lemon may be served with them, or a piquant gravy or sauce. Or they can be curried, or added to a dish of stewed ox cheek, or some similar preparation. They can also be served with liver.

Tripe.—There are five kinds of tripe, viz., the blanket or double, the honeycomb, monk's hood, reed, and another, eaten only in Scotland. The double and honeycomb are generally most highly esteemed, and sold at the highest price. Tripe is nourishing and very easily digested. As sold at the tripe shops it is usually dressed, and only requires re-heating, or rather re-cooking (in one of the various ways in which it may be served) as it is seldom boiled enough. If bought in the raw state, it must be soaked in salt and water for some hours, then steeped for a short time in hot water with a morsel of soda in. It is then ready for scraping, after which it is blanched, then boiled. In our recipes, dressed tripe is referred to; *i.e.* tripe cooked until almost done.

Cost of tripe varies; it is generally from 6d. to 9d. per pound, according to kind. (*See* INDEX, for recipes other than the following.)

Tripe and Onions.—Required: tripe, onions, seasoning, milk, &c., as below. Cost, about 1s. 8d. inclusive.

Have ready a couple of pounds of tripe, with enough of the liquor to cover it; bring to the boil, and add a pound or more of onions in quarters or halves, and cook until they are tender. If very large, parboil the onions separately. Add towards the end of the cooking about half-a-pint of milk, mixed with an ounce and a half or more of flour; boil up, cook for ten minutes longer, season to taste, and serve on a hot dish. The tripe should be in convenient pieces for serving, and the onions and gravy poured over it. For a plainer dish, thicken the tripe liquor, and omit the milk. Celery can be used instead of onions.

Another way.—Boil the tripe in its liquor until done, and have ready a pint or more of onion sauce for each pound. Drain the tripe, and pour the onion sauce all over it. Serve as hot as possible.

Another way.—Prepare onion sauce as above, but make it a trifle thinner, and simmer the tripe in it for about a quarter of an hour, after it has been previously boiled until tender. This dish is excellent; the tripe gains in flavour, and the sauce is improved by the tripe. Fried onions, mixed with thickened brown stock, may be used instead of ordinary onion sauce for a change. In this form, a little piquant store sauce or ketchup improves it.

Tripe, Baked.—Required: tripe, vegetables, and stock as below. Cost, about 1s. 3d.

Cut a pound of parboiled tripe into fingers, pack in a jar with minced celery and onions (the latter fried a little); add herbs, and pot liquor to cover, and cook for an hour or more. Rice is a good thickening medium. Season nicely, and add a dash of vinegar and browning. A few strips of lean ham or bacon improve this dish.

Tripe, Fried.—Cold tripe, cut into fingers and coated with batter, or beaten eggs and bread crumbs, then

fried crisp and brown in enough hot fat to cover, is a very good dish. Fried onions are a common adjunct, but other vegetables may be used. A piquant gravy or sauce may be served, together with sweet pickles or chutney. This is less digestible than boiled tripe.

Tripe in its own Liquor.—This is a simple and favourite mode of serving. The tripe is re-heated in the liquor, just as it comes from the shop; onions are boiled in the liquor, or apart, or baked, or fried, and served with it; potatoes are also a common accompaniment. The liquor is often made piquant by vinegar, mustard, and herbs of some sort, such as sage or parsley. Some persons prefer to dispense altogether with the original tripe liquor, and re-heat it in fresh stock, mixed with a small quantity of milk; a bay leaf and an onion, with a sprig of thyme and parsley, improve the flavour.

Tripe in Savoury Batter.—This is very nice. (*See* Toad in the Hole.) Use about a pound of cooked tripe in fingers, to a quart of batter, made savoury with salt, pepper, and herbs. (*See* Puddings.) When baked, put a layer of fried onions on the top, and serve hot in squares. Cost, about 1s. 6d.

Tripe with Tomatoes and Spinach.—Required: two pounds of tripe, a tin of tomatoes, a Spanish onion, and some plainly dressed spinach. Cost, about 2s. 4d.

The tripe should be boiled until done, and cut in pieces ready for serving. Put the contents of the tin of tomatoes through a colander into a saucepan; add salt and pepper after the pulp has boiled up; squeeze in the juice of half a lemon, and put in the onion, first chopped very small, and scalded: boil for ten minutes. Then thicken with an ounce of flour and butter, lay in the tripe, and in a quarter of an hour dish it, with the spinach in little heaps round the dish.

For a superior dish, lay a poached egg on each bed of spinach, and put little rolls of fried bacon in between.

Tripe with Vegetables.—Required: tripe, vegetables, apples, seasoning, &c. Cost, about 1s. 6d., for a pound of tripe, &c. An American breakfast dish. The tripe must be boiled the day before it is wanted, and pressed between two dishes. When required, cut it in strips or squares, season with salt and pepper, and then dip in beaten egg, in which a little French mustard has been mixed. Coat with cracker crumbs, and fry in hot fat until brown. Have the vegetables ready, round a hot dish. They should consist of sliced, grilled tomatoes, *see* Grilled Tomatoes, American; and carrots and turnips, parboiled and fried; *see* recipes. These may be in slices or any fancy shapes. Here and there, amongst the vegetables, put a little heap of apple purée, prepared as follows:—Bake two large apples in their skins—supposing a pound of tripe—scoop out the pulp, and mix in a little white sugar, a pinch of allspice, and ground ginger, and a dust of cayenne. Or, instead of the above way, spread the slices of tomato with this mixture. Serve very hot, and send chutney to table with it. We need scarcely say that this dish is as palatable at any other meal as at breakfast; and would add that fried onions, in place of the carrots and turnips, furnish a pleasant variety, which will commend itself to those who indulge in our well known dish of tripe with onion sauce.

VEAL.

VEAL is considered best when the animal is from two to three or four months old. The flesh of the bull calf is most suitable for joints, being firmer in grain, and fuller in flavour, but the cow calf is whiter, and therefore preferred for many dishes; the fillet, too, is esteemed on account of the udder, which is largely used for forcemeat, particularly by French cooks.

In choosing veal, look out for a nice coloured flesh, free from bruises, and the fat of a pinkish white; a small kidney, well surrounded by fat, proves good condition. The suet in the region of the kidney should be sweet to the smell, and firm to the touch, with no spots or blemishes: the same remarks apply to the sweetbread. Veal has a tendency to turn very quickly, and is most unwholesome if the least tainted; it should not be kept more than a day or two in hot weather, though, if eaten quite fresh, it is apt to be tough. To assist it in keeping, the pipe should be taken from the loin, the skirt taken from the breast, and the inside wiped and floured. It is a good plan to put it in boiling water for a few minutes, then in cold, until it is cool; dry it, and hang it in the coolest part of the house until wanted.

No meat is more generally useful for gravies, soups, and made dishes; and none is more insipid in itself, and consequently more dependent upon judicious seasoning.

With regard to the digestibility of veal, the opinion amongst medical and other authorities seems to be almost universal, that the suffering sometimes caused by it is due, for the most part, to its highly gelatinous nature, as this renders mastication difficult: and there seems good reason for the belief, when one remembers that many people can eat braised or stewed veal without discomfort, who suffer from a meal of roast veal, particularly if eaten cold. At any rate, there seems no reason to think that there is anything in the composition of the flesh itself which should give rise to suffering, where it can be perfectly masticated. Here, as elsewhere, each must be a law unto himself. (*See* also INVALID COOKERY.)

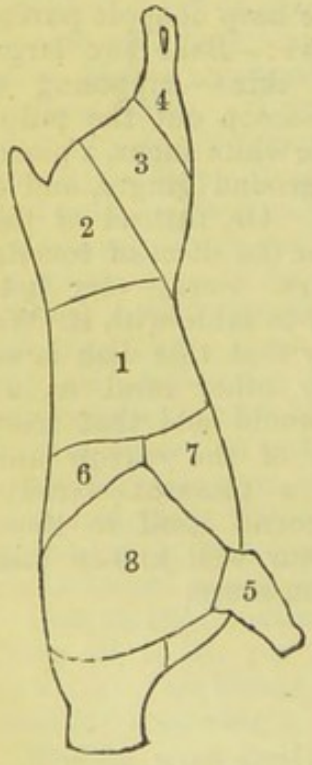


FIG. 76.—CALF, JOINTING OF.

The annexed diagram shows the usual method of cutting up a calf:—

1. The Loin. 2. The Chump, consisting of the rump and hock bone. 3. The Fillet. 4. The Hind-knuckle. 5. The Fore-knuckle. 6. The Neck. 7. The Breast. 8. The Shoulder. To these must be added the head and feet, and the pluck, which consists of the heart, liver, lights, milt, skirt, nut, and the sweetbreads: of the latter there are two, one from the throat, and the other called the heart sweetbread, the larger and dearer, if sold alone.

We would again urge the importance of long, slow cooking. A joint of veal, with the slightest appearance of rawness, will prove unwholesome; it should be of an uniform whiteness right through to the bone; and, in order that the colour may be preserved, veal should never be laid upon a dish before cooking for any length of time; the very pressure causes, not only discolouration, but taint. This may be said to an extent of all meat, but especially emphasised in the case of veal.

See also STOCKS, SOUPS, SAUCES, ENTRÉES, &c., COLD MEAT COOKERY, PASTRY, PIES and PUDDINGS, and INVALID COOKERY.

Calf's Brains.—*See* page 237.

Calf's Brains, Cakes of.—*See* SHEEP'S BRAINS, and make the cakes as there given, using the herbs that are generally employed for veal forcemeat. (*See* also BRAIN FRITTERS.)

Calf's Chitterlings (Fraise or Crow).—These are the different names given to the fat round the stomach of the calf, which forms in some parts a favourite dish. First wash and cleanse them very thoroughly; leave them for twelve hours in salt and water, then put in boiling water for twenty minutes, dip in cold water, and drain them. Cut them up in small pieces, and put in a boiling pot, with a few slices of bacon, a small onion, a clove or two, a little salt, some peppercorns, and a bay leaf. Add some weak stock, and boil until done, then reduce the gravy, thicken and flavour with vinegar or lemon juice—or make parsley sauce, or any other kind preferred—and serve very hot. Cost uncertain, often very cheap.

Another way. When nearly done, take up the chitterlings, and coat with thick, plain batter; fry crisp, and serve with fried parsley. Sometimes they are taken up when half boiled, then brushed with bacon fat or dripping, and baked brown. Brown gravy should be served with them, or a brown sauce.

Calf's Ears.—Take as many ears as may be wanted; they should be cut rather deeply, then scalded to remove the hair, and most thoroughly cleansed. For a plain dish, they may be boiled until tender in water or stock, or in equal parts of milk and water; or, when half done, they can be taken up, and stuffed with any forcemeat suitable for veal, and tied up with thread. Then put them in a stewpan with some of the liquor in which they were parboiled, and finish the cooking, flavouring and thickening in the usual way. Or they can be put back in the pot, and finished off, then drained, and served with a nice sauce, or purée of vegetables and gravy, and the liquor reserved for soup.

When elaborately dressed they are served as an entrée.

Calf's Feet.—Calf's feet are generally prepared for boiling by the butcher; but if this is not done, they should be put into water just upon the point of boiling, and kept in it for two or three minutes, when the hair must be scraped off, the hoofs knocked off on the edge of the sink, the claws split, and the fat that is between them taken away. They must then be washed with scrupulous care and nicety, first in salt and water; they should then be left under running water for a time. When required very white, they should be bleached, by putting them in cold water with a pinch of salt, and bringing them to the boil, then rinsing them in cold water. This is also called blanching. Remember in cooking by boiling, &c., to put them on in hot or boiling stock or water, if the nutriment is to be

retained; when for jelly, they must go on in cold water. They cannot be boiled too slowly, and the time should be from three to four hours when the meat is to be served, and much longer when the extraction of all the gelatine is the chief object. Cost, from 4d. to 5d. each generally.

Calf's Feet with Sauce. (*See* the Recipes for CALF'S FEET SOUP.)—Serve the feet, or part of them, and make a sauce by thickening a portion of the soup, and adding any nice store sauce, or some pickles; or serve either of the brown piquant sauces given in HOT SAUCES. If white sauce is preferred, fennel, parsley, caper, lemon, celery, or onion, may be used. It should be poured over the feet, and be thick enough to coat them. If the bones are all removed the feet are more conveniently served. Remember to give the bones a further cooking for "second stock."

Calf's Head.—For the preparation of this, *see* the recipe for MOCK TURTLE SOUP. If the head is wanted for dinner, put it, after washing, in a saucepan, with well cleansed vegetables in slices (as turnips, carrots, onions, and celery), a bunch of herbs, and some white peppercorns, and enough boiling water to cover it. Boil up, adding a pinch of salt, and carefully remove any scum. Then cook steadily, skimming as required until done. A very large head may take four hours or more; a very small one may be done in less than three hours. The part called the horn, as shown in the engraving, and marked C to D, takes a long time; when that is tender, the head is ready to take up. It should not be allowed to fall from the bones, but should leave them readily when carved. The meat is improved in colour by blanching, *i.e.* putting it in cold water, and bringing it to the boil, then rinsing it, and covering with the boiling water. The tongue should be skinned, and dished with the brains round it, and the head may be covered with plain melted butter, parsley sauce, or other suitable kind. Or the brains can be beaten up, and added to a pint of parsley or egg-sauce, some of which should be put round the tongue, and the rest over the head. To prepare the brains *see* CALF'S BRAINS in *Made Dishes*. The bones should be put back in the pot, and cooked for a few hours longer for soup.

The meat will look nicer if the head be tied in a clean cloth; great care being taken that no soap is left in it. For purposes of this kind special cloths should be kept, and separately washed, or the meat will acquire a most objectionable flavour. We would remind the reader that a head with a skin on will be most nutritious, but will take longer to boil. During the boiling, nearly a tablespoonful of salt may be added, a little put in from time to time will assist the scum to rise. For a perfectly plain dish, no vegetables need be put in, but they are a great improvement to the flavour of the meat.

Cost, about 3s. or 4s. when in full season. Sometimes, from 5s. to 8s. may be given.

To carve the head, commence with long slices, shown by the dotted

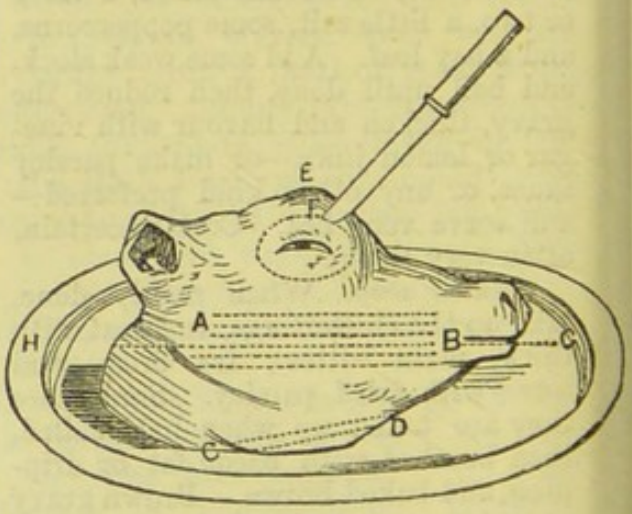


FIG. 77.—CALF'S HEAD, TO CARVE.

lines A to B. With each of these, serve a cut of what is called the throat sweetbread; this lies at the

fleshy part of the neck end. Cut also some slices from C to D; they are very gelatinous and delicate; a small portion should be served to each person. The tongue and brains are, as a rule, put upon a separate dish; thin slices of the tongue should be given to each, together with a spoonful of the brains. The flesh round the eye is considered the tit-bit by some people, and deep in the sockets are other choice bits. To remove these, make a circular cut in the part marked E. First put the knife in slanting at F, inserting the point at the dotted line, and driving it into the centre under the eye; then turn the hand round, keeping the circle of the dotted line with the blade of the knife, the point still in the centre. The eye will come out entire, cone-shaped at the under part, when the circle is completed by the knife. The lower jaw must next be removed, beginning at G; and to do this properly the dish must be turned. The palate is also considered a dainty, and a little of it should always be offered to each guest.

Some people find it easier to carve a calf's head if divided, and each half laid flat on a dish.

Calf's Head Brawn.—Make this as directed for BRAWN under PORK. One or two calf's feet will be an improvement. In preparing the head for pickle, remove the brains and the soft bones from the nose.

A brawn composed of equal parts of calf's head and pig's head, with a tongue of each sort, is a pleasant dish, and less rich than pork brawn. Cost, about 8d. to 10d. per pound.

Calf's Head, Hashed.—Required: Calf's head, beef, ham, &c., as below. Cost, variable. This is very economical. If half, or nearly, of a cold calf's head be handy, put all the bones, broken up, into the liquor, and add a fried onion, a couple of ounces of lean ham, and a scrap of fresh beef, or milt, a clove or two, and some peppercorns. Boil down to a quart, then strain, and thicken the gravy with browned flour; flavour with lemon juice, salt, and pepper, then put in the meat in nice pieces, and let it heat through. Pour on a hot dish, and put cooked vegetables round.

This will be more savoury if the ham and beef be fried with the onion. Some cooked carrots, if at hand, can be cut in dice, and heated in the gravy, and served with the meal. Stuffed tomatoes may be served with this, and little sausages or forcemeat balls are equally suitable.

A brown caper sauce is also an excellent medium for the re-heating of calf's head or feet.

Calf's Heart.—Prepare and cook by any of the recipes given for sheep's or lamb's hearts, allowing longer time; about an hour and a half will be required. Cost, from 10d. upwards.

Or follow the directions for ox heart, reducing the time in proportion to the size. If slowly cooked they are tender.

Calf's Heart with Tongue.—Required: Heart, tongue, vegetables, &c., as below. This is a very savoury dish. Have the heart nicely baked or roasted, and boil a tongue which has been pickled for three or four days, in the pickle given for tongues, beef, &c.

The tongue should be skinned and dredged with browned crumbs, then cut through the centre lengthwise, and put on a dish with the heart between the halves. At each end of the heart put little heaps of cooked celery, or small, stewed onions, and serve a piquant sauce or gravy separately. A few croûtons improve the dish. Cost of heart, about 10d.

Calf's Heart with Veal.—Prepare a nice veal hash or mince (*see* INDEX), and pour it over a thick slice of toasted or fried bread. Stuff and roast the heart; cut it in slices; lay these over the mince, and coat them with more mince. Sprinkle chopped parsley on the top, and put fried tomatoes or mushrooms about the dish. Serve

hot, and as quickly as possible, as heart soon cools. If convenient, a kidney can be minced and added to the veal. Cost, from 2s. 3d. to 2s. 9d.

Calf's Liver à l'Americaine.—Required: liver, pork, sauce, and seasoning. After washing and drying a pound of liver, cut slits in it half an inch apart, and put in each a strip of fat pork, which may be fresh or salted; it should be laid in lengthwise, and if first seasoned with sweet herbs and grated lemon peel is much nicer. Then flour the surface, pepper it well, and bake until tender; a little stock should be put in the pan, and used for basting. The surface should also be brushed a time or two with oil or butter.

When done, add some piquant sauce to that in the pan, boil up, and season, and pour round the liver. Carve across the slices of pork.

A pig's liver may be cooked similarly, and if preferred, apple sauce may be served with it instead of piquant sauce. A curry sauce is also suitable, in which case boiled rice should be sent to table. Cost of liver, about 9d. per pound.

Calf's Liver, Baked.—Wash and dry the liver, flour and pepper it slightly, then lay on a few slices of fat bacon; cook it in a moderate oven, basting sometimes with the bacon fat. When nearly done, take the bacon off, and sprinkle raspings or fresh bread-crumbs over; brown the surface nicely, and serve with plain gravy made in the tin, or a sauce as given in above recipe.

Time, about an hour and a half, for a whole liver. A piece of paper, coated with bacon fat, or dripping, may be used in place of bacon.

Calf's Liver and Bacon with French Beans.—Required: half a pound of calf's liver, four ounces of bacon, a large onion, seasoning, vegetables, eggs, and sauce as below. Cost, about 1s. 4d. to 1s. 6d., exclusive of sauce.

Cut the liver in dice; fry the bacon; then take it up, cut it in dice, and set aside. Fry the onions, sliced or minced, in the bacon fat to a good brown; put them to the bacon, then fry the liver for seven or eight minutes; it should be sprinkled with pepper and powdered herbs. Put the onions in a saucepan with half a pint of piquant sauce (*see* HOT SAUCES) cook them until soft; add the bacon and liver to heat, but do not boil again. Turn the whole into the centre of a dish, and put little heaps of French beans with poached eggs between, all 'round it. Sprinkle the yolks of the eggs with coralline pepper or chopped chillies.

Another way.—Boil the eggs hard, slice them, and coat them with fried bread-crumbs; dish them in a ring outside the beans, which should then form a wall; pour a little of the sauce round them, and serve very hot.

Calf's Liver and Bacon with Okra.—No eggs are needed for this. Prepare the liver as above; put it in the centre of the dish, and place round it the okra, which should be heated, and freed from some of its liquor. This can be used up in soups, &c., *see* recipes. Or instead of using piquant sauce for the liver, make okra sauce from the liquor. (*See* HOT SAUCES.)

Cost of liver, about 9d. per pound.

Veal, Baked in a Caul.—Required: a caul, bacon, veal, forcemeat, and seasoning. Cost, variable, about 2s. 6d. for a moderate-sized dish.

Line a dish with a veal caul, leaving as much hanging over the sides as will cover the meat entirely. Fill up with small pieces of lean veal, slices of bacon, and forcemeat balls; the meat should be seasoned with pepper, cayenne, and ground mace or nutmeg, lemon rind and parsley, chopped, and a suspicion of ginger. Let bacon form the top and bottom layers. Minced mushrooms can be put in if liked. Fasten the caul over the top, and tie a few folds of greased paper over, then bake in a moderate oven. Time, according to quantity of meat, and depth of dish;

one containing a pound of veal will require an hour and a half.

This is much liked generally. It is often preferred plain, but gravy can be served with it if liked; or brown sauce; with a flavouring of lemon juice or mushroom catsup is very good.

Breast of Veal.—This rightly consists of two parts, the best end, and the brisket end; it may be bought whole, or in parts; the brisket end being a little cheaper. In carving it, much depends upon the method of jointing adopted by the butcher. If the ribs have been broken across, long slices may be cut as shown in the diagram from A to B; or the rib can be cut right through from C to D, then divided at the broken bone A B. If the rib bones have not been broken, the ribs have to be served whole; the pieces are then somewhat awkward-looking on the plate. The gristly portion may be cut as shown in H H, and in a well-cooked breast this is very inviting and tender. Cost, about 8d. per pound.

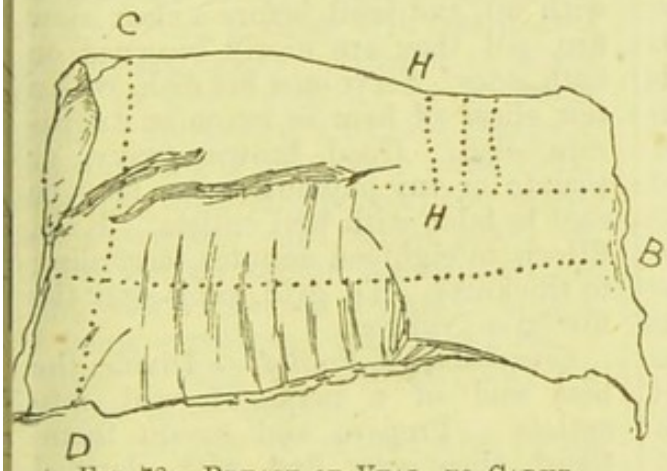


FIG. 78.—BREAST OF VEAL, TO CARVE.

Breast of Veal, Boiled.—If the sweetbread is to be boiled with the veal, let it soak in water for a couple of hours, then skewer it to the veal. Put this into a saucepan, with boiling water to cover it, let it boil once more, and carefully remove the scum as it rises. Add a handful of parsley, a teaspoonful of peppercorns, a blade of mace, and a slice or two of the white part of celery. Serve on a hot dish, and pour a little good onion sauce or parsley sauce over it. Send boiled bacon to table on a separate dish. The sweetbread may, of course, be dressed separately. Time to simmer the veal, about one hour and a half.

The scrag end of the neck may be boiled, and served as above, or with any other suitable sauce. Cost, about 8d. per pound, without sweetbread.

Broiled.—The breast or neck may be used for this. It should be cooked in the oven, or before the fire until three parts done, then scored in even lines, and seasoned with salt, pepper and herbs, with a pinch of cayenne, and broiled at a clear fire until done. Or it can be grilled after the preliminary cooking. Just before serving, the juice of a lemon should be squeezed over it. Hot pickles, or sweet pickles, can be handed with it; or a little brown gravy in which pickles have been heated may be served. (*See* also recipes for piquant sauces of various kinds.)

Prepared as above, and served with grilled mushrooms, and bacon or ham, the dish will be acceptable at any meal. Cost, as above given.

Cake of Veal.—*See* COLD MEAT COOKERY for the method. For superior dishes use raw veal, increasing the time for cooking, and use a good stock that will be a firm jelly when cold. Bake it in a tin half full of boiling water, as, should the gravy dry up, the cake will be quite spoiled. The water must be replenished as required, and the dish containing the meat, &c., be tightly covered, either with a flour-and-water paste, or an old tin or plate tied on with greased paper.

Chops.—These are taken from the loin. If the under part is removed and divided, the pieces become fillets, although the term cutlets is frequently applied to them. Chops may be dressed in any of the ways given for cutlets. Cost, about 10d. to 1s. per pound.

Cold Veal, To Re-dress.—Cold veal can be served in various ways, for which recipes are given in a later chapter. It may be minced, hashed, moulded, curried, or converted into rissoles, croquettes and the like with a certainty of success if the seasoning be judiciously added; for while no meat is more insipid when insufficiently seasoned, it should retain its delicacy of flavour; that is, it must not be overpowered by condiments. Amongst the most suitable adjuncts to dishes of veal, may be noted lemons, mushrooms, tomatoes, bacon, ham, and eggs and cream. The spices employed are mace, nutmeg, cayenne; every herb, in moderation, may be brought into play, while vegetables, daintily dressed, are, to some dishes a real necessity. Cheese is also used in veal réchauffés, and all sorts of Italian paste will be found useful, either as a part of the dish, or as a garnish.

Collops, Veal. — Required: a pound of veal from the fillet, a seasoning of pepper, mace, grated lemon peel and powdered herbs, stock, &c., as below. Cost, about 1s. 3d.

The meat should be in pieces, half an inch, or rather more, thick; one inch wide, and two inches long; season it, and brown in hot dripping, then add weak stock to cover, skim, and simmer for an hour to an hour and a half. Add salt to taste, a squeeze of lemon juice, and white roux to thicken. Boil up and serve, and garnish with sliced lemons. If liked, put some rolls of bacon, and croûtons in finger shapes round the dish.

Another way. — Cut the meat in squares of an inch; when done, add half its weight of bacon, cut in the same way, and fried separately; keep it hot, and fry some thin slices of tomatoes in the bacon fat. Take them up, and sprinkle them with chopped parsley, then put them round a dish with the meat in the middle. The gravy should be made quite thick for this; just enough in quantity to coat the meat.

Cutlets.—These may be from the best end of the neck, or from the fillet. If from the neck, the skin, gristle, and chine-bone should be removed, and the upper part of the rib-bones shortened. After trimming, the meat should be beaten out with a cutlet bat or knife. If the slices from the fillet are cut into rounds, they become escalopes; if larded they are grenadins. (*See* various recipes under ENTRÉES AND MADE DISHES.) Cost, from 9d. to 1s. per pound.

Broiled, Plain. — Divide the best end of a neck of veal into neat cutlets, allowing one bone to each. Prepare them as directed:—Sprinkle pepper on both sides, brush them over slightly with oil, and broil before a clear slow fire, till they are nicely browned on both sides. Serve on a hot dish, with a few slices of ham or bacon on a separate dish. Good brown gravy, or tomato or any piquant sauce, may be sent to table with veal cutlets. Time, fifteen to eighteen minutes, according to thickness. To grill, cook over the fire on a gridiron.

Crumbed and Broiled. — Divide the best end of a neck of veal into cutlets. Prepare and season them. Brush them over first with clarified butter or oil, then with beaten egg; dip them in bread-crumbs, once more into oil, and then into the bread-crumbs again. Broil before a clear fire of a moderate heat, and turn them that they may be equally cooked on both sides. When they are brightly browned take them up, arrange them on a dish alternately with rashers of ham or bacon, and send good gravy, or tomato, or any piquant sauce to table with them.

Fried.—Cut a slice of lean veal, about the third of an inch thick, from the fillet. Divide this into neat cutlets convenient for serving. Prepare some finely grated bread-crumbs, season with pepper, salt, and pounded mace, and add a tablespoonful of parsley, which has been scalded and finely minced. Dip the cutlets into hot butter or dripping, coat them with the crumbs, and fry them in a frying-pan, with a little

hot fat, for about a quarter of an hour. Serve as in the preceding recipe. Thyme or mixed herbs can be added to the bread-crumbs.

Fillet, Boiled.—Required: veal, forcemeat, sauce, &c., as below. Cost, from 9d. to 1s. per pound. Take a small and white fillet of veal for this purpose. Remove the bone, fill its space with good veal forcemeat, tie buttered muslin over, and bind the veal securely with tape. Put it in a stew-pan, and pour over it as much weak stock, milk and water, or water only, as will barely cover it. Let it simmer very gently indeed until it is done enough. Carefully remove the scum as it rises. When done enough, take it up, put it on a hot dish, garnish with lemon, and send oyster, celery, béchamel, or white sauce to table with it; or a sauce made by thickening a little of the stock in which it was boiled with white roux, seasoning with salt, pepper, and mace, and flavouring with lemon juice. A boiled tongue should accompany this dish, which if served alone is in danger of being considered insipid. Time to simmer a fillet of veal weighing six pounds, three hours.

The veal can be rubbed with lemon juice, and tied in a thin cloth. It must be kept covered with the liquid, which should be boiling when added. The white part of a small onion, and a few inner stalks of celery, together with a button mushroom or two, will add to the flavour of the veal.

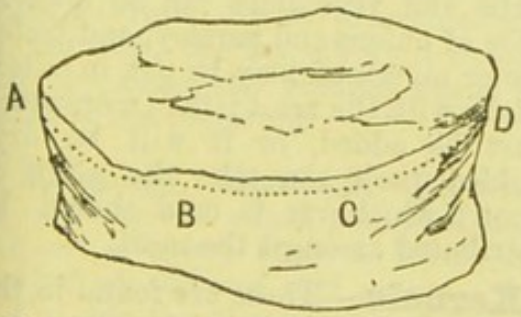


Fig. 79.—Fillet of Veal, to Carve.

Fillet, Carving of.—A sharp knife is required; it should be thin, and drawn lightly across the meat, without too much pressure. It should follow the line A, B, C, D, and when once the meat has become flat at the top, it can be kept even by exercising a little care. A portion of stuffing should be given with each help, and as some usually falls into the dish at starting this should be kept in reserve for the time when there is less; that is, when the lower part of the joint is reached. The outside brown slice is by many considered the best, and the honoured guest should be asked if he prefers it. Fillet of veal has a tendency to crumble, therefore an ordinary knife, especially if blunt, will not answer in carving it.

Fillet, Roasted.—Have the fillet cut to the size required. Remove the bone, and fill the cavity with good veal forcemeat. Cut the flap slightly, and lay forcemeat under it. Draw the flap round, skewer the veal, bind it firmly into a round shape, skewer the skin which has been sent with the veal over the forcemeat and the fat, flour the fillet, and put it down near to the fire, then draw it gradually away until done enough, and baste frequently. Let the outside be well browned, though it must not be burnt. Remove the skin, skewers, and tape, and put the veal on a hot dish. Pour melted butter, coloured with browning or some good veal gravy, round it, and garnish with sliced lemon. A pig's cheek, a boiled tongue, or small pieces of bacon or ham should be served with roast veal. It is always well to prepare plenty of stuffing, so that it may be used to flavour a mince if the remains of the veal are served in that form. As it is a little difficult to keep the stuffing in the veal when it is roasted before the fire, many cooks prefer to bake it in a moderate oven. When this plan is adopted the veal must be basted frequently. The veal should be roasted slowly or the outside will be burnt before the meat is done through, and underdone veal is most unwholesome.

Time, according to the thickness of the meat and the weather. If cold, it

will take nearly half an hour per pound. For superior dishes, good brown sauce should be served with this. It can be flavoured with lemon juice, mushroom liquor, or ketchup, or some store sauce. The addition of a little chutney is by many considered an improvement. (*See* also GRAVY FOR VEAL.) A greased paper or piece of muslin may replace the skin, and strips of calico can be used instead of tape.

Fillet, Steamed.—Remove the bone from a fillet of veal, and without stuffing it, bind it well with tape, that there may be no hollow in the centre. Put it in a shallow tin, and cook it in a potato steamer, or other steaming apparatus, until done. A gill of veal stock, mixed with the juice of a lemon, should be poured round it, and a sheet of buttered paper be laid over it. Cook for at least twenty-five minutes per pound; if thick allow longer. Dish it, and pour over a quart or so of sauce; egg, parsley, tomato, mushroom, oyster, lemon, béchamel, velouté, suprême, and many others given under HOT SAUCES, are suitable. This is excellent and digestible, but unless the sauce is good, it will be rather tasteless. A nice vegetable purée, or some braised carrots and turnips should accompany it.

Another way.—After steaming the meat until nearly done, finish it by glazing all over, and browning before the fire; then serve a brown piquant, or brown mushroom or caper sauce with it. Other joints of veal can be cooked in the same way, and various forms of garnish can be employed. Cost, according to sauce and garnish.

Goose, Veal.—This is a savoury dish, and a favourite with many. It may be made from a breast of veal, or a portion of it, the bones and tendons being first removed; or from the neck, by taking the best end, and cutting off the skin with an inch and a half of flesh adhering to it. Lay the meat on a table, and flatten it, then spread it with sage and onion stuffing; roll and bind with broad tape, then bake or roast the meat. Send apple sauce to table, also brown gravy. (*See* GRAVY FOR VEAL, and GRAVY FOR GOOSE.)

Another way.—Stuff the meat with a mixture of sage and onion stuffing and chopped apples; or with apples only. (*See* GOOSE STUFFED WITH APPLES.)

Cost, about 9d. per pound.

Hot Pot.—Required: meat, vegetables, seasoning, &c. Cost, about 1s. 6d. This is plain, but very wholesome and tasty. First grease a strong baking dish, then boil, until half done, two pounds of potatoes, and slice them thickly; parboil also one pound of onions, and slice them thinly. Wash a pound and a half of the scrag end of a neck of veal; dry it, and cut it in pieces; and cut four ounces of fat bacon into dice. Mix a teaspoonful of salt, the same of chopped parsley, half as much pepper, and a good pinch of powdered thyme on a plate, and sprinkle the meat well with the mixture. Line the dish with the potatoes, then fill up with the meat and onions; put the remainder of the potatoes on the top, and pour in half a pint of stock, No. 1 or 2, or meat liquor. Cover with an old plate, and bake gently for an hour and a half; then take the plate off, and add a few bits of dripping; return it to the oven to brown, and serve hot. Mutton can be used in the same way, and liver or kidney put in with the meat. Various herbs and vegetables can be used in place of onions and parsley, and boiled rice or macaroni may be put in alternately with the meat; then more stock must be added, or it will be dry. Pickled pork can take the place of bacon; whichever is used should be distributed amongst the meat.

Kernels.—These are found in the legs and shoulders; the latter are esteemed more highly, and considered very delicate eating. French cooks dress them in various ways; they may be cooked in the same way as veal tendons, and should be served in a

circle, with a good purée of vegetables in the centre of the dish, and a nice sauce. If liked, bacon can accompany them, or the kidney or sweetbread may be served on the same dish. They should, in any case, be slowly cooked.

Knuckle.—This is often boiled, and is delicate, though rather insipid, unless flavour is imparted by the addition of vegetables. The usual time for cooking is not long enough for this, owing to its gelatinous nature. When *boiled*, long, slow cooking, and careful skimming are important. A *stewed* knuckle is excellent. A *roasted* knuckle is not to be recommended, unless the fleshy portion only is cooked, the knuckle-bone being used for stock, for which it is very useful, and should be used while quite fresh. The illustration shows the method of

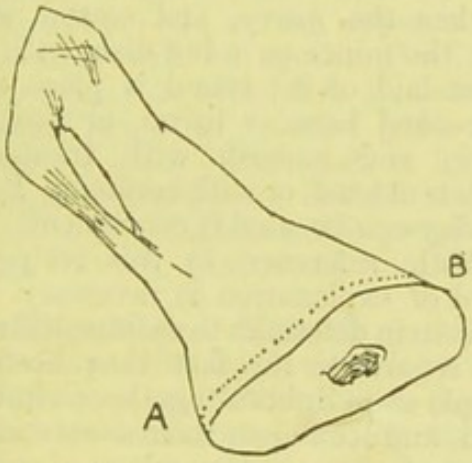


FIG. 80.—KNUCKLE OF VEAL, TO CARVE.

carving, which is very simple, slices being cut from A to B. The thick part is the best; the fat is very delicious; but by some the tendons about the knuckle are preferred.

Knuckle, Stewed.—Required: about three and a half pounds of meat, a quart of gravy made as below, seasoning, mushrooms, and sauce.

Cut off the shank-bone, and make the gravy; *see* STOCK No. 9; then bring it to the boil; add a bit of mace, a few white peppercorns, a strip of lemon peel, and a sprig of parsley; put the meat in, and cook for an hour, then add half a pound or more of button mushrooms, broken up, and go on simmering until the veal is done. (*See* VEAL WITH RICE.) Shortly before serving stir in some white roux, or put in half a pint of thick, white sauce, made with milk; or instead of mushrooms, add to the stew half a pint of white mushroom purée. A piece of boiled bacon can be sent to table with this, or some grilled or fried bacon, with little forcemeat balls or cakes may be substituted. A dish of vermicelli or macaroni, with white sauce, may also be served with it.

Cost of knuckle, about 7d. or 8d. per pound, but it is variable; some butchers sell it for less than 7d. Much depends upon the quantity required.

Loin, Stuffed and Roasted.—After taking the bones from the meat, lay it flat on the table, and spread it with veal stuffing; mince the kidney, and strew it over, then roll, and tie tightly with wide tape, or sew it up; cover it with greased paper, and cook it gently until done. Then take up the meat, and remove the paper; let the meat brown, and serve it on a hot dish, with brown sauce flavoured with lemon juice poured round it. Garnish with little rolls of bacon, and small mushrooms or tomatoes, with sliced lemons; or use little forcemeat balls, and bunches of any green vegetables in season. Cost, about 10d. per pound.

Another way. — Instead of brown sauce, use white sauce, the foundation made from stock No. 9; or for a superior dish, substitute either of the rich white sauces made with cream; *see* recipes. White mushroom sauce is also excellent with this dish.

Loin, Stuffed and Roasted (No. 2).—These directions apply to a joint cooked with the bones *in*. If the chump end, make an incision round the thick part of the joint, in the skin, and insert some veal stuffing. Wrap a greased paper round, and after a

quarter of an hour, draw the meat back to a good distance, and cook slowly, basting liberally. Finish off as directed above; or make some melted butter, and after pouring off the fat, add the melted butter to the gravy in the tin; stir up, and boil it; add a little colouring, and put part of it on the dish, and the rest in a hot tureen. (*See* also GRAVY FOR VEAL.) If the kidney end, see that the kidney is covered with its fat, and cover the lean of the meat with a greased paper. When done, finish as above, and serve bacon, ham, or tongue with it if convenient. In order to give the meat a rich brown coating, flour it when the greased paper is removed. A coating of thin glaze is a great improvement, and cut lemons should be handed on a plate.

Time, from twenty to twenty-five minutes per pound; longer if very thick. Cost, about 10d. per lb.

Loin, To Carve.—This is generally served in chops, like a loin of mutton, and must be carefully jointed, or the carver will have to turn the knife about, until the place is found for the division of the bones; this produces a raggy appearance.

The kidney and kidney fat are great delicacies, and a portion should be put upon each plate. If the loin is large, one chop may make two small helps, by putting the under-cut with the end, and serving the bone and upper part together. The most economical way of serving this is to bone it, then roll and carve it like a fillet, which see.

Neck, Roasted.—Take the best end of a neck of veal, saw off the chine bone, wrap in buttered paper, and hang it to the jack. If the joint is not wrapped in paper, it must be basted very liberally with dripping from the pan. Put it down before a clear fire, and at a sufficient distance to keep it from being scorched. A quarter of an hour before the joint is taken up, remove the paper, dredge the meat with flour, and baste with a little butter. Finish as directed for other joints of veal. RICE SAUCE will afford a pleasant change from those generally served.

For other ways of cooking, *see* recipes for BREAST, LOIN, &c. Cost, 7d. to 9d. per pound, when plentiful, if bought whole.

Pluck. — This consists of the heart, with the liver and lights. The heart should be cooked whole; it may be plain or stuffed, and can be baked, roasted or stewed. If baked or roasted, put a slice or two of bacon over it. Soak the liver and lights in warm water; mince them, put them in a stewpan with chopped parsley, thyme, and a little ketchup or store sauce, and enough plain stock of any sort to cover. Simmer for nearly an hour, thicken the gravy, and season well. Put the mince on a hot dish, with the heart laid on it; round it place rolls of cooked ham or bacon, or poached eggs; and garnish with triangular sippets of toast, or with croûtons. Fried parsley can be used if convenient.

With reference to this recipe, a word of explanation is necessary. It is given in deference to custom, but with due regard to the fact that hosts of people shun lights altogether as human food, and look upon them as cats' meat. At the same time, numbers of people do eat them, and the recipe, if followed, will result in one of the tastiest and most digestible dishes of the kind. Those who discard them, will find the dish, cooked as directed, but minus the lights, worth a trial. This is not the place to discuss the pros and cons of the question, but we may remark that while many medical authorities are against the consumption of any internal parts of any animal (sweetbread excepted), others contend that every part may be eaten, if well cooked, and quite fresh, except by persons whose digestive powers are very weak. We are not including tripe, but the internals above referred to, together with kidneys, milt, &c.

Shoulder.—Owing, no doubt, to the fact that the meat on this joint is rather coarse, the shoulder of veal is not so highly valued as other portions, and is seldom served, excepting as a family dish. It is occasionally plainly boiled, but is more frequently stuffed and roasted or braised. The knuckle should always be cut off and used to enrich the stew or to make gravy. Probable cost, if bought whole, 8½d. per pound; if cut, 9d.

Shoulder, Boiled.—Cut off the knuckle, and take out the bones. Rub the under-part with a cut lemon, and sprinkle over it pepper, salt, and chopped thyme and parsley. Roll the meat, and skewer it neatly. Put it into a stewpan, cover with stock, water, or milk and water, and let it simmer gently till done enough. Carefully remove the scum as it rises, or the appearance of the dish will be spoilt. Send good onion sauce to table with it, and serve boiled bacon or pickled pork on a separate dish. This dish is by most people considered insipid. Time, twenty-five minutes to the pound. (*See* also MUTTON, BONED and ROLLED.)

Shoulder, Boned. — Lay the joint upon the table, skin downwards. With a sharp knife detach the flesh from the blade-bone, first on one side, then on the other, and be especially careful not to pierce the outer skin. When the bone is quite free, loosen it from the socket, and draw it out. The bone of the knuckle is sometimes left in, but when it is necessary to remove it the same rules need to be observed: the knife must be worked close to the bone, and the outer skin must not be pierced. An excellent grill may be made of the blade-bone if a little of the meat is left on it.

Shoulder, Stuffed and Roasted.—Cut the knuckle from a shoulder of veal, draw out the blade-bone, and fill the cavity thus made with good veal forcemeat. Tie a piece of oiled or greased paper over the joint, hang it tolerably near a clear fire, and at the end of twenty minutes draw it back and roast it gently until done enough. Baste every quarter of an hour. Twenty minutes before it is taken up remove the paper, dredge the joint with flour, and baste till it is nicely browned. Place it on a dish, pour good brown sauce round it, and serve with a cut lemon on a plate. Send ham or bacon to table with it. Time to roast a shoulder of veal, three hours to three hours and a half. The joint may be baked if well basted. Cost, about 9d. per pound.

Shoulder, Stuffed and Stewed. — Remove the blade-bone from a shoulder of veal. Season the inside with salt, cayenne, and grated nutmeg, sprinkle over it minced savoury herbs, such as parsley and chives, together with a few mushrooms, and spread over these thin slices of ham or bacon. Roll the veal, and bind it tightly with tape. Put it in a saucepan which will just hold it, over a clear fire with a slice of butter or a piece of dripping, and brown it; or if more convenient, roast or bake it for half an hour. Then drain it, and put it in a deep stewpan or baking dish, with warm stock (this should be made previously from the blade-bone). Add vegetables, herbs, and spices, and a piece of lemon peel, and cook gently, giving it altogether twenty-five or thirty minutes per pound. When done, thicken the gravy with brown roux, add salt to taste, and a squeeze of lemon juice, then strain it round the meat. If thick gravy is liked, pass the vegetables through a sieve with the gravy, reheat, and serve on the same dish. Cost, as above.

Spinach, peas, cauliflower, and various other vegetables are suitable accompaniments; or in cool weather, a purée of green haricots or lentils.

Tendons.—The tendons of veal are the gristly portions found at the extremity of the bones towards the thick end of a breast of veal. They

are frequently cut off (care being taken not to spoil the appearance of the joint), and served on a separate dish as an entrée. (*See* VEAL À LA MARENGO.) When the breast of veal is large it is well that this should be done, as they are often lost by being under-dressed. They must of course, be cut off the meat before it is dressed. The place where the tendons begin and the ribs end is shown by a line of white gristle.

The stock from veal tendons may be used for sweetbread soup, and others of the same class. It should be prepared as No. 9, the tendons being separately served: any other white meat may be used with them to make up the required quantity.

Veal with Rice. — Required: three pounds of knuckle of veal, three ounces of rice, three pints of stock made as directed below, a tablespoonful each of capers, chopped onion, and shredded celery, salt and pepper to taste. Cost, about 2s. 3d.

Some hours before the meal is required, put the shank bone on in three pints of cold water with a few peppercorns, a clove or two, and a bunch of herbs; boil gently down to a quart, then strain, and add another pint of water. Put in the meat, and stew slowly for an hour, then add the washed rice and the scalded onions, and stew for another hour (broken rice does for this). Season, add the capers, chopped finely, and in ten minutes serve on a hot dish, the meat in the centre.

The shank bone will still have some nourishment left in it, and should go into the stock-pot.

Another way.—Boil the bone down as directed, and cook the meat in the stock, with the onions, first fried a delicate brown: only a pint and a half of stock will be wanted. Then thicken it with brown roux, and serve on a dish, first covered with a thick layer of savoury rice. (*See* RICE.)

Garnish the dish with clear hot pickles, warmed, and slices of lemon or lime. Some forcemeat balls stewed in the gravy are a further improvement; or some little rolls of bacon may be put about the dish.

MUTTON.

GENERAL REMARKS.

THE best mutton, and that from which most nourishment is obtained, is that of sheep of from three to six years old, and which have been fed on dry sweet pastures. The flesh of sheep which have been reared on farms near the sea-coast is also sweet and wholesome; the saline particles abounding in such situations impart both firmness and a fine flavour. To suit the palate of an epicure, a sheep should never be killed earlier than its fifth year, at which age the mutton will be found firm and succulent, and full of the richest gravy. This is, however, not easily obtained at the present time. To ascertain the age of mutton the following directions may be given:—Observe the colour of the breast-bones when a sheep is dressed, that is, where the breast-bone is separated. In a lamb, or before the sheep is one year old, it will be quite red; from one to two years old, the upper and lower bones will be changing to white, and a small circle of white will appear round the edge of the other bones, and the middle part of the breast-bone will yet continue red; at three years old, a very small

streak of white will be seen in the middle of the four middle bones, and the others will be white; and at four years old, all the breast-bones will be of a white or gristly colour.

The quality of the flesh is probably most affected by that of the food upon which the flocks are fed. Those which range over the mountainous districts of Wales and Scotland, or the chalk downs of England, and feed upon the wild herbage, are thought to be better than those kept in rich pastures. The Welsh mutton is particularly small and lean, but of the finest flavour. In point of delicacy and flavour, Southdown wether mutton is considered equal to any that is killed; in summer it is thought preferable to some other finely-flavoured breeds. This circumstance is said to arise from the closeness of the grain, mutton that is coarser and looser-fleshed being, of course, more subject to putridity.

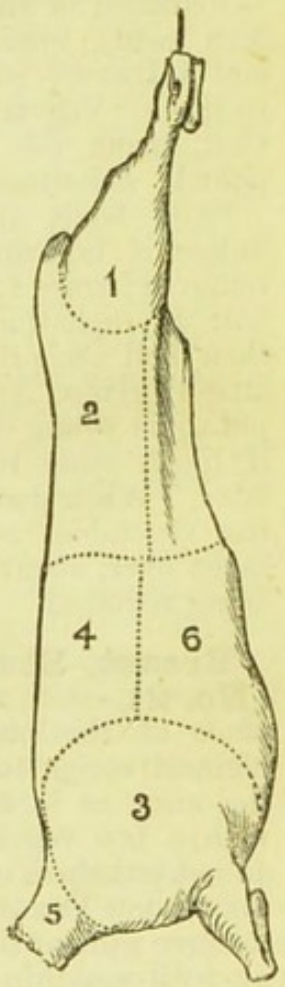


FIG. 81.—SIDE OF MUTTON DIVIDED INTO JOINTS.

Wether mutton is the best; although it is often easier to buy ewe mutton of a mature age, it is inferior, and sells at a lower price. Ram mutton is to be avoided when very strong and coarse, and if the fat is of a deep yellow.

Mutton should be fairly fat, and the fat should be firm. Butchers complain sometimes (and with reason) of the inconsistency of some customers in their demands for the best meat, without fat! How can they possibly get it? The small breeds will best suit such people, and it is worth everyone's while to give the preference to small mutton generally—*i.e.* meat with small bones; they usually indicate a good breed; whereas, large bones are associated with coarseness of fibre and poorer flavour. The lean ought to be rich in colour, and not give out much moisture; flabbiness and clamminess always prove that the meat is inferior.

The length of time that mutton will hang depends upon the quality of the meat, the state of the weather, and other conditions. Given a well-ventilated cellar, and a spell of dry weather, a leg might remain for four or five weeks; but should rain set in, and the weather become mild, it might spoil in less than a quarter the time. Loins and shoulders (the kidney end of the former, and the under-part of the latter) are particularly liable to putrefaction, and need careful watching. A sprinkling of pepper and powdered charcoal are used by many cooks, and a little salt rubbed round the tail in hanging a leg, is considered a good preservative. A pinch of ginger mixed with pepper will keep the flies from any joint.

Mutton is cut up as shown in the figure. 1. The leg. 2. The loin. 3. Shoulder. 4. Neck, best end. 5. Neck, scrag end. 6. Breast. Besides these, there are the head and feet, heart, liver, and other internal organs, all treated under the various headings.

Breast, Boiled. (*See* NECK, BOILED.)—Boil in the same way, giving shorter time in proportion to thickness. If very thin, from small mutton, three pounds will be done in an hour—that is, about fifteen minutes per pound, and fifteen over. By the same rule, five pounds would be done in an hour and a half.

Breast, Stuffed and Boiled.—Required: a breast of mutton (small, lean meat), some plain veal stuffing, and a BROWN SAUCE PIQUANT. (*See* recipes.) Vegetables, &c., as below. Cost, from 6d. or 7d. to 8d. per pound; sometimes less.

Skin, bone, and trim the meat; unless it is lean, some fat must be removed; spread it with the forcemeat half an inch thick, roll up, and bind, then boil according to the directions already given. An hour before serving put some young carrots in the pot, and if liked, some turnips, adding them later. When done, dish the meat with the vegetables round, and pour the sauce over, about a pint of the latter being required.

Breast, Stuffed and Boiled (No. 2).—Use mushroom stuffing in place of the one given above (the plainest recipe to be followed); boil the meat as in the foregoing recipe, with a few vegetables to flavour, but do not put them on the dish. Make a MUSHROOM PURÉE, and add a gill of it to three gills of the pot liquor; boil it up with seasoning and browned flour to make it as thick as good cream. Grill or fry some small mushrooms, about a dozen, and put them round the meat; pour the sauce over it, and serve hot. Cost, as above, exclusive of the garnish.

This and the preceding are very nice cold dishes, particularly if served with a salad.

Breast, with Sage and Onions.—Required: a breast of mutton, some sage and onion stuffing, brown gravy, and apple sauce. Cost, as above.

This is a very savoury dish, called *Mock Duck* by some; it also goes by the name of *Irish Goose*. Skin the breast, take away the bones, and some of the fat, then flatten it on a board, and spread with the forcemeat, made by mixing sage and onion stuffing with half its bulk of bread-crumbs. Roll up the meat, tie it with tape, and put it in a good oven, with hot dripping in the tin; baste it well, and bake in the usual way, but allow longer—twice the ordinary time. In spreading it, do not put the stuffing near the edge; and should it ooze out in the cooking, tie a greased paper over. When done, put it on a hot dish, add half a pint of plain stock (No. 1 or 2), thickened with a spoonful of browned flour, boil it up in the tin, after pouring off the fat, put in a little salt and browning, and pour a little round the meat; send the rest to table in a tureen, with another of plain APPLE SAUCE.

Another way.—Prepare the meat as above, and after browning it in fat, stew it in stock, about a pint and a quarter, very slowly, basting and turning often. For this method, most of the fat must be removed, or the gravy will be very greasy. Cool it, and skim well, then boil it up and serve as above directed. If left to get cold, the fat can be taken off in a cake; the dish is then very superior, and just requires to be re-heated.

Chops, Grilled, Savoury.—There are various ways of rendering savoury a dish of chops, without adding much to the cost; forethought is the article most in demand. An onion or shalot or two may be shredded, and put in a stewpan with a couple of ounces of butter, some pepper, and any herbs at hand (a morsel of bay leaf and thyme, with parsley, will give general satisfaction); when dissolved, dip each chop into it, then roll it in bread-crumbs, and cook as usual. For these breaded chops, a well-greased gridiron, with bars close together, is wanted.

Another way.—Chop a few mushrooms, stir them with the butter, and

a pinch of spice and pepper, with a morsel of shalot if liked, and proceed as above directed; a pinch of mushroom powder will also improve the crumbs.

Another way.—Mix a tablespoonful of cooked ham, finely minced, with herbs or mushrooms, or shalots, adding butter as above, and put a morsel on each chop or cutlet; on one side will suffice; then roll in crumbs.

Another way.—This, perhaps, is the method that will prove the greatest novelty. Have ready some stewed sultana raisins; chop them, and mix them with a seasoning of curry-powder and herbs; stir them with dissolved butter and a little thick, hot pickles; spread this paste over the chops, and finish off as directed. In all the above recipes the exact proportions of the several ingredients must be regulated by individual taste. Cost of meat, from 9d. to 11d. per pound.

Chops, Toasted.—The illustration below shows a very cheap and handy form of toaster, which any tinman could make. The size and number of hooks can be easily adapted to individual requirements; the hooks can be increased to six, if the width of the grate will take a tin of sufficient capacity; then a large steak or little

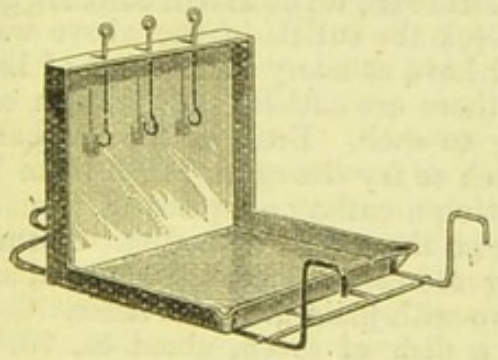


Fig. 82.—Toaster.

joint may easily be supported, and all the advantages of a meat-jack and stand may be enjoyed at trifling cost. When not wanted for meat, it will answer for other purposes, and in the flat tin at the bottom many little dishes, scalloped meat, fish, &c., may be browned to perfection; or cheese may be toasted; indeed, its uses are very numerous. One thing must be borne in mind in ordering it, viz., it must be narrower than the fireplace; the latter should be at least four inches wider. Pass the hooks through the fat part of the chops, and give them about twenty minutes with frequent turning.

Chops, with German Lentils.—Required: nine chops from small, lean mutton, and cook them in a Dutch oven, or fry them if more convenient. Have ready a good-sized onion, fried in rings, and some chopped parsley, also a dish of lentils, boiled plainly. They should be on the dish on which the chops are to be served. Pour over them a little thick gravy, made by adding browned flour to mutton stock, and boiling it up, with seasoning to taste. On the top, sprinkle the fried onion, shake the parsley over the chops, and serve hot. Cost, about 3s. to 3s. 3d.

Another way.—Add a seasoning of curry paste to the lentils (about a teaspoonful to the pound), and mix in amongst them the fried onion. Pour the gravy round the chops, instead of over the lentils, and in place of the parsley, sprinkle the chops with curry powder *before* cooking.

Chops, with Vegetables.—Where vegetables are to be had fresh from the garden, and in plenty, this method of cooking chops will be as wholesome as it is agreeable to the palate; it is also economical. Trim the chops (or cutlets), pepper them, and fry them in hot fat until half done. By this time have in readiness the vegetables—peas, asparagus, celery, carrots, turnips, &c.—all cut even in size, and stewed in a little stock. Put the chops with the vegetables, and leave them, covered, at simmering point, until done. Flour the pan, make a little thick gravy, and add to the vegetables, &c., with seasoning to taste. Do not destroy the fresh

vegetable flavour by any addition other than salt and pepper. If liked, a shredded lettuce or a young cabbage may be boiled separately, and put with the rest; or some sprigs of cress can be put in. Time, about twenty minutes for the meat altogether. Cost, varying with the vegetables.

Note.—The stock from meat or poultry boiled answers as well as a stronger for the cooking of the vegetables. Or, if the chops are got ready early in the day, the cuttings of the bones may be boiled down for the purpose.

Cutlets, Breaded, with Bacon.—Required: chops, bacon, &c. as below. Cost, about 2s. Prepare a pound and a half of chops or cutlets by brushing them over with warm butter, then rolling them in bread-crumbs, seasoned with pepper, and a pinch of sage or sweet herbs in powder; press the crumbs on firmly, then grill or broil the cutlets until done. Cut half a pound of bacon in two-inch lengths, fry them, and serve them on bits of fried bread round the cutlets.

Another way.—Put a long croûton of fried bread in the middle of a hot dish; roll some slices of bacon up, and cook them on a skewer; withdraw the skewer, and leave the bacon in a row on the bread. Put a ring of mashed potatoes next, then rest the cutlets round the potatoes.

Another way.—Cover the bread, as in the preceding recipe, with white or brown onion sauce, before the bacon is put on; then place the cutlets round, and put a little more sauce outside them. Serve some potatoes in another dish: savoury mashed, or potato pyramid (for which *see* VEGETABLES), are very suitable.

Cutlets cooked in this way will agree with some better than when eggs are used as well as bread. They are much nicer if brushed over with a little extract of meat, dissolved in stock, or some thin glaze, just before serving. They want slow cooking, or the crumbs may burn.

Cutlets, Preparation of. (*See* CUTLETS, LOIN; CUTLETS, NECK; and CUTLETS, SHOULDER; in MADE DISHES.)

Cutlets, with Ham and Carrots.—Required: meat, vegetables, ham, &c., as below. (*See* recipe for a plain purée of carrots in VEGETABLES.) Prepare about a pint, and broil or fry half a pound of ham; then cut it in narrow strips. Cook about five or six cutlets in a sauté pan with a little warm butter. (*See* recipes under ENTRÉES AND MADE DISHES.) They should be a pale brown. With the purée mix a teaspoonful of chopped parsley, put it on a dish, place the cutlets round, and put the strips of ham, some on the purée, and some about the dish, with a sprig of fresh watercress in between. This is but a plain dish, so far as cost goes, but it looks nice, and is very tasty. Cost, about 3s. 6d.

In using a small number of cutlets, the dish looks better if they are placed lengthwise, slightly overlapping. For a large number, they should overlap in an almost upright direction, very slightly slanted, and have a frill on each bone.

A turnip purée can be used as above, or some green peas, whole, or in a purée.

Cutlets, with Ham and Eggs.—Cook the cutlets in the above way, and have as many small slices of ham as there are cutlets. Allow, also, one egg to each. Broil or fry the ham; poach or fry the eggs. Dish them by putting a cutlet on a piece of ham, an egg on the top of the cutlet. Form a ring round some cooked spinach, and serve with plain gravy or sauce. Cost, for a dish of seven, about 3s. 9d. to 4s.

Cutlets, with Rice Sauce.—Prepare the cutlets by crumbing and cooking them as directed for CUTLETS, BREADED, WITH BACON, or they can be fried in hot dripping, turning them every minute. They will take from ten to fifteen minutes, according to thickness. Serve the cutlets in a ring,

resting against a *wall* of mashed potatoes, or down each side of a *block* of mashed potatoes.

For a pound and a half of meat, make a pint of rice sauce (*see* p. 99), and send it to table in a tureen. This dish is delicate and digestible. Cost, about 1s. 10d.

Another good method of serving the above is to use a purée of white or green haricot beans, instead of potatoes; the sauce in that case may be poured half over the haricots, and the rest round (not over) the cutlets.

Cutlets, with Rice Sauce and Onions.—This is very delicious; of a rather more savoury nature than the foregoing. Grill some cutlets, and spread each, when done, with a thick layer of white onion sauce. Serve them round a mound of spinach, and send a tureen of sauce to table. Cost, about 6d. each, inclusive.

Haggis, Scotch. — Take the stomach of a sheep, wash it well, and let it soak for several hours in cold salt and water, then turn it inside out, put it into boiling water to scald, scrape it quickly with a knife, and let it remain in water until wanted. Clean a sheep's pluck thoroughly. Pierce the heart and the liver in several places, to let the blood run out, and boil the liver and lights for an hour and a half. When they have boiled a quarter of an hour, put them into fresh water, and during the last half hour let the rest of the pluck be boiled with them. Trim away the skins and any discoloured parts there may be, grate half of the liver, and mince all the rest very finely; add a pound of finely-shredded suet, two chopped onions, half a pint of oatmeal, or, if preferred, half a pound of oat-cakes, toasted and crumbled, two teaspoonfuls of salt, and one of pepper, half a nutmeg, grated, and a grain of cayenne. Moisten with half a pint of good gravy and the juice of a small lemon, and put the mixture into the bag already prepared for it. Be careful to leave room for swelling, sew it securely, and plunge it into boiling water. It will require three hours' gentle boiling. Prick it with a needle every now and then, especially during the first half hour, to let the air out. A haggis should be sent to table as hot as possible, and neither sauce nor gravy should be served with it. The above is sufficient for eight or ten persons.

Of this dish it has been said, as of the English plum pudding, that everybody has a different recipe, and everybody thinks her own the best. In Scotland, it is highly prized; and regarded as "the great chieftain o' the pudding race." When partly boiled the haggis will keep for some little time, and is thus sent from Scotland to friends in other parts. Those who have tasted it in perfection, declare that the haggis is a very delicious morsel. Great care is needed that no thin parts in the stomach be left unrepaired, or it will burst, and the whole be spoilt.

A haggis may be made from a lamb's stomach and pluck, and it is safer to tie it in a cloth after sewing up the bag in the usual way. Cost, uncertain; generally cheap.

Haricot Mutton. — Required: two pounds of mutton, a pint of stock, a pound of young turnips, a slice of onion, seasoning, roux, and dripping. Cost, about 2s.

Take lean meat, shoulder or neck; cut it into squares of an inch and a half or so, fry it lightly in clarified dripping, then dredge a little flour over, and fry for a second or two more; add the stock, hot, or the liquor from boiled meat or poultry does: if stock is used it should be from mutton bones; boil up and skim, put in the onion, and leave to simmer. Peel and cut the turnips into slices like the sections of an orange, and fry them a pale brown, in butter with a pinch of white sugar. When the meat has cooked for an hour, put in the turnips, and cook for twenty minutes, then dish neatly; thicken and boil up the gravy, add a pinch of browning salt, and salt and pepper to

taste, and serve very hot. Carrots may be added; they should be fried and put in with the meat. Take out the onion before serving, and skim the gravy thoroughly.

Lamb may be cooked in the same way; a teaspoonful of mint and parsley, chopped together, should be added to the gravy, with a few drops of lemon juice or white vinegar, last thing.

Haunch, Roast.—Unless this joint has been well hung it will be tough and insipid. A haunch of good Southdown mutton, in fine, clear, frosty weather, may be kept a month; but in damp weather it will require much attention on the part of the cook to keep it from getting tainted in half the time. The great point is to keep it dry, by dusting it first with flour, which should be rubbed off several times with a dry cloth, and again renewed. When to be cooked, skin the loin, and wipe dry; then cover

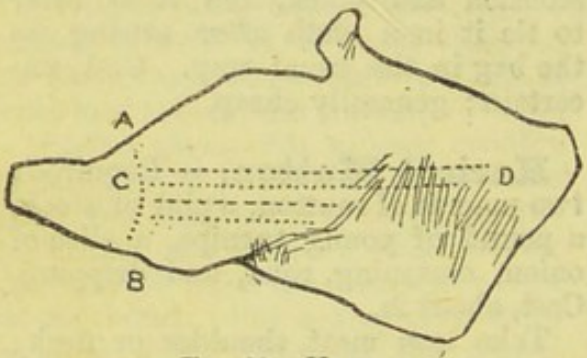


Fig. 83.—Haunch.

with white paper, or make a common paste of flour-and-water for the joint. Put it on the spit, or hang before a good, even, vigorous fire for the first half hour, basting it constantly with good meat-dripping. When within half an hour of being done, take off the paper, and brown slightly. Dredge the haunch with flour, and baste copiously with butter, but first pour the dripping from the pan; sprinkle with a little salt, and send it to table finely frothed. Make a gravy in the pan with what has dripped from the meat and a little boiling broth drawn from mutton trimmings; salt and pepper. Time, from twelve to fifteen minutes per pound; well done, eighteen minutes. Cost, about 11d. per pound.

To carve this, make a cut from A to B; then take off the slices as shown from C to D. A frill put on the knuckle improves the appearance, and, if liked, the meat can be glazed.

Another way.—After taking off the skin and as much fat as may be necessary, the skin may be put back until the time for browning and frothing the meat. If the mutton is lean, and it is not thought necessary to take off any fat from the top, simply baste the meat, and cook it minus paper or paste, but it will not be so full of flavour. If this method is followed, the basting must be almost incessant.*

Irish Stew.—Required a pound of mutton, scrag end of the neck, two pounds of potatoes, half a pound of onions, salt and pepper, half a pint of water, boiling. Cost, about 10d.

Cut the onions in rings, and the meat in neat pieces; put both in a saucepan with the water, and a sprinkling of pepper; simmer for an hour, then add the potatoes, either in halves, or thick slices, and half a teaspoonful or more of salt. Cook gently for another hour, and serve on a hot dish. Some prefer the potatoes left whole, then they can be put round the dish, and the meat, &c., in the centre. Shake the pan now and then, and stir a few times to prevent burning. If the potatoes are very mealy, rather more water can be used. This is a common mode, and for a much better dish, at the same cost, we advise the scalding of the onions, and the par-boiling of the potatoes; or the latter may be boiled for a few minutes only, then drained, and added to the stew.

Irish Stew, with Lentils or Haricots.—Prepare the stew as above, then serve round it, on the same dish, either of the above, boiled,

* Many prefer to trim away only the superfluous fat from the under-part, and leave the skin untouched.

and seasoned with sage or parsley, or a spoonful of mixed herbs, and a little salt and pepper. This addition increases the nourishing properties of the dish. (*See* recipes under CEREALS AND PULSE.)

Lancashire Hot Pot. — Required: three pounds of the best end of a neck of mutton, four mutton kidneys, a score of oysters, four onions, and three pounds of potatoes. Cost, about 4s. 9d.

Cut the mutton into chops, chop off about one inch and a half from the end, and trim away all superfluous fat. Place a layer at the bottom of a brown earthenware stewpot (called in Lancashire a "hot-pot dish") and put over the mutton a layer of sliced kidneys, an onion cut into thin slices, four or five oysters, and half a pound of sliced potatoes. Sprinkle a saltspoonful of salt, a saltspoonful of pepper, and a teaspoonful of curry-powder over them; then repeat until the dish is full. Place whole potatoes at the top, and pour in the oyster liquor and half a pint of water or stock. Put the dish into a moderate oven, and bake until the potatoes at the top are brown and crisp, but are cooked through. When ready to serve, pour half a pint of boiling gravy over the meat, and send it to table in the dish in which it was baked. Pin a napkin neatly round the dish for the sake of appearance. The oven must not be very hot, or the gravy will be dried up.

For a very superior dish, at no greater cost, we recommend that the onions be scalded, and the potatoes parboiled. The top layer should be brushed over with butter. If the dish is set in another with hot water in, and a cover is put on the top, another improvement is effected. The onions, for some palates, might be considerably reduced with advantage. The ends of the chops will make an IRISH STEW; or where strict economy is essential, they may be put in with the rest in the above dish.

Leg, Boiled.—For boiling, this joint should not hang so long as for roasting. Two or three days will be enough. Cut off the shank-bone, and, if necessary, wipe the joint with a damp cloth. Put it into a large oval stewpan with as much boiling water as will cover it. When restored to its boiling state, skim the surface clean, and in a few minutes draw the stewpan to the side of the fire to allow the contents to simmer until done.

Many cooks tie the meat in a cloth; this does away with the necessity for frequent skimming. For a plain family dish, carrots, turnips, and onions may be boiled with the meat (the turnips mashed or not before serving, according to taste), and served on the dish. For a more ornamental joint, a few vegetable trimmings can be boiled with it for the sake of flavour, and the carrots, &c., may be cut into fanciful shapes and put in later, so as to be done by the time the joint is. A bunch of herbs will further improve the taste of the meat. Time, about twenty minutes per pound, or rather over. Caper sauce is generally liked, while onion or celery will be found equally good, and a pinch of celery seed can be added to the herbs.

(For other details, *see* BOILING, page 3.)

Leg, to Carve.—The ordinary method consists in cutting straight across, like a leg of pork. The slice containing the kernel, and piece of fat called the Pope's eye is considered the best. To carve this haunch fashion (*see* remarks on CARVING, page 286) the slices must be cut parallel with the bone (*see* illustration on page 328). A nice leg of Southdown mutton, hung as long as is consistent with the weather, and served with really good gravy, currant jelly, well-cooked vegetables, and hot plates, will, if carved thus, compare very favourably with the more aristocratic haunch. More than one writer asserts that if carved out of sight of the guests, not more than one in twenty would know the one from the other. Whether this be true

or not, the experiment is certainly worth a trial, particularly as the cost is not increased.

Leg, to Roast.—Choose a plump leg with a short bone, not a large-boned, thin leg. Have some dripping ready melted, and baste it well, especially about the knuckle. Remember to cut off the shank-bone in good time, for the gravy; it is *useless* to leave it on; it is very *useful* if made the most of for gravy. After five to eight minutes' sharp cooking, remove the leg farther back, and cook very slowly, on account of its thickness. The more basting the better. If flour is used at the end, put it on in time, that there may be no raw taste; let the meat be a nice, rich golden brown when done. Make plenty of gravy; that from the bone should be poured off, and used for rinsing out the tin (*see* page 87). Serve well-cooked vegetables, and, if possible, some fruit jelly with it. Red currant is usual, but black currant or tomato will be found very good, and furnish variety. Either is, in our opinion, improved by being heated; the jar should be set in a pan of boiling water, and the jelly poured into a well-heated sauce boat. Mutton cools so rapidly that we think that cold jelly, or anything that tends to cool it, should be avoided; and the flavour of the jelly is not impaired by heating. For a number of guests, it is well to serve jelly both hot and cold.

Cost, about 10d. or 11d. per pound. Time, about two hours for a leg of six to seven pounds. In cold weather, two hours and a quarter for a leg of six pounds or rather over.

Leg, with Forcemeat.—This is a common dish in Australia. Take for it a leg of Australian mutton, bone it, then pare off the outer fat from the fillet end; mince and mix it with half its weight of bacon, also minced. Fat ham may be used instead. A seasoning of garlic, onions, and pickles is then given to it, and the mince is ready; or it is sometimes prepared simply seasoned with pepper, salt, and a little chopped parsley, if to be eaten by ladies or children. The hollow made by cutting out the bone, &c., is filled with the mince, and the skin secured over the opening to the underside. Bread-crumbs are sometimes added. Meanwhile, a gravy is made by boiling the bone and trimmings with as much mutton broth or water as will be necessary to stew the leg; vegetables are added, an onion and a carrot sliced, a small bunch of parsley, with a seasoning of pepper and salt. Lay slices of bacon over the top of the leg, and stew gently, with the lid of the pan closed, for three hours and a half or more. When done, strain the gravy, boil it rapidly, and reduce it to a glaze, with which glaze the meat, or thicken the gravy simply with browned flour, and serve it with the meat. French beans, boiled in the usual manner, drained, and then warmed up in some of the gravy, may be laid under and around the leg of mutton.

Cost of mutton, from 7d. per pound. In some towns legs of Australian mutton are sold at 6½d. per pound, or less.

Leg, with Haricot Beans.—The leg may be roasted or baked; if the latter, unless basted very often it will be dry; it is greatly improved if covered with a greased paper after a preliminary basting with hot fat. It should then be basted over the paper, which must be taken off in good time for the surface to crisp up, or it will taste greasy. As to the choice of the leg, *see* remarks under LEG, TO ROAST. Writing on this subject, Sir Henry Thompson recommends the beans known as "white Soissons," a pint of which should be put, after boiling, into the gravy of the dish, round the leg (or shoulder) of mutton. He adds that "with a good supply of the meat gravy, and a little salt and pepper, the haricots are by no means the worst part of the mutton." Then, "with a smooth purée of mild onions, which have been previously sliced, fried brown, and stewed, served freely

as sauce, our leg of mutton and haricots becomes the *gigot à la Bretonne*, well known to all lovers of wholesome and savoury cookery."

We would add that the haricots are as acceptable with a loin or neck, as a leg or shoulder, and may be served with chops or cutlets with as much certainty of success as with a joint. For more details concerning the haricots, *see* under CEREALS AND PULSE. (*See* also ONION PURÉES and SAUCE.)

Leg, with Potatoes.—This is a homely way of cooking, not to be despised on account of its simplicity. If baked carefully, and cooked to the right degree, it will be found excellent. Instead, however, of the usual custom of baking the potatoes in the same tin, by which they absorb the dripping and gravy, we prefer the following way:—Supposing the leg to be set on a trivet in a plain tin, or a hot-water tin, baste it well at starting, then cook it gently. Boil four pounds, or thereabouts, of potatoes, until three-parts done, then drain (or what is still better, steam them for the same time). Cut them through lengthwise, and lay them flat side down, in a single layer in a separate baking tin. Pour some of the hot fat from the meat over, and cook until crisp, brown, and well done, about twenty minutes. Time them, that they may be done by the time the meat is. Make gravy in the pan for the meat. Dish the leg, put the potatoes round, and serve the gravy separately. Serve a leg of pork in the same way. Australian mutton may be used in this way.

Loin, Roasted.—Follow the directions given for roast leg in every particular, but trim off all unnecessary fat, which may be used for a common pudding or pie crust. If the fat be not turned to account there is no more expensive joint than a loin of mutton. Cover the fat with paper until within a quarter of an hour of its being done, then remove, baste, and flour slightly, to get it frothed.

Instead of paper, take off the skin of the meat, and, after cutting off some of the fat, replace the skin; remove it for the meat to brown. If the loin be small, or it is not necessary to take off any fat, simply baste it; do not take off the skin. It is, however, generally necessary to remove some of the under fat; few people care for very much of it. Cost, about 10d. per pound.

Loin, Roasted, with Haricots.—This is a very good dish. Either serve some boiled haricots in the gravy round the joint, as directed for a leg of mutton, or make a purée, for which the split beans are nicer (*see* CEREALS AND PULSE). Or, cook some green haricots, sprinkle them with chopped parsley, and serve in a vegetable dish. If onion-sauce is liked, it is excellent with the haricots; a mild one is most suitable; best of all is soubise sauce. A purée of onions is delicious; serve it apart from the beans (*see* VEGETABLES). Cost, about 10d. per pound.

Loin Flap, to Stew.—Required: meat, vegetables, gravy, and seasoning, as below. Cost, about 2s. We have, in some of our recipes, advised the removal of the flap before cooking the loin; out of many ways of cooking it, the following will be one of the most likely to give satisfaction: Sprinkle the inner side with pepper, a grate of nutmeg and lemon peel, and some chopped parsley; or when mint can be had, use that. Lay it, fat down, in a pan, put on the top of it a good-sized Spanish onion, sliced, a couple of young carrots and turnips cut up, and let it fry brown in its own fat; then take it up on a plate. Add a pint of cold stock to the contents of the pan, remove the fat, and put in two or three parboiled potatoes, and a small quantity of fresh green peas (a gill or so). When it boils, cut up the meat, put it back, and cook altogether for another hour or less, very gently. If the peas are young, give them less time. The potatoes and turnips are intended to boil down to a pulp, to thicken the gravy, which only wants the addition of salt and pepper, and a few drops of browning. If any mint-sauce is at

hand, a spoonful may be put in last thing, and remnants of cooked vegetables of various sorts can go into the stewpan. Serve very hot.

See also MUTTON CHOPS WITH VEGETABLES. The above can be fried and finished off with the vegetables as therein given; but it must be fried well, and simmered rather longer than the chops.

Mutton à la Venison.—This, if carefully cooked, will be almost equal to venison; any joint may be used, but we give directions for a leg, or piece of the same weight. First wipe the meat thoroughly; it must be of good quality and freshly killed, then rub it with the following mixture:—a quarter of an ounce of black pepper, a saltspoonful each of ground cloves and allspice—*i.e.* Jamaica peppercorns or pimento—a teaspoonful each of ground ginger and bay leaves; put it into a marinade of red wine and vinegar, about a gill of each. Leave it for three days, rubbing and turning it daily, then wash it in warm water, very quickly, and dry it well, and cook it exactly like venison, sending the same sauces and adjuncts generally to table with it. Or, if preferred, it can be cooked as mutton, with no addition but the ordinary gravy, and will be found excellent in flavour, and a decided change from a plain joint. If seasonable, serve French beans, plainly boiled, with this.

Neck, Boiled.—Shorten the ribs and saw off the chine-bone of a neck of mutton, or from three to four pounds of the middle, or the best end. Pare off the fat that is in excess of what may be eaten, and boil slowly, as given under the head of LEG, BOILED, which see. There is a peculiar sweet flavour from this part, and the pot-liquor is admirably adapted for broth. Some rice or barley may be served in it, and will be all the nicer if boiled with the meat, which should, however, be free from either when served. Sauce should be poured over, and some vegetables put round it. The liquor (if the broth is not wanted the same day) must be emptied into an earthen vessel, and the fat removed when cold.

It is a good plan to boil the extreme scrag end with a sheep's head, or some similar part which requires skimming very often; if this is done, the neck gives but little trouble in this direction, as the parts where the blood has clotted are those which throw up the most scum. This can be cooked without the shortening of the bones above referred to.

Cost, from 7d. to 9d. per pound.

Neck, Browned.—Boil as in preceding recipe, but not quite so long; finish by cooking the mutton before the fire, first covering it with a mixture of fine bread-crumbs, parsley, and sweet herbs, pepper, salt, and a little mushroom powder, cemented together with the beaten yolk of one or more eggs. When nicely browned, serve with half a pint of the pot liquor thickened with a dessertspoonful of browned flour, and add a tablespoonful of lemon juice. Time, a quarter of an hour to the pound. Cost, as above.

Neck, Roasted.—We have already recommended that the rib-bones of this joint should be shortened to give a nice appearance to cutlets, and we also, for economy's sake, and to give a nice squareness to the piece of meat, advise the purchaser to get it done for a roast. The meat of the neck from a well-fed sheep is very good indeed. Take off any excess of fat, and roast precisely according to directions given for roast loin (*see* LOIN, ROASTED), always remembering that the fire for cooking mutton should be clear and brisk, but not fierce. Finish off by making gravy in the pan. (*See* remarks at the end of the recipe for SHOULDER, TO ROAST.) Time, about fifteen minutes per pound.

The best end should be roasted alone; but if the entire neck is required, it should be cut through, the scrag end requiring less time. For a family, the

joint should be bought whole, whether all be required at once or not. If the best end, or the middle, be sent for separately, more per pound must be paid. It is quite as easy, if cutlets are needed, to cut them from a neck hanging in one's own larder, and have the benefit of the bones and fat, as to buy them *as* cutlets of the butcher. In the latter case, they will cost from twopence to threepence per pound more, and the trimmings will be left behind on the butcher's block. Cost of neck, if bought whole, about 8d. per pound.

Neck, Stewed.—Required: three pounds of meat, half a pound each of turnips, onions, and carrots, a few stalks of celery, stock, &c., as below. Cost, about 2s. 2d.

The scrag end does for this; it must be rubbed with salt, and rinsed well in warm water with a little vinegar in, to free it from blood; then cut in neat pieces. The vegetables must be cleansed and sliced. Put all in a stewpan in layers, vegetables top and bottom, with stock No. 1 or 2 to cover; add a dozen peppercorns, a clove or two, and some parsley, then cover, and cook for two hours or more. When tender, add a tablespoonful of browned flour, salt to taste, and a little browning; boil up, remove the parsley, and serve on a hot dish.

Another way.—This is very nourishing. Add a couple of ounces of pearl-barley (after soaking it for several hours) as soon as the gravy boils, and cook for three hours at least. Rice can be used in the same way, and takes rather less time. Other cereals can be substituted; coralline, rizine, and similar varieties are useful when full time cannot be given, as they take a comparatively short time.

Ragoût (American). — Required: two pounds of lean meat, free from bone, a large cup (half-a-pint) of green peas, the same of gravy from the bones of the mutton, a fried onion, half a pound of salt pork, a slice of lean ham, seasoning as under. Cost, about 3s.

Cut the pork in thin slices, and the mutton and ham in long strips. Put pork at the bottom of a saucepan, then chopped parsley and thyme; next add ham and mutton; put the peas in the middle; then the rest of the ham and mutton, and more pork over that. Put the fried onion on the top. Pour the gravy over, and let it boil steadily for an hour and a half or more. Pepper should be put on each layer. Add a little stock now and again. When done, put in salt to taste, and thicken with a tablespoonful of browned flour, and the yolks of two raw eggs. Put a large piece of toasted bread on a hot dish; pour the ragoût over, and serve with a border of potato-rice (potatoes passed through a colander) and some pickled melon in another dish. Any sweet pickle may be used. This is a very good dish. Anyone tired of ordinary mutton stews would do well to try it. A sheep's kidney or two is a good addition, and it is excellent with a small proportion of sheep's liver.

Saddle.—This is a very popular roast. A saddle of mutton, if hung in a cool airy place, will improve with keeping from one to three weeks, according to the weather; but as this part of the sheep is the most tender and delicate, it may, if liked, be roasted in from four to five days. If not for a large family, get the joint well trimmed; the flaps, tail, and chump end may be cut away, which will considerably lessen the weight, and be found more advantageous to the purchaser, even at a higher price per pound, or the flap will make a plain stew. In its entire state it is considered an expensive joint, consequently people of moderate means and family, unless so accommodated by the butcher, can seldom order it. All superfluous fat must, in any case, be removed, and the joint covered with a greased paper. Roast as directed for a loin of mutton. It should be a nice brown when done, but not too dark. About twenty minutes per pound will be required.

Laver is a good accompaniment to roast mutton (*see* VEGETABLES). Good gravy and hot jelly must not be omitted. The diagram below shows

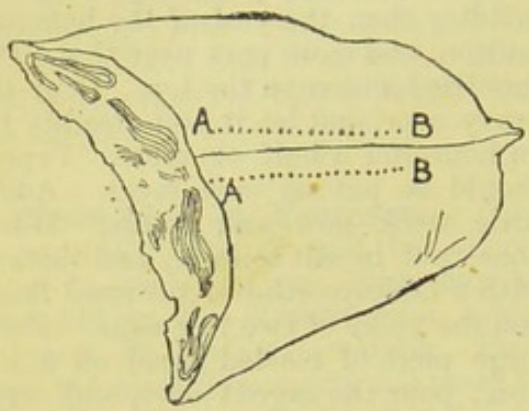


FIG. 84.—SADDLE OF MUTTON.

the mode of **carving,** which is quite simple, straight **slices** being cut from A to B. Relays of **hot plates** and gravy should be in readiness, and very little gravy should be upon the dish. A hot-water dish, as used for venison, is the best to serve mutton on.

Cost, about 11d. per pound, but it depends upon the mode of cutting a good deal. For a large family, where the best can be made of every part, the saddle should be bought in its entirety.

Savoury Stew.—Required: two pounds of mutton, lean (the neck does very well), a tablespoonful each of capers, rice, chutney, and parsley, a quart of stock or water, an onion, and a carrot, salt and pepper to taste, and a morsel of fat. Cost, about 2s.

Chop the meat, but do not divide it; add the hot stock, and bring to the boil; grate the carrot, and chop the onion; brown the latter in hot fat; then add the rest, all but the salt. Simmer for two hours, stirring often, or the rice will stick to the pan. Serve the meat in the centre of a hot dish, with the rice, &c., round it. The capers and parsley should be chopped very small. If mint is to be had, that can be substituted for parsley. Lamb can be similarly served.

Scrag, with Mushrooms.—Required: meat, mushrooms, &c., as below. Cost, about 1s. 6d. to 1s. 8d. Wash very well the scrag end of the neck; dry and sprinkle it with pepper; flour it, and turn it about in hot fat until brown. Put it in a clean saucepan, with the liquor from boiled meat to cover it; add some peppercorns, and the trimmings of some mushrooms, first well washed, with a small onion, and a sprig of parsley. Throw in salt for the scum to rise; skim just before it boils up, then cook until tender. While cooking, chop half a dozen medium-sized flap mushrooms, and stew them down in a little of the same stock used for the mutton, with a chopped shalot and a sprig of parsley; season with pepper and salt, and thicken with browned flour. The mushrooms should be quite soft, and must be chopped small at starting. When the meat is done, strain the liquor, skim and reduce it, thicken with browned flour, and season it. Put the meat on a hot dish, and spread the mushrooms over it; pour some of the gravy round, and serve the rest separately. This will be very tender and tasty. Any joint, which is lean, may be so cooked.

A piece of neck of mutton, boiled, and served with a white mushroom sauce or purée, is equally satisfactory (*see* VEGETABLES).

Scrag, with Pickles. (*See* SCRAG, WITH MUSHROOMS).—Prepare the meat in the same way, and bring to the boil; omit the mushroom peelings, and add instead a teaspoonful each of chutney and mixed pickles, hot, finely chopped. When the meat is done, put it on a dish, and keep it hot while the gravy is skimmed and thickened. Put a dozen pickled walnuts in the oven, in a saucer, to heat; cut them up, and add them to the gravy; pour it round the meat, and garnish with carrots, small onions, and turnips, all cooked in stock instead of water (*see* VEGETABLES). They may be whole if young. If old, slice or cut them in dice. Cost, as above.

A loin is delicious cooked thus. It is advisable to pare off the greater proportion of fat, and to semi-roast it. The chump end should be cut off. It is almost needless to add that the above recipe may be varied to any extent, as reference to the chapter on PICKLES will show; and in place of onions, shalots can be used; leeks, too, are very good.

Sheep's Brains, Cakes of.—Take care not only to wash, but to trim these well from the fibres. It is most unpleasant to find anything of a stringy nature in the mouth. The first water should be cold, and the next hot; then, when skinned, tie them in a bit of muslin, and boil them in a little salted and flavoured white stock for a few minutes, and beat them up, either with powdered sage or parsley (finely chopped), or the two mixed, a little cayenne and white pepper, with a drop of mace or nutmeg essence, or a grate of nutmeg. Then beat in the yolk of an egg for each set of brains. A bit of grated lemon peel is often added. Finally, mix in a teaspoonful of fine bread-crumbs, if very delicate cakes are wanted, and drop the mixture from a spoon into hot fat; when lightly browned, serve them. Cost, about 2d. to 3d., exclusive of the brains.

No. 2.—These are more economical. Use enough bread-crumbs to make the mass firm enough to be shaped with the hands into cakes the size of a florin, and less than a quarter of an inch thick. These can be put in a frying-basket to cook. Little balls, the size of a large marble, can be made; or small ovals, like a nutmeg, if preferred. They are useful for soups and many garnishing purposes. If the yolk of a hard-boiled egg be added, fewer crumbs are needed.

No. 3.—Boil the brains in gravy for ten or twelve minutes, drain them on a sieve, cut them in dice when cold, then coat them with beaten egg yolk, and *well-seasoned* bread-crumbs. Fry a light brown, and drain well.

Sheep's Brains with Tongue.—Required: brains and tongue, with seasoning, &c., as below. Cost, about 6d. to 8d. Remove the brains without breaking them, soak them in salted water for an hour, skin them, and pick away the fibres. Put them into boiling water, put the tongue, previously boiled with the head, with them. Let the brains boil quickly for a quarter of an hour; take them out, mince them, and beat them up with three tablespoonfuls of the liquor in which they were boiled, three tablespoonfuls of cream, a tablespoonful of blanched and chopped parsley, and a little pepper and salt. Add a spoonful of white roux, and boil up. Skin the tongue, put it in the centre of a small dish, pour the brains round it, and serve very hot.

Another way.—Mix a tablespoonful or two of tomato pulp with the brains, and other ingredients above-named, cream excepted. Boil up and serve. Or CHEESE SAUCE, about a gill, added to the brains after they are boiled, makes a savoury dish. Garnish with cooked Italian paste, and a few sprigs of fried parsley, or with any small, cooked vegetables.

Sheep's Brains, Roasted or Baked.—Required: brains, bacon, sauce, and vegetables. Cost, about 9d. to 1s., exclusive of the brains. Four or six brains will be required for a dish. Prepare the brains as for stewing, and procure as many slices of bacon as there are brains. After they have been boiled and thrown into cold water, drain and dry them perfectly; brush over with oil, and roll them in highly-seasoned bread-crumbs. Put them on the bacon before the fire in a Dutch oven, or bake in a well-heated oven, turning them about that they may be equally cooked, and basting them occasionally. When they are nicely browned and the bacon is cooked, take them up. Serve on a flat dish covered with mashed potatoes browned in the oven, and send a sharp sauce to table. Or put the brains and bacon on a large

slice of toast, and put some sauce over; TOMATO is as good as any.

Sheep's Brains, Stewed.—Required: some brains, bacon, stock, and seasoning as under.

Cost, about the same as above.

Wash, skin, and clear the brains of fibres, after they have soaked in salt and water. Put them in boiling water with a teaspoonful of salt and a tablespoonful of white vinegar. Boil for twenty minutes, then drop them in cold water. Dry them well. Put each on a slice of bacon, lay them flat in a stewpan, cover with any plain stock, add a bit of onion and lemon peel, and simmer for as long as will cook the bacon. Thicken the liquor, add seasoning and a little lemon juice, and pour it over the whole on a hot dish. Garnish with toast or fried bread. Four or six brains make a nice dish.

Sheep's Harslet, Minced.—Take the liver, heart, and lights of a sheep, and wash them well in several waters. Boil them gently till tender in salted water, carefully removing the scum as it rises. Mince them finely, season with pepper and salt, and add a seasoning of powdered herbs, if liked. Moisten the mince with stock, thicken with brown thickening, and stir it over the fire till it is quite hot. Serve on a hot dish, and send potatoes and boiled carrots to table with it. A few pickles may be served with it, if desired.

Cost variable; but this is a cheap dish, popular in some parts of the country. The liquor is useful for soup. (*See* Remarks under VEAL PLUCK.) The recipe there given may also be followed. Harslet is the same thing as pluck, but the pluck of a sheep is generally called harslet.

Sheep's Head.—Sheep's head has so little meat belonging to it, either inside or out, that it seems to many persons as though it were scarcely worth the trouble it gives. Nevertheless, it constitutes good nourishing food at a moderate expense, and when it is liked at all it is very much liked. Several recipes are here given for preparing it. It is one of the ancient national dishes of Scotland, and to dwellers north of the Tweed is almost always welcome, not only on account of its intrinsic excellence, but also because of the associations which belong to it. The village of Duddingston, near Edinburgh, was long celebrated for this dish. A sheep's head may be stewed with or without the trotters and the pluck; nourishing and wholesome broth may be made from it; it may be hashed, curried, or served as a ragoût, or it may be made into a pie. When sauces are required for it, those usually served with cow-heel or boiled mutton are the best adapted for it. Some prefer the head of a ram to that of a wether, though it needs longer boiling. The liquor is often thickened with coarse oatmeal, and a nourishing dish is the result. Sheep's heads may be parboiled, then finished off by baking or roasting. They want frequent basting, and are nicer if stuffed. (*See* recipe below.)

Sheep's Head, Boiled.—Required: two ounces of rice, two turnips, two carrots, half a head of celery, a medium-sized onion, a bunch of herbs, seasoning and thickening, and a sheep's head.

Cost, about 1s. 2d.

Divide the head, take the brains out, and put them in cold water with a pinch of salt. Cut away all the little bones from the nose; take away any bits of hair; clean the sockets of the eyes with the finger dipped in salt; then wash it thoroughly. Put the halves together, and tie them; lay in a pot with the tongue; cover with hot water, bring to the boil, and remove the scum, adding a pinch of salt now and then. Prepare and slice the vegetables; put them on with the rice, washed, herbs, and some peppercorns, and boil gently. Put the brains in in time to make sauce with them and some of the pot liquor. Mash the

vegetables and rice, and skin the tongue; then lay the head on the dish, with the sauce over, the vegetables round, and the tongue cut in four lengthwise, and laid, a quarter at each end and side of the dish.

Another way.—The vegetables may be cut up small; the carrots should be grated, and put in an hour and a half before serving, then they need no mashing. Or, cut them in quarters, and serve them round the dish. Pearl barley instead of rice is excellent. Time, two hours or more.

Sheep's Head, Curried.—Required: a pint of Curry Sauce, a sheep's head, and some boiled rice. Cost, about 1s. 4d.

Boil the head, tongue, and brains. Cut the head up neatly, skin the tongue, cut it in large dice, and beat up the brains with a tablespoonful or two of milk. Use some of the liquor from the head in making the sauce, and when it is ready, put in the head and tongue. After twenty minutes, just under boiling point, add the brains, and leave for a few minutes more; then put in salt, with more seasoning if wanted, and serve. The spare liquor from the head will make good soup or broth next day, and the bones should receive further stewing in it. Any rice left over from the curry can be added to it.

Sheep's Head with Oatmeal.—Required: a sheep's head, a half-pint of sliced vegetables, as usually added to stews, three pints of cold water, seasoning, and three ounces of medium oatmeal. Cost, about 1s.

After preparing the head in the usual way, put it in a stewpan with the tongue, and cover with the water; bring to the boil, and skim well; add the vegetables and oatmeal, and cook until the meat falls from the bones: then cut it up and season to taste, and serve altogether on a hot dish. The bones will make soup or stock if put on again with the skin of the tongue. The latter, with the brains, will make another dish. The foregoing is an excellent dish for children, being nutritious and digestible as well as palatable. Oatmeal may often be served in this, or a similar way, when it is disliked as porridge. By way of variety, pearl barley may be used instead of oatmeal. Wheatmeal is also good. Time, about three hours. Lambs' heads are equally good, and take less time to stew.

Sheep's Head with Trotters. Required: a sheep's head, a gang of trotters, a carrot, an onion, half a gill of vinegar, water and seasoning, flour and dripping. Cost, about 1s. 4d.

The trotters should be washed and put in a stewpan with a quart of cold water, the vinegar, sliced vegetables, and a sprig of parsley; let them boil for two hours, then put in the prepared head, in halves (keep the brains and tongue for another dish) with another quart of hot water: cook for two hours more. Then put a pint and a half of the liquor in another saucepan, in which two ounces of flour and an ounce of dripping have been blended; boil up, add salt and pepper, some herbs in powder, and a spoonful of ketchup or store sauce. Dish the head, with the trotters round it, pour the sauce over, and serve hot.

Sheep's Heart, Baked.—Prepare as for roasting, and bake, broad end down, in a dripping tin; or pour some stock round, and use it for the basting. This latter method more resembles stewing in its results, but it is called baking, because the heart is cooked in the oven. Another way, which can be recommended, supposing three or four hearts are being cooked at once, is to put them in a baking-dish—one of the oval kind with a lid is nice for the purpose—with plenty of sliced onions and other vegetables, and some stock to three-fourths their depth. A few bits of bacon should be laid on the top, and after a couple of hours in a slow oven they will be found very tender. Put them on a hot dish, freeing them first from moisture, and sprinkle with

crumbs: while they are browning before the fire, strain the gravy and skim it, or pass the vegetables through a strainer or colander, and serve them in it. Then thicken with browned flour, and give a nice seasoning of salt, pepper, and sauce or ketchup. Some rice can be put in the gravy if liked, sufficient to make it quite thick, but the oven must be very slow. A morsel of brown sugar will tend to improve the hearts, so will a squeeze of lemon juice, or a few drops of vinegar.

Brown mushroom sauce, or a purée of mushrooms, is a nice accompaniment, if the heart be stuffed with plain herb forcemeat. Cost of heart, about 9d.

Sheep's Hearts with Raisins.—Mix together for the stuffing an equal bulk of grated bread-crumbs and chopped raisins; add a morsel of butter, an ounce to four ounces of the mixture, and a sprinkling of salt and pepper; fill the hearts, and then bake or roast them, and serve with brown gravy (*see* GRAVIES FOR HASHES, STEWS, &c.) thickened and flavoured with a bit of currant jelly. This will be liked by any who are used to American dishes. (*See* also PARTRIDGES WITH RAISINS.)

Sheep's Hearts, Roasted.—Required: a couple of hearts, a pint of gravy, some stuffing, and seasoning as below. Cost, about 2s. Hearts cost from 8d. to 9d. each.

Soak the hearts in cold water, or leave them under a running tap; cut away the pipes, and trim them nicely. Either leave each cavity to be filled separately, or cut them all to form one; in this way more stuffing can be got in. Then fill them, using plain or rich veal forcement, or one of those given for ducks. Tie a greased paper over them, or use some muslin; it should be drawn all over, and tied at the pointed end; or a few small skewers put in opposite directions, may be used to secure the forcemeat: again, a needle and thread can be employed. A few thin slices of fat bacon may be skewered round the heart, and will reduce the necessary basting. Cook before a clear fire from forty minutes to an hour, according to size. Serve with a plain gravy, or what is still better, a brown caper sauce. If the heart is stuffed with sage and onions, onion sauce can be served with it.

Sheep's Hearts, Stewed.—They may be stuffed or not; if plain, brown them for ten minutes in hot fat, and then add gravy (*see* above recipes) to cover. Cook for an hour or more, and make the gravy thick and brown. It should be also rather piquant. Pour it over the hearts, and put some vegetables on the dish; they may be stewed in the gravy, or separately boiled. Cost, as above given.

Sheep's Kidneys, Broiled.—Cut the kidneys in two lengthwise, without quite dividing them; use a small skewer to keep them open; dip them in hot fat (butter or clarified dripping), and sprinkle with pepper; broil the cut side first, turn them every minute until done; add a pat of maître d'hôtel butter, and serve hot.

Kidneys should be eaten directly they are done; they spoil by waiting; when cut, the gravy should flow freely. For a superior dish, cut them in halves, and take the thin skin off, then skewer them as above.

Sheep's Kidneys, Grilled.—Proceed as above, using the gridiron instead of the Dutch oven, or other broiling apparatus. Time, about twelve minutes. Cost, about 2d. each. In some large towns they are sold at 3d.

Sheep's Kidneys, Stewed.—Skin and halve the kidneys, then cut them through again. Required: for four kidneys, a gill of stock, No. 1 or 2, a teaspoonful each of lemon juice, chopped parsley, and Worcester sauce, and a pinch of salt and pepper. Cost, about 1s.

Brown the kidneys in a morsel of

hot fat for a couple or three minutes, then add the rest; the stock should be warm; bring to the boil, and simmer for ten minutes, then add a slight thickening of browned flour, and the salt, and cook for a minute or two more. Chopped onions or mushrooms can be used in place of parsley.

Sheep's Liver and Bacon.—Required: a pound and a half of liver, half a pound of onions, twelve ounces of fat bacon, a teaspoonful each of sage and salt, and half as much pepper, a pint of water, and two ounces of flour. Cost, about 1s. 8d.

Wash and slice the liver, dry it well, and roll each slice in the flour mixed with the pepper. Slice and fry the bacon, keep it hot, and fry the liver, turning it often, and then the onions; they should be very thinly sliced. Put all on the top of the bacon, on a hot dish, and put the remainder of the flour (left from the liver) in a basin; mix it with a pint of cold water and the sage and salt; stir it into the pan, and scrape the bottom well. Give it a few minutes' boiling, colour it a good brown, and pour it over all. Give the liver about fifteen minutes, or rather more. After the first minute, to close the pores on both sides, raise the pan, and cook slowly; it must look pale, not red, all through. Any redness proves insufficient cooking, and it is, in that condition, very unwholesome. Any who are in the habit of indulging in pork, duck, or goose, with apple sauce, will be wise to serve a tureen of it with the above: that, together with the sage and onions, will give the dish a flavour very little inferior to goose or duck itself; at any rate, it will be found no mean substitute for either. The proportion of onions and sage may be increased according to taste. If two pans are handy, fry the onions in one, while the liver is frying in the other.

Sheep's Liver and Cucumbers. — Required: liver, cucumber, bacon, bread, &c., as below. Cost, about 1s. 9d. for a dish from a pound of liver. Stew down some young cucumbers (*see* recipes in VEGETABLES), and mix with a little thick gravy, after the cucumbers have become a pulp. Mutton stock should be used for the gravy, a thickening of brown roux added, and a nice seasoning. Have ready as many pieces of fried bread as there are slices of liver. The latter should be cooked as directed in the previous recipe. Cover the bread with cucumber, put a piece of liver on, then more cucumber; place a little slice of bacon on the top, and serve very hot.

Sheep's Liver and Tomatoes.—Proceed as above, but use plain tomato sauce or purée instead of the cucumber. If liked, a stuffed sheep's heart, covered with thick brown gravy made in the pan (*see* SHEEP'S LIVER AND BACON) can be served in the centre of the dish; or three or four kidneys, broiled, and cut in halves or quarters, may be laid round, each on a bit of fried bread. Cost, variable.

Sheep's Tongues. — If the tongues are not required with the heads, and it may happen that they can be served without them, a nice dish may be had by serving them quite plainly boiled, with the brains, and a nice sauce. A bit of boiled bacon or pickled pork will eke out the meat, and improve the flavour. They are very good, too, if cooked by the recipe for

Sheep's Tongues, Broiled.—Required: a couple of tongues, some stock, seasoning, &c., as under. Cost, about 8d.

Rub each tongue with a tablespoonful of salt, a teaspoonful of brown sugar, and a pinch of pepper, and cloves or nutmeg, in fine powder. In a few hours (or leave them all night), rinse them, and boil them in the liquor from boiled meat, or plain water will do; a bit of ham will improve their flavour, so will a few scraps of vegetables. Cook until the skin will come off; cut them through lengthwise, and sprinkle

them with herbs and bread-crumbs; add a dash of cayenne, and brush them with clarified butter. Broil them, turning often, for twenty minutes. Squeeze the juice of half a lemon over last thing.

If preferred, the salting can be omitted. They can then be boiled in the stock-pot, or with a piece of meat (a bit of pickled pork, for instance); if it is rather fat, all the better.

Sheep's Tongues, Grilled.—Boil as in the foregoing recipe; skin the tongues when cold, and coat them on the insides with the following: for four tongues—four good-sized mushrooms, two ounces of boiled ham in little dice, a half-teaspoonful of grated lemon peel and powdered thyme, the same measure of chopped parsley, and a little salt and pepper. Put the tongues in their original shape, and wrap them each in greased paper. Grill over a clear fire for ten to fifteen minutes. Remove the papers and serve very hot. Cost, about 1s. to 1s. 3d.

Thus prepared, the tongues are very delicious with the heads, or with a dish of liver and bacon. Calves' tongues are equally good with head, feet, or ears, or as a breakfast dish. The paper can be dispensed with if the tongues are tied round, and dipped in hot dripping: or a thin slice or two of bacon can be tied round each.

Sheep's Trotters, or Feet.—These can be had as a rule at the tripe shops, partially boiled. If necessary to prepare them at home, take the wool from the hoofs, singe away the hair, and put them in boiling water for five minutes. Clean and scrape them, and cut an inch from the end of the foot, including the hoof, and take away a dark substance which grows between the divisions of the hoof. Sheep's trotters are sold in gangs (four), and are nourishing and digestible. They should be soaked for a few hours in cold water before they are cooked in any way. Cost, about 6d. per dozen.

Sheep's Trotters, à la Poulette. — Required: trotters, sauce, and garnish as below. Cost, about 1s. 3d. to 1s. 6d. For this, blanch the trotters, then put them on in stock from mutton bones, with vegetables to flavour, and boil until done. Drain them well. For twelve feet, have ready a pint and a half, or rather more, of white sauce, flavoured with lemon or mushrooms. Re-heat them in this, and serve in a pile: garnish with fried bread, parsley, or slices of hard-boiled eggs, or little mushrooms cooked in butter.

Sheep's Trotters, Fried.—Boil them as directed above, remove the bones, and press them until cold; then dip them in thick batter, and fry brown. They will be more savoury if seasoned with herbs or cheese before coating them. A sharp sauce should be served with them.

Sheep's Trotters, Pâté of.—Take a coarse earthen pâté-dish which has a closely-fitting cover. Procure three "gang" of sheep's trotters already cleaned and parboiled, and cut each one into three pieces. Pack them closely in the pâté-dish, and, to season them, sprinkle between the layers a little pepper, salt, and powdered spice, together with a moderate proportion of minced onion, chopped parsley, powdered thyme, and bay-leaves. Place the cover on the dish, and in order to prevent the escape of the steam, fasten it down with a coarse paste made of flour and water. Put the pâté in a gentle oven for five or six hours, or if it can be done let it be put in a baker's oven after the bread is drawn, and remain there all night. If gently cooked the feet will be reduced to jelly, and will constitute an excellent dish, which may be served hot or cold. If the oven is too much heated the feet will be burnt up, dry, and good for nothing.

A tablespoonful of vinegar, tarragon, onion, cucumber, or herbal, will give piquancy to this dish. By reducing

the seasoning and spices to the smallest limit, it will be found a nice dish for an invalid. If the feet are not easily obtained, add a calf's foot or two, or an ox foot, or some meat from a sheep's head. Cost, about 10d.

Shoulder, Boned and Rolled.—In the diagram below is shown a shoulder of mutton (lamb or veal) as it will appear when the bones (knuckle excepted) are removed. It may be stuffed, and then roasted, or cooked as desired. It is a nice looking dish, and easy to carve. We wish, too, to call

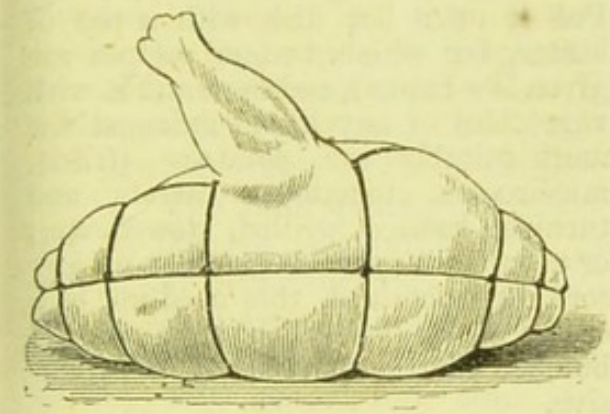


FIG. 85.
SHOULDER OF MUTTON, BONED AND ROLLED.

attention to the method of tying it, as well as to the joint itself, as it illustrates clearly the way of binding anything of a similar kind, and can be more easily followed than any written description. CALF'S HEAD, OX CHEEK, and GALANTINES of all sorts should be tied thus, with tape, not string.

As to the boning, we can only repeat our advice to keep the knife close to the bone, and avoid piercing the outer flesh. The accomplished boner may like to bone the knuckle also, then draw the meat inside, and so give the joint a still more compact appearance.

Shoulder, to Carve.—Simple as is the carving of this to the experienced hand, it is a joint which some find rather difficult to serve evenly and fairly. We give two diagrams. Some will succeed better with No. 1; others may find No. 2 the easier.

In Fig. 86 a cut is made as shown from B to A. The joint will then open,

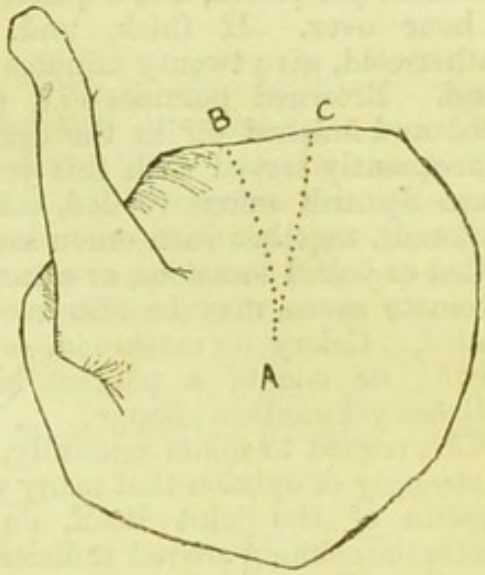


FIG. 86.—SHOULDER OF MUTTON.

and leave a triangular space; slices must then be removed from B A and C A, until the bone is reached; then slices must be taken from the meat on the under-side, by turning the shoulder over, and cutting horizontally, like a round of beef.

In Fig. 87 make a cut as shown by A to B; take off as many slices as can be removed, then cut in the direction of C D and E F. Then turn the shoulder, and cut from the other side, which is tender, though coarser in the grain than the top part.

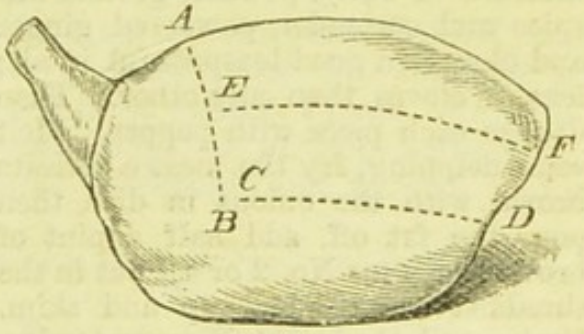


FIG. 87.

Shoulder, to Roast.—Let this hang from two to three weeks in cold, dry weather; if damp, it will not keep nearly so long. Put it down to a clear fire and baste well at first; the same may be said if it is baked; and by the latter method, a shoulder may be very

nicely cooked. Time, about a quarter of an hour per pound, and a quarter of an hour over. If thick, and the weather cold, give twenty minutes per pound. Browned potatoes—*i.e.* par-boiled and finished off in the oven—are frequently served with this joint; so are Spanish onions (boiled, baked, or stewed), together with onion sauce. Grilled or baked tomatoes, or a tureen of tomato sauce, may be also recommended. Celery or mushroom sauce (brown), or one of a piquant kind, furnishes yet another change.

With regard to joints generally, we are strongly of opinion that many who complain of the joint itself, do so because the changes are not sufficiently rung upon the ways of serving it. It is quite common to meet with people who have never served boiled mutton with any other sauce than caper, or roast mutton with anything but onion sauce. Both are excellent, but apt to become monotonous.

Spiced Mutton.—Required: a pound and a half of lean meat (from the leg if at hand), four ounces each of onions and celery, seasoning as below, and some hot chutney. Cost, about 1s. 9d.

Cut the meat into pieces about the size of a walnut, sprinkle them with a mixture of curry powder, ground all-spice and coriander, powdered ginger and cloves; a good teaspoonful in all; less of cloves than any other. Then dredge each piece with pepper. Melt some dripping, fry the meat a delicate brown with the onions in dice, then pour the fat off, add half a pint of brown stock (as No. 2 or 4), put in the shredded celery, boil up and skim. Cook until the meat is very tender, add a heaping tablespoonful of sultana raisins half an hour before serving, and salt and chutney to taste, also an ounce of rice flour blended with stock. When finished, the whole should be thick, the sauce just coating the meat. Serve with any approved vegetable. This is very appetising, affords a nice change from the usual methods of serving mutton, and is as good cold as hot. If cinnamon is not objected to, a pinch can be put with the rest of the spices.

Lamb can be cooked as above, but the quantity of seasoning should be decreased.

Steak of Mutton.—For this, we will suppose that a leg of mutton has been bought, the fillet roasted, and the knuckle end is intended for boiling or stewing. Cut off from the thick end of the knuckle a slice of twelve ounces or so in weight, and grill or broil it nicely. Put it on a hot dish with a pat of butter, for which various recipes are given (*see* INDEX), and surround it with vegetables of any kind; amongst the most suitable are potatoes (fried), mushrooms, tomatoes, carrots and turnips, braised, grilled, stewed, &c.; or a purée of green vegetables of any sort. So obtained, this need not be a costly dish; but if bought of the butcher for the purpose, it is expensive.

If cut thick enough, this is likewise excellent when stewed, or braised. (*See* MADE DISHES.)

Steaks with Oysters.—Required: two steaks, equal in size and thickness, some oyster forcemeat (*see* FORCEMEATS), and gravy as below. Cost of oysters uncertain, about 1s. 4d. per score.

Lay the steaks flat, season one side of each with pepper (cayenne), a pinch of ground mace, and grated lemon peel; then spread with the forcemeat, half an inch thick; lay the two steaks together, brush over each of the outer sides with warm butter, and sprinkle with the same seasoning that was used for the interior. Put them before the fire, and give each side a minute, then draw them back, and cook gently for about thirty to forty minutes, unless thin, then less time does. Make a little gravy, and season it with some of the oyster liquor, with salt and pepper to taste.

LAMB.

House Lamb (by which is meant lamb born in the middle of winter, reared under shelter, and fed, in a great measure, upon milk) is considered a great delicacy. It may be obtained from Christmas to Lady Day. Then, grass lamb, or lamb brought up out of doors, and fed upon grass, comes into season. Like all young animals, lamb ought to be thoroughly cooked, or it is most unwholesome. Lamb is usually cut into quarters, and of these the fore-quarter, which consists of the shoulder (3), the breast (5), and the neck (4), is considered by many the best. It should be cooked fresh, and its quality may be easily tested by the appearance of the vein of the neck, which should be ruddy or of a bluish colour. If green, it is not good. It is generally roasted, though in very young lamb, the leg, which is frequently served by itself, and makes a useful and excellent joint, may be boiled and sent to table with a suitable sauce. The hind-quarter, consisting of the leg (1) and loin (2), is better for hanging two or three days. As, however, lamb will not keep well in unfavourable weather, or for any length of time, it should be examined daily, and the moisture carefully wiped from the joints. In order to ascertain whether or not it is fresh, place the finger between the loin and kidney. Any taint may be easily discovered by the smell. The fat of lamb should be firm and light, the lean clear and also firm, especially the knuckle. If the fat be yellow, and lean flabby and red, the lamb is of inferior quality, and will not keep. Where economy is a consideration, lamb should not be bought before it is five months old.

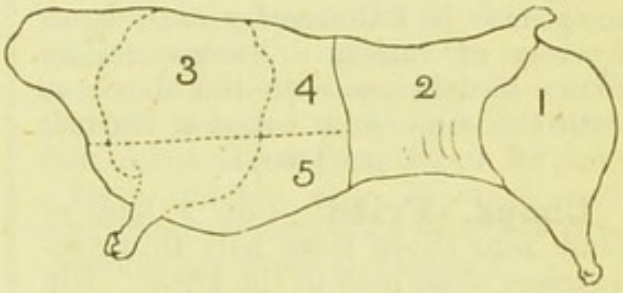


Fig. 88.—Lamb Divided into Joints.

When lamb becomes large enough, the quarters are sub-divided into joints. The leg is the most profitable for a family, but the shoulder is very delicious in flavour. The loin makes a most excellent roast, while the neck and breast may be cooked in various ways, all of them appetising. The head, sweetbread, and fry are much esteemed, and furnish many dishes of a dainty kind.

See also Entrées, Cold Meat Cookery, and recipes under Mutton.

Breast, Boiled.—Follow the recipe for mutton; serve a nice white sauce with it; caper, white mushroom, and others are equally suitable. The vegetables served with it should be young, and may be cut into fanciful shapes. Green peas are as good with boiled lamb as with roast, though seldom served with it. Cost, about 8d. or 9d. per pound.

Breast, Broiled. — Required: lamb, stock, seasoning, &c. Trim a breast of lamb, and put it into a stewpan with as much stock as will just cover it. Add a bunch of sweet herbs and an onion stuck with one or two cloves, and let it simmer very gently until it is sufficiently tender to remove the bones, then take these out. Sprinkle a little pepper and salt over the meat,

brush it over twice with egg and bread-crumbs, to which, if liked, a little chopped parsley can be added, or a teaspoonful of powdered herbs, and broil it over a clear fire. When it is brightly browned on one side, turn it carefully to brown the other; serve hot with SAUCE DE MENTHE, or with ordinary mint sauce. The following can also be recommended. Put a gill of good stock from lamb or mutton bones on to boil; add the same measure of BROWN SAUCE, the juice of half a lemon, a teaspoonful of chopped capers, and the same of red currant jelly; put in a pinch of cayenne last thing. This recipe may be followed for roast lamb by way of variety. BROWN CAPER SAUCE is delicious with the above, or with the same joint baked or roasted. Cost, 8d. to 9d. per pound.

Chops, Fried.—Cut a loin of lamb into chops from half to three-quarters of an inch in thickness. Dip each one into beaten egg, and afterwards into bread-crumbs, flavoured as follows:—Mix three ounces of finely-grated bread-crumbs with a saltspoonful of salt, half a saltspoonful of pepper, a tablespoonful of finely-chopped parsley or mint, and a quarter of a teaspoonful of finely-minced lemon rind. Fry the chops in good dripping until lightly browned on both sides. Serve on a hot dish, and garnish with slices of lemon or crisped parsley. Time to fry, ten to fifteen minutes. Cost, about 1s. per pound.

Chops, Grilled.—Cut the chops about half an inch thick, trim them neatly, flatten them, place them on a hot gridiron over a clear fire, and let them remain until brightly browned on both sides, turning them with steak-tongs when required. Season them with pepper and salt, and serve as hot as possible. Garnish with parsley. Mashed potatoes, asparagus, green peas, or spinach are usually served with lamb chops. Time, about ten minutes. Cost, about 1s. per pound.

Chops with Cucumber Sauce.—Dip the chops in beaten egg and bread-crumbs, and fry them (*see* CHOPS, FRIED). When nicely browned, arrange them in a circle on a hot dish, and put in the centre a purée of cucumber (*see* DRESSED VEGETABLES). Or cucumbers fried or boiled may be substituted. Cost, about 3s. 6d. for a dish of six or eight.

Fore Quarter, to Roast.—This joint can scarcely be too fresh when dressed. Remove the scrag, the shank-bone, and the chine-bone, and crack the ribs half-way between the edge of the breast and the spine. Lay the meat down to a quick fire, and baste plentifully from the start until it is ready for the table. About ten minutes before it is taken up dredge a little flour over it, and froth and brown it nicely. A slice of fresh butter, a cut lemon, and a little cayenne should be sent to table, so that when the shoulder is separated from the ribs they may be ready for being laid between the two. This separation is sometimes effected before the joint is sent to table, but, of course, this must depend upon the wish of the carver. Serve the lamb with a cut paper ruffle on the shank-bone, and send a little gravy made from the roast under it. Mint sauce and salad generally accompany this dish, also a tureen of gravy.

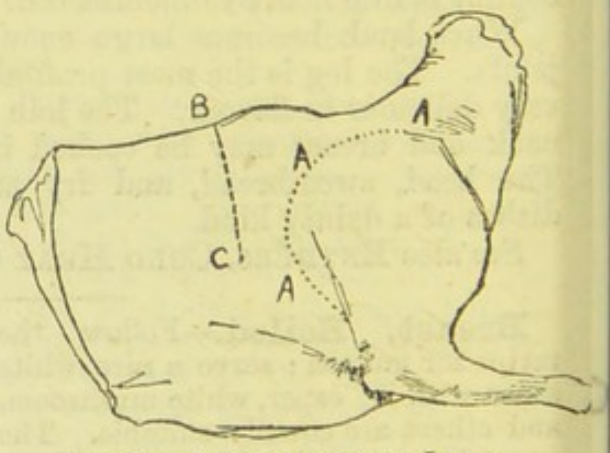


FIG. 89.—FORE-QUARTER OF LAMB.

To carve, separate the shoulder: *see* A A A in the diagram. This is then transferred to another *hot* dish, some lemon juice being squeezed over the

breast, the lemon first dipped in the cayenne. Then separate the ribs and brisket, and cut the ribs through; *see* C B. The guests should be asked if they prefer ribs or brisket. The shoulder may not be required at all while hot, the other parts being usually first chosen.

Another way.—Put slices of bacon over the thick part of the lamb, and brush the thin part with clarified butter before roasting. Before dishing, take the bacon off and dredge with crumbs; let them brown well, then serve. Probable cost, 9d. per pound.

Head and Heart.—*See* recipes under MUTTON. Reduce the time in proportion to the size.

Hind Quarter.—Take a hind-quarter of lamb, saw off the knuckle-bone, and wrap the joint in oiled or buttered paper. Put the roasting-hook through the shank end, and place the joint before a clear fire. Baste it frequently with good dripping. Twenty minutes before it is taken down dredge a little flour over it, brown it nicely, and place it on a hot dish, with two or three tablespoonfuls of good gravy with it, and the rest in a tureen. Mint sauce should always accompany roast lamb. A second sauce may also be sent to table. Send to table an empty hot dish upon which the carver may place the leg when it is severed from the loin. Time, twenty minutes to each pound, and twenty minutes over. Probable cost, 11d. per pound.

Send lemon, cayenne, and butter to table, as for the fore-quarter. In carving, treat the joints as if they were separately served, ascertaining the preference of the guests with regard to the parts.

Hot Pot (Superior).—Required: two pounds of loin or neck of lamb, four sheep's kidneys, half a pint of gravy, seasoning as under, and two pounds of potatoes. Cost, about 3s. 3d.

Cut the meat up, take the bones out, and stew them down for stock, which should be nicely flavoured, and thickened a little with roux. Butter a deep dish, line it bottom and sides with some of the potatoes, parboiled and sliced. Quarter the kidneys, and put them next, with the meat, and a sprinkling of salt and pepper, with chopped mint or parsley, and a suspicion of minced shalot over each layer. Put the rest of the potatoes on the top, and pour the gravy over. Bake in a moderate oven for an hour and a half. The dish should be covered until nearly done, then left uncovered, for the surface to brown. To assist this, brush the potatoes over with thin glaze, or shake fine raspings over. Before serving, sprinkle with chopped parsley. Send to table in the dish as hot as possible.

Lean mutton can be used, and mushrooms or tomatoes added if preferred to the herbs and shalots.

Kidneys. — These are usually served with the FRY (*see* next page).

Lamb, Cooked Whole (sometimes called Lamb à l'Espagnole).—On the Continent lambs are occasionally roasted entire, something like sucking-pigs, and are very delicate and good. It is evident that for this the animal must be very young, not more than five or six weeks old. The only preparation required is to remove the skin, take out the fry, and cut off the feet; then cover the lamb with slices of bacon fastened on with fine string, put it down to a clear fire, and let it remain until done enough. Take the bacon off about a quarter of an hour before the lamb is taken up, so that it may brown, and take care that it is equally cooked all over. Squeeze the juice of a lemon over it before serving, and send BREAD SAUCE and brown gravy to table in a tureen. Time to roast, two hours and a half or three hours. Probable cost, uncertain, lambs suitable for this dish being seldom offered for sale.

Thickly buttered paper, five or six folds, is sometimes used in place of

the bacon, but care is needed to prevent burning of the lamb.

Lamb, with Okra and Tomatoes.—Required: a loin of lamb, or small mutton, a tin of "okra and tomatoes," a dozen small tomatoes, a cucumber, cut into dice shapes and boiled until tender. Cost, about 10d. or 11d. per pound.

Roast the meat as usual, then cut it up; put the pieces round a hot dish. The tin of okra and tomatoes should be heated, and the superfluous liquor drained off; mix with the tinned vegetables an ounce of butter and a little seasoning, and put in the centre of the dish. Bake and glaze the tomatoes, and use them for garnishing, some on the top and the rest round the meat, using the cucumber as a foundation for them to rest upon. Make gravy as usual, add the liquor that was drained from the tin, boil up, and serve separately.

Veal may be served in the same way; and pork is equally good; but the latter is improved by adding some French mustard to the gravy, and a good-sized onion, fried, may be used instead of cucumber for the garnish. (*See* also OKRA SALAD.)

Lamb, Roll of. — Required: lamb, bacon, seasoning, &c. Cost, about 3s. to 3s. 6d. inclusive.

Take three pounds of lean lamb, and mince it very finely with a pound of fat bacon. Mix with it a teaspoonful of white pepper, the grated rind of a lemon, the eighth of a nutmeg, grated, a finely-minced shalot, half a teaspoonful of powdered thyme, one egg, beaten up, and salt according to taste. The quantity of salt will depend upon the condition of the bacon. When thoroughly mixed, roll the seasoned meat into a neat shape, something like a roly-poly pudding; cover it with a thick fold of buttered paper, and place over this a coarse crust made of flour and water. Put it in a moderate oven, and when cooked enough, remove the paste and paper, and serve the roll of lamb on a hot dish, with TOMATO or CUCUMBER SAUCE round it, and green peas, spinach, or asparagus as an accompaniment. It will take two hours.

Lamb's Feet.—Proceed as for SHEEP'S FEET, and after the cleansing and parboiling, finish them off in either of the ways given under that heading; or follow any recipe for CALF'S FEET, reducing the time in proportion to their size. They are delicious when coated with a nice white sauce. Cost, variable.

Lamb's Fry.—A fry proper consists of the heart, sweetbreads, liver, kidneys, frill, and milt; and if the head is bought at the same time the brains may be added with advantage. If carefully treated, this is delicious; but it is often fried and hardened, so as to be scarcely eatable. Trim the sweetbreads, and boil them in white stock for twenty minutes; then take them up, and boil the brains in the same stock until firm; then dry them, and cut them up with the sweetbreads; egg and crumb them, and fry to a delicate brown. Stew the heart and milt in the stock; slice and fry them with the liver and frill (the latter need not be parboiled). Slice the kidneys, fry them for a minute or two, tossing and turning. Now thicken and season the gravy, and pour it over the fry. Garnish with sprigs of fried parsley and some slices of lemon. Cost, variable, according to demand; about 10d. per pound.

For ordinary methods of cooking this, *see* PIG'S FRY, p. 358. For the separate treatment of the sweetbreads, *see* ENTRÉES AND MADE DISHES.

Leg, Boiled.—Put a plump leg of lamb into as much boiling water as will barely cover it. Let it boil a few minutes, then add a little cold water; draw the pan to the side of the fire, remove the scum carefully as it rises, and afterwards simmer *gently* until done enough. A teaspoonful of salt should be put into the water when the lamb is three parts done. Put the meat on a hot dish, garnish it with

tufts of boiled cauliflower or carrots, or other vegetables to taste, and send caper sauce to table with it, a little poured over the joint, and the rest in a tureen. Time, from eighteen to twenty minutes per pound. Cost, 11d. or 1s. per pound.

Leg, Roasted or Baked.—Follow the directions given under MUTTON. If the joint is baked, a hot water tin or a substitute must be used, that it may retain its delicacy of flavour, and very frequent basting and slow cooking are important. Remember these in estimating the time required.

Leg, Stewed.—Required: meat, stock, and vegetables. The first thing to decide is whether a brown or white stew is desired. If the first, brown the meat all over in hot fat, then drain it, and cover with stock made from mutton bones, and coloured a pale brown. The shank of the lamb should be added in making it. Put in vegetables of the usual kind, with a few peppercorns, but do not overseason it. Half an hour before it is done, boil some peas separately; they should be young; prepare some turnips, by boiling, and cutting them in halves, and cut some carrots into dice; scoop out the centre from the halves of turnip. (*See* VEGETABLES.) Take up the meat, thicken the gravy (the vegetables will not be wanted), and pour a little over the meat. Put the turnip cups round, filled with the peas, and the carrot in heaps between. Serve the rest of the gravy in a hot tureen. For a *white* stew, do not fry the meat or brown the gravy; and before serving, make some white caper sauce, by taking some of the stock for the purpose. Pour some over the meat, and put vegetables as above about the dish; or white vegetables only, with little heaps of peas, will do. Or plain white sauce can be poured over the meat, and the same sprinkled with chopped parsley, over the vegetables. Cost, about 11d. per pound.

Neck, Stewed.—Required: meat, stock, and vegetables. Joint a neck of lamb, and put it in a stewpan with a carrot, turnip, and an onion, sliced; add stock, made from a mutton bone, to just cover it; or the liquor from boiled mutton will do; put in a tablespoonful of chopped capers, and an ounce of rice; cover, and cook an hour and a half or thereabouts, very gently—nice young vegetables should be used, and the onion should be scalded. Put the meat and vegetables on a dish, boil the gravy quickly, add a little brown roux and seasoning; boil up well, and pour it over the meat. Cost, about 9d. per pound.

Another way.—Prepare the meat as above, and add the stock; cut the vegetables in squares (*see* HARICOT MUTTON), and add them after the meat has cooked for a time; or, instead of mixed vegetables, a pint of freshly-shelled green peas may be put in, half an hour before serving, with a tablespoonful of mint sauce last thing, or some chopped mint can be added with the peas. The scrag end of a neck of lamb, or mutton, must be well washed, or constant skimming during the cooking will be needed.

For other methods of cooking this joint, *see* MUTTON.

Saddle.—A saddle of lamb is an elegant and excellent joint for a small party. Cover it with buttered paper, and lay it down to a clear fire. Baste it well, and when nearly cooked enough, remove the paper, dredge a little flour over it, and baste it again until it is nicely browned. MINT SAUCE should be sent to table with it, and green peas, spinach, cauliflowers, or potatoes are very suitable as accompaniments. The meat is improved by a thin coat of glaze. Allow about twenty to twenty-five minutes per pound. Cost, about 1s. per pound.

Shoulder, Stuffed and Stewed.—Take a shoulder of lamb, remove the blade-bone without injuring the outer skin, but leave in the shank.

bone. Fill the cavity from which the bone has been removed with a delicate veal forcemeat. Sprinkle the inner surface with a little salt, pepper, and grated nutmeg, and draw together the edges of the shoulder with some strong thread. That is, it is not to be rolled, but retain its original shape: only an expert in the boning art should attempt this. Stew in stock, and garnish the dish with fried cucumber, little tomatoes, or mushrooms; or with a purée. The gravy should be well reduced, and thickened with brown roux. Quite a plain stock will suffice. Cost, about 9d. per pound.

Target.—The rib or target of lamb consists of the neck and breast-joints left undivided. Saw off the chine-bone, and remove the flat bones which adhere to the meaty part of the neck. Partially divide the ribs, and cover the joint with buttered paper. Lay it down before a clear fire, and let it remain until done enough. A few minutes before it is ready, remove the paper, and brown the meat nicely. Place it on a hot dish, and send brown gravy and mint sauce to table with it. Time to bake or roast, an hour or more. Cost, about 8d. or 9d. per pound.

VENISON.

VENISON, like mutton, is better when of mature age. It must be kept until in the right state for table, and much care is needed to cook it properly; but when properly dressed, and served very hot, with plenty of good gravy, it is in every respect worthy of the high estimation in which it is held by epicures.

There are three kinds of venison known in Great Britain; the stag or red deer, peculiar to Ireland; the roebuck, known only in the North of Scotland; and the fallow deer, common in England. Of these the fallow deer is much the best. Buck venison, which is in season from June to the end of September, is finer than doe venison, which is in season from October to December. Neither should be dressed at any other time of the year. The haunch is the prime joint, though the neck and shoulder are much approved, and may be dressed in various ways. As soon as it is cut up it should be taken into a cool dry larder, dried with a cloth, and hung in an airy place. Dry ginger and pepper should be dusted over it to keep off the flies. It should be examined and carefully wiped every day, or twice a day in unfavourable weather, and it should be kept as long as it is possible to preserve it untainted. Excepting in very mild weather, it will keep a fortnight with care. In order to ascertain its condition, run a skewer close to the bone, and from this judge of the sweetness of the venison. If it should inadvertently become musty, first wash it with lukewarm water, and afterwards with tepid milk and water, then dry it very thoroughly.

The lean of venison should be dark and fine in the grain; the fat, of which there should be a good supply, ought to be firm, white and clear. To ascertain the age, the cleft of the hoof, which is always left on, must be examined. If very smooth and small, the animal is young. If rough and large, it proves age.

Breast, Stewed.—Cut up the back ribs or the breast of venison into small neat pieces. Flour these, and fry them in butter with three or four sliced onions to each pound, and a small quantity of bacon cut into dice. When the meat is lightly browned, drain away part of the fat, and pour over the meat a cupful of good stock; add a small bunch of sweet herbs, half a teaspoonful of anchovy, and a little pepper and salt. If the flavour is not objected to, a clove of garlic may be added, or the saucepan may be rubbed once or twice with a freshly-cut clove. Place the stewpan over a gentle fire till the venison is tender. Thicken the gravy with a little brown thickening, and let it simmer until it has thrown up its grease. Put the meat on a dish, strain and skim the gravy, and pour it round the venison. Garnish with fancy shaped pieces of toast, or fried bread. A few stewed mushrooms will be a great improvement to this dish. When venison cannot be had, well-hung four-year-old mutton may be used instead. This stew may be served in a casserole of rice or potatoes. (*See* later chapters.) It is an excellent way of dressing venison which is lean and dry. Time, about two hours. Probable cost of venison, very uncertain, varying with the supply.

Chops.—For a plain dish, cook these in any of the ways directed for mutton, but with venison sauce or gravy. Or just dissolve some red currant or other jelly, and send it to table in a hot tureen. Broiling or grilling should be preferred to frying. The chops may be plain or breaded. Tomato butter or conserve, heated, or good brown tomato sauce, will be liked by some. Bacon finds favour with a dish of venison chops sometimes; it can be served on the same dish, alternately with the meat. However the chops are cooked, do not keep them a moment before serving. If a hot water dish is not at hand, use a well-heated dish, and set it over boiling water while carrying it from the kitchen. A well-boiled, floury potato is a favourite and suitable accompaniment.

Crusted Venison (a German recipe).—Any joint can be thus prepared. After washing (it must be well hung), lay it flat in a pan, with cold water to cover it; supposing two quarts of water, add half a cup of vinegar, a carrot, an onion, a bay leaf, a bunch of herbs, as varied as convenient—basil and marjoram are necessary—two cloves, a score each of allspice berries, black peppercorns, and juniper berries, and a teaspoonful of salt. Skim when it boils, and cook until done. When tender, take it up, wipe the surface, and spread it with beaten egg. Mix brown bread-crumbs with a teaspoonful of brown sugar, and half a teaspoonful each of ground cloves and cinnamon; sprinkle them over the meat to the thickness of half an inch. Skim off some of the fat from the pot liquor, and baste the crumbs with it; then bake it brown; serve sweet pickles with it, in addition to gravy.

Note.—We give this as received, but advise that hot or boiling water be used instead of *cold*, for the purpose of keeping in the meat juices; and that the spices be reduced a little, particularly the cinnamon. The recipe may then be followed for good, tender mutton, as successfully as for venison.

Cutlets.—Cut from the loin, and cook the same as chops. Many of the gravies and sauces given for game may be served with these, and *in* some of them the meat may be stewed. French beans are always good with venison; as enjoyable with cutlets as with a joint. Mushrooms are liked by many, and tomatoes cooked in a savoury manner are excellent. If stuffed with herbs, bread-crumbs, and bacon, then baked brown, they are most appetising. (*See* recipes under VEGETABLES.)

Cutlets, Broiled.—This is a very excellent dish. The cutlets should be thick, from well-hung meat, dipped in hot fat, and cooked in a

Dutch oven at a sharp fire. Fried bread-crumbs, first seasoned, should be sprinkled over just before they are served, and the dish should be garnished with sweet pickles, or pickled walnuts; if the latter, put them in the oven to drive off the acidity. Let the sauce or gravy be little and good, and if jelly is served, it may be heated with advantage. If more convenient, the crumbing can be omitted.

Hash or Mince. (*See* COLD MEAT AND SCRAP COOKERY.)—Under the head of MUTTON will also be found dishes in which the remains of cold venison might be served up in a very appetising manner.

Haunch.—Take a well-hung haunch of venison, weighing from eighteen to twenty-five pounds. If it weigh less it will not be fully-flavoured. Be sure that it is in good condition. To ensure this, it should be hung, as soon as it is brought in, in a cool, airy situation. The kernel of the fat should be at once removed, the part from which it is taken wiped dry, and it, as well as the entire haunch, should be dusted with pepper and powdered ginger. The haunch should be examined twice a day, and if any moisture appears it should be wiped with a dry cloth; and the meat should be kept as long as it can be preserved sweet and untainted. In order to ascertain whether or not it is ready for dressing, run a skewer into the flesh close to the bone, and from this judge of the state of the meat. When it is to be roasted, saw off the shank-bone, remove the sinews, scrape away the dark dry skin from the skirt, and also the dried surface of the under part. Wipe the haunch thoroughly with damp cloths which have been wrung out of lukewarm water, then dry it perfectly. It should be remembered that the more fat there is on the joint the better it will be, and that, in roasting the main object is to preserve the fat. Therefore, first cover the haunch with a large sheet of well-greased, thick, white cartridge paper, then with a *stiff* paste of flour and water rolled out to the thickness of three-quarters of an inch, and tie securely over this with string or tape two additional sheets of greased paper. Put the haunch down to a clear, sound fire, quite near at first, to harden the paste. Draw it back after a minute or two; baste the venison the moment it is put down to prevent the outer paper and the string from burning, and continue to baste frequently and liberally till done enough. Half an hour before it is done, remove the paper and the paste from the meat, and fifteen minutes after take away the last paper. Sprinkle a little salt over the meat, dredge the surface lightly with flour, and then baste with butter. Pour the fat from the dripping-tin, keeping back any brown gravy there may be. Add half a teacupful of boiling water to this gravy, pour it into a saucepan, and skim off the fat. Boil it, and add a little salt to it. Put the haunch on a very hot dish, and pour the boiling gravy through a strainer round it. Pin a frill of white paper round the knuckle-bone. Send venison gravy to table, and let red currant jelly be served separately; some should be heated, and some cold. French beans plainly boiled are a suitable accompaniment to haunch of venison. Venison fat freezes so quickly that especial care should be taken that the plates are very hot; indeed, hot water plates, as well as a hot water dish, ought to be used. Time to roast the venison, from four to five hours, or about thirteen minutes to the pound when the haunch is weighed with the paste on. Doe venison will be done half an hour before buck venison. Venison is preferred underdone rather than overdone. Probable cost, very uncertain.

Some cooks omit the flour and water paste; then the haunch will not need to be down so long. This is condemned by many cooks, but some contend that in some respects the meat is improved by the omission.

Haunch, to Carve.—This is not a very difficult task. In carving a haunch of venison, first cut it across down to the bone in the line, A B; then turn the dish with the knuckle farthest from you, put in the point of the knife, and cut down as deep as you can in the direction shown by the dotted lines, A to C; you may take out as many slices as you please on the right and left. The knife should slope in making the first cut, and then the whole of the gravy will be received in the well. It is held by genuine epicures that some parts of the haunch are better flavoured than others, but it is doubtful whether ordinary palates will detect any difference. Slices of venison should not be cut thick, and plenty of gravy should be given with them. The fat is very apt to get cool soon, and become hard and disagreeable to the palate. For this reason, very quick carving is absolutely necessary for this joint. The long slices contain most fat at the loin end. The outside knots of brown fat are much esteemed by

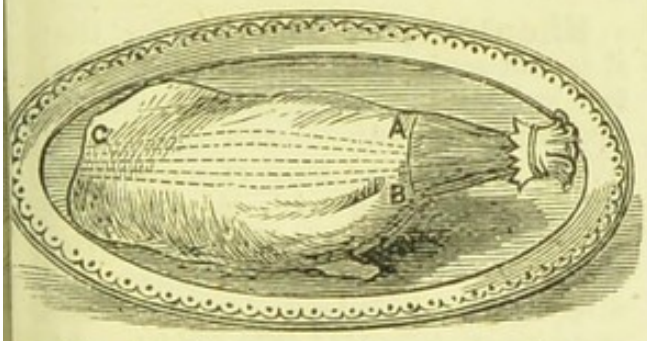


Fig. 90.—Haunch of Venison, to Carve.

most people. It should be remembered in carving, that to please one's guests in the matter of serving the various parts of a joint, is as much the duty of the carver as it is to cut the meat to the best advantage; and this may be done without disfiguring the joint, by the exercise of forethought in requesting those present to express their preference.

Neck, to Roast.—Let it be separated from the shoulder when quite stiff, then shorten the rib-bones, but do not cut through the fat. Saw off the chine-bone, and remove the small bones that cover the fillet part of the neck. The piece of fat from which the bones are taken should be rolled over the ribs. Prepare the neck as already directed for other joints, and serve in the same way, and with the same accompaniments. Very often the flour and water paste is omitted in this case, and plenty of greased paper only is used. Time, about twelve or thirteen minutes per pound.

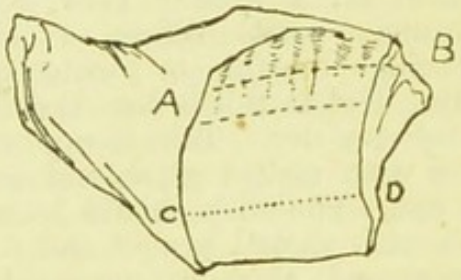


Fig. 91.—Neck of Venison.

This is an excellent joint for a small party. To carve it, proceed as for a saddle (this should always be cut saddle fashion), cuts being made in the direction of A to B, and C to D; from the latter part fat portions are obtained. Some from each part should be served to all present.

Red Deer.—This should be cooked in every respect like ordinary venison, as in other recipes. It requires to be well hung. Some regard it as very delicious, others as coarse and ill-flavoured. But whatever may be the opinion of sportsmen, it is, on the whole, less in favour than well-fed venison of the usual kind.

Roebuck. — The roebuck, or common roe, is of a reddish-brown colour, and, though small, is elegant in shape, and nimble. Plainly dressed, it is not worth much, but when marinaded, larded, or jugged, it is very good. The flesh has been compared in flavour to mutton.

Roebuck, Haunch of, Marinaded. — Required: meat, sauce and marinade, as below. Cost, uncertain. Prepare a marinade sufficiently

deep to cover the surface of the haunch, the ingredients being in the following proportions :—With a pint of vinegar put a quart of water, two onions finely minced, four cloves, a blade of mace, half a teaspoonful of peppercorns, a little salt, a sliced carrot, three or four sticks of celery, and a bunch of sweet herbs. Boil all together for half an hour, strain, and put into a pan large enough to hold the roebuck. Put the haunch in the marinade for a week. Take it up, spit, and roast before a clear fire, being careful to baste constantly. Unless this is done the meat will be very dry. Take it up, brush it over with melted glaze, and serve very hot. The dish should be garnished with stewed prunes and fried potatoes, and a sauce, prepared as follows, should accompany it, a little poured over the haunch, and the rest in a tureen :—Cut an ounce of lean ham into dice, and fry it in a little butter with a small carrot, a stick of celery, and an onion, all cut small, half a teaspoonful of peppercorns, a quarter of a blade of mace, and a pinch of powdered thyme. Stir these ingredients over the fire until they are lightly browned, then add two tablespoonfuls of vinegar and one of ketchup. Let the liquor boil, and put with it half a pint of brown sauce, a wineglass of sherry, and a teaspoonful of anchovy. Let the sauce boil carefully, skim off the fat, &c., strain it, and it will be ready for use. Time, about an hour and a half. Roebuck is better if larded.

Roebuck, Jugged.—Required: meat, stock, vegetables, &c., as below. Cost, uncertain. Cut a breast of roebuck into small chops, fry these with three or four slices of good bacon in butter till they are lightly browned, then pour off the liquor, and mix flour with it to make a roux (*see* Roux). Moisten this with as much good stock as will cover the pieces of roebuck, and add four or five onions with half a dozen cloves stuck in them, three or four inches of thin lemon rind, a bunch of sweet herbs, and a little pepper and salt; a few mushrooms may be added if liked. Put all into a stewpan, cover closely, that no steam may escape, and when the liquor has boiled draw the pan to the side, and let its contents simmer gently until done enough. Put the meat on a dish, arrange the vegetables round it, pour the sauce over, and serve very hot. Time, about two hours.

Sauces and Gravies. — On page 88 will be found three recipes for gravies. If sauce is served in addition, the gravy should be plain—*i.e.* the first recipe. The third, viz., sweet gravy, is, in a sense, a gravy and sauce in one; *i.e.* it is not necessary to serve any sauce; but some gravy of the plain kind is always desirable, as it is so often preferred, with a morsel of jelly, to any other. When sauce is wanted, any of those given in hot sauces for game or dark meats may be served : Sauce à la Calypso is very good, either with venison or mutton.

Shoulder, to Roast.—See that it is not separated from the neck until the animal is cold and stiff, or the appearance of both joints will be spoilt. When it has hung long enough, cover it before roasting with thin slices of fat mutton; this is important. After this, cover with a greased paper, and although it is better if a flour and water paste be added (like the haunch), this may be dispensed with if the mutton fat be plentiful, and the basting very thorough. Finish off and serve as directed for haunch, but cook a shorter time. Cost, very variable.

Shoulder of, to Stew.—This is a very excellent joint; it is not costly, but takes some little time. Bone the shoulder and flatten it well on a board. Season it inside and out with a savoury powder, made with a tablespoonful of salt, half a teaspoonful of pepper, a good pinch each of cayenne and ground nutmeg, and the rind of a quarter of a lemon grated. Then, over the lean, put a few thin slices of

raw mutton fat, and lay a few more in place of the blade-bone. Roll it very tightly, and tie with tape; wrap it in a cloth, and tie the ends like a pudding. Cook it in stock, made from the bones, until done, then untie it, coat with glaze, and serve with a pint of gravy, thickened with brown roux, and flavoured with a small jar of currant jelly.

Steaks, with Bacon.—This is an American dish. The steaks are partly cooked in a frying-pan in the usual way; a slice of bacon cut to the size, is then put on each side, and when the bacon is cooked and browned the steaks are served round a dish. In the centre a sauce is put, made like the English bread sauce, but with stock or gravy in place of milk; it receives a rather high flavouring of cayenne, mace, and cinnamon, and to each half-pint a heaping tablespoonful of any fruit jelly is added. Sometimes the jelly is omitted, and put in heaps on little plates, one to each guest. Cranberry jelly is one of the chief favourites.

Smoked venison is much liked in America; it is usually sold in canvas bags, like Westphalia hams, and keeps a long time. If for cutting into steaks for broiling, &c., it is soaked in water first. It is also boiled in the same way as ham, but is cooked in a shorter time.

Venison, Breast of.—This is often made into a pasty or pudding (*see* RECIPES). Or it can be stewed. It is sometimes roasted, but is considered the least satisfactory joint for the purpose. In many little dishes from mutton, some breast of venison would be a considerable improvement; and in dishes of game the venison could increase the meat if the game ran short, in many instances without detriment to the dish. This joint furnishes material for a first-rate dish of devilled meat, either *dry* or *wet*. A *broil* made by stewing the breast in stock until nearly done, then scoring and seasoning it, and finishing it off before the fire, can be strongly recommended. A tureen of brown piquant sauce, and some grilled mushrooms put on the dish, are the only adjuncts necessary; though the addition of jelly is a matter of taste. Cost, variable.

Venison, Roast (a German recipe).—Hang the venison as long as possible; wash and dry it, when ready to cook, and beat it well; pull off the skin, and lard the fleshy part all over with bacon cut two inches long, and a suitable width. Bake the meat if more convenient, but whether baked or roasted, baste often, using sour cream, or milk with two ounces of butter to each half-pint. Make a gravy in the pan by adding a little water to the bastings, and flavouring with salt, lemon juice, and grated rind, and a little black pepper. Spice is sometimes added. A shoulder is a good joint for the above treatment.

Venison, Roast (a New York recipe).—Take any joint, according to taste and requirements, and cook it in its usual coat of paste and paper. Flour it well, mixing ground ginger and pepper with the flour, and let it be well frothed. Make a thick sauce by putting a pint of pure tomato pulp in a lined saucepan, with a teaspoonful of extract of meat, and half an ounce of chopped capers; an ounce of black currant jelly should be put in a few minutes later, together with the same weight of brown roux. Season with salt, a pinch of white sugar and ginger, a dash of cayenne, and a squeeze of lemon juice. Send to table very hot, and pour a little plain gravy round the meat. This can be recommended.

PORK.

THIS, more than any meat, must be chosen with the greatest care. The pig, from its habits, is particularly liable to disease and if killed and eaten in an unhealthy state, those who partake of it may pay dearly for the indulgence. Dairy-fed pork is best, and it is safest to buy it direct from a farm, or from a reliable dealer. Pork is in season only in cold weather, and should be rigidly avoided in summer; it is then positively dangerous. The fat should be firm, and the lean delicate in colour, and fine in the grain; the skin should be delicate. If the skin is thick, the pig was old; if clammy, it proves staleness. Kernels and discolorations in the fat prove an unhealthy condition at the time of killing. Pork cannot be kept long in the fresh state, but unless hung for a short time it will be hard. All the internal organs cannot be too fresh when eaten. We would specially warn the inexperienced against what is known in the trade as "offal-fed pork." It is, however, never seen in good localities, and no butcher with a reputation to maintain deals in it. It can be told by its dark colour, strong smell, and unpleasant flavour. No meat requires more care in cooking than pork: the least portion underdone is more than unwholesome, and it should be withheld from persons of weak digestion, as well as invalids generally. A porker—*i.e.* a pig less than a year old—is usually divided as follows:—

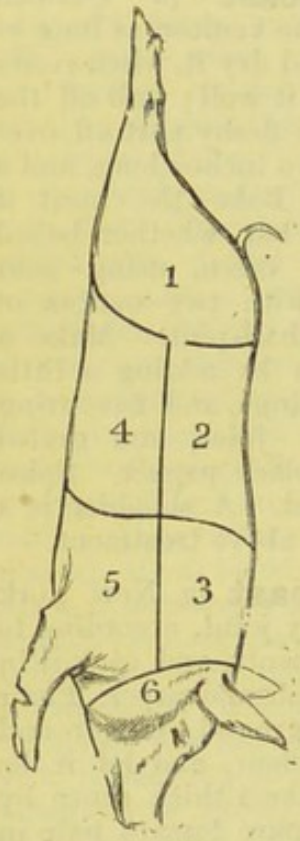


FIG. 92.—A SIDE OF PORK.

(*For a* BACON-PIG *see* BACON.)

1. Leg. May be boiled or roasted. A very profitable joint.
2. Loin. Includes fore-loin and hind-loin. Roasted generally.
3. Spare-rib. Usually roasted, or cut into chops, like the loin.
4. Belly. Boiled, either fresh or slightly salted.
5. Hand. Sometimes boiled fresh, often salted.
6. Head. Boiled fresh, or cut through and salted. Also used for brawn.

In addition to the above, there are the *feet*, which are often salted and boiled, but there are various ways of serving them; the *fry*, which includes the heart, liver, sweetbread, &c.; and the *chitterlings*. The internal fat is melted down for lard. Recipes are given under the respective headings. (*See* also SUCKING PIG.)

See the chapters ENTRÉES AND MADE DISHES, COLD MEAT AND SCRAPS, SAUSAGES, &c., PIES AND PUDDINGS, and PASTRY, for such pork dishes. Dishes from salted pork are given under SALTED MEATS.

Boiled Pork.—*Fresh* pork may be boiled like other meat, and is very delicate eating. It should be small and lean, or will be found too rich. Let the water boil, and then put in the meat, with some carrots and turnips, an onion, and a stalk or two of celery; add a morsel of salt, and simmer all the time; skim as needed, and put in more salt near the end. A bunch of herbs, consisting of a leaf or two of sage, a bay leaf, and a sprig of thyme, parsley, and marjoram, will improve the meat considerably. As to the time, it must be proportioned to the age of the meat and the thickness of the rind. A leg may take twenty to thirty minutes per pound; a belly may want fifteen minutes or a trifle more only. Send a nice sauce to table. Celery, Mild Onion, Parsley, Parsley with Chives, Rice, and Tomato may be instanced as suitable; and Bread Sauce, although more often served with roast pork, is very delicate and nice; a sprinkling of sage can be added to it. Vegetables, as carrots, turnips, or parsnips, should be served freely; or a purée of split peas, or peas-pudding, is suitable. The purée is the nicer. The foot should be taken from a leg, and the knuckle-bone garnished with a frill, if a dish removed from a very plain one is desired. Cost, from 6d. to 8d. per pound, according to the part chosen and time of year.

Chine.—This is taken from the spine, between the shoulders; it is generally salted for a few days before boiling, and is frequently sent to table with boiled fowls or turkeys. There is a good deal of fat about it. If only lightly salted, it can be put on to boil in warm water. It is sometimes kept in brine for ten days, then it must go on in cold water; it wants slow cooking and frequent skimming. It is sometimes roasted, after sprinkling with salt and hanging for a day or two; then, to avoid hardness, it wants very slow cooking; the meat should be scored lengthwise, and brushed with butter or oil, and well basted. Powdered sage is sprinkled on it before it is taken down, and a good gravy is poured round it. Sometimes the fat, or most of it, is removed. For a very savoury dish, a powder made by mixing together pepper, cloves, and nutmeg, with salt, sage, parsley, and thyme, all dried and sieved, is put in after the meat is scored. In country places, chopped chives or small onions are added, and an excellent dish is the result. The chine is frequently left until cold before carving when this method is adopted; and although it may be baked, it is oftener boiled. The quantities of the various ingredients are regulated by taste, but the herbs should predominate. In a chapter on Seasonings, &c., will be found recipes that could be followed by those unaccustomed to dishes of this sort. They are more frequently met with in the country than the town. Cost, about 6d. per pound, but variable.

Chops, or Cutlets.—Speaking generally, it will be found that plainly cooked chops and cutlets of pork are best liked, though rich sauces and gravies are often served with them. For any but small meat, frying should be avoided; broiling or grilling is the better. The meat may be floured, and brushed with liquid fat; or coated with crumbs; or with egg and crumbs; or simply seasoned with pepper. At least twenty minutes must be allowed for a chop of medium thickness; the kidney end of the loin is most liked. The best end of the neck must be chosen for cutlets. When any dressed variety is required, many recipes given under veal and mutton (*see* also Made Dishes) may be followed with certainty of success. Very slight additions to the seasonings, &c., will in some cases be necessary, and to some of the gravies a dash of French mustard will give the necessary piquancy.

Fat, coarse pork, is never good as a joint; but in the form of a cutlet or chop it is simply detestable. The

quality of the meat is the first necessity, and a clean, well-heated gridiron is the next; the same may be said of the frying-pan or broiler. The toaster shown on page 325 can be used, and very successfully; the meat must be put a fair distance from the fire after a minute on each side, then when nearly done, if not brown enough, it must be put nearer. Pork chops are improved in appearance by glazing. Cost, from 7d. to 9d. per pound.

Of sauces suitable for serving, CHUTNEY, BROWN SAUCE, TARTARE, CELERY, ONION, APPLE, and others mentioned under ROAST PORK, may be instanced; and it may be taken for granted that fruit in any form—apples, raisins, tomatoes, and sweet pickles by way of example—not only add to the goodness of the dish, so far as the palate is concerned, but increase its wholesomeness. There is no doubt that pork and apple sauce are a scientific, though homely, combination of ingredients.

Chops, with Apples and Raisins.—Required: two pounds of loin chops, the kidney end, apples and raisins as below. Cost, about 2s.

Trim the chops free from some of the fat, sprinkle them with a pinch each of black pepper, ground ginger, cayenne, and curry powder. Rub the bottom of a frying-pan with a clove of garlic, melt in it some pork dripping, and fry the meat a good brown; flour it a little first, and see that it is well done. Have ready a tureen of apple sauce. Mix in four ounces of sultana raisins, first stewed in a little gravy to cover them; then add a pinch of curry powder. Dish the meat on a bed of spinach, and serve the sauce separately.

Another way to serve the above is to put some fried apples round the dish; or some apple sauce may be used; and to serve the raisins separately in a little thickened gravy.

It has been said, with truth, that a curried chop is a chop spoiled; but chops to which just a seasoning of curry is given, as above, are very agreeable eating.

Collops.—Required: a pound of pork, fat and lean together, two ounces of lean ham or bacon, four ounces of bread-crumbs, and some salt, pepper, and allspice; a pinch only of the latter, with a morsel of grated nutmeg, some raw eggs, and sweet herbs. Cost, about 1s. exclusive of sauce.

Mince the meat, and bacon or ham, add the crumbs and seasoning, and a raw egg; the yolk of a second may be needed; the mass should be soft enough to shape easily. Then make it into little cakes, the size of a florin; dip them in beaten white of egg, and coat with more crumbs. Put them in a sauté pan with a little pork dripping, turn them about until well cooked, but only lightly browned. Serve with gravy, or a sharp sauce, or with apples or tomatoes fried.

Or they may be put in boiling stock for a few minutes; they should then be only dipped in the white of eggs, no crumbs, then drained, and put in a pan on a bed of white onion sauce; another layer of sauce must be spread over them, and the pan kept hot by setting it in a tin of boiling water. They will be done in ten minutes, if they have had ten minutes' boiling.

Curried Pork.—This dish needs care, or it will be too rich to be pleasant. We recommend lean pork, and young; if bacon meat is used instead of that from a porker, the greater part of the fat should be cut away. For a pound of meat, make a pint of sauce (*see* CURRY SAUCE), and first parboil the meat, or fry it a little in a separate vessel; the latter is the more savoury. Then put it in the sauce to finish the cooking, letting it stew softly. A morsel of mustard, French is nicer, will improve this curry, and the proportions of apples and onions may be slightly increased; the richness of the dish will be the better counteracted. Time to cook the pork in the sauce, about an hour. It must be shaken from time to time, and a little liquid, water or stock, put in as re-

quired. The stock is preferably made from the water from boiled fresh meat or poultry; a strip of lean ham should be simmered in it to give flavour. The point is, freedom from grease and excessive richness. In addition to boiled rice, fried apples may be put about the dish. The rice can also be sprinkled with currants, prepared as for sucking-pig, or little piles of stewed sultanas will do instead. Cost, varying with the adjuncts.

Cutlets, with Moulded Potatoes.—Take the cutlets from the neck of nice lean pork. Trim them neatly, and sprinkle with pepper, and dip in warm butter; broil them for ten minutes, turning as usual; the heat must be gradual after the first minute or two. Then put them in butter again, and coat with bread-crumbs that have been browned in the oven; put them on firmly, and finish the cooking, giving ten minutes or longer, according to thickness. Dish them on a very hot dish, with moulded potatoes (browned) in the centre (*see* VEGETABLES), and pour round any nice sauce of the piquant kind, or chutney; or any other can be substituted.

A purée of onions or celery can be used in place of potatoes, or both vegetables may be served. Cost, about 9d. per pound.

Cutlets, with Onions.—Required: Some cutlets as above; a pinch of cayenne and mixed herbs should be mixed with the crumbs, and after the partial cooking by grilling or broiling, the meat may be fried after crumbing, or finished off in a moderate oven. It should be nicely browned, and well done. Then put a ring of fried bread in the middle of the dish, spread it thickly with fried onions, and fill the centre with apple sauce, mixed with a small quantity of thick brown sauce. Dish the cutlets round the bread, and pour a little more apple sauce round the base. Cost, about 9d. per pound.

Faggots.—Few people make these at home in towns where they are readily obtained at pork-butchers'. There are many ways of preparing them; the cheapest varieties consist for the most part of bread and herbs, with a small proportion of liver and pork. The following is a good recipe: Required: a pound and a half of pig's liver, half a pound of fat pork, a teaspoonful each of sage, parsley, and thyme, powdered, a good-sized onion, half a pint of bread-crumbs, two eggs, a teaspoonful of pepper, and double the quantity of salt, a pinch of grated nutmeg, and a pig's caul. Cost, about 1s. 6d.

The meat must be very finely minced, and mixed with the seasoning, then put in a jar or basin, and steamed in a saucepan, with boiling water half way round it, for an hour. It must then be left to cool before mixing with the crumbs and eggs. After beating well, make the mass into balls, and flatten a little; wrap them singly in pieces of the caul, and bake gently to a pale brown, about half an hour; or the pig's caul can be omitted, and the faggots baked with a little gravy in the tin. The onion should be scalded and chopped if a mild flavour is liked; otherwise it can be put in raw, and in rather larger pieces. A sheep's or calf's liver can be used if preferred, and a kidney may be added with advantage.

Feet, Boiled.—Scald and scrape the feet of a fully-grown porker, and carefully remove the covering of the toes. Split them in halves, lengthways, and bind them securely with tape in their original position. Put them into a stewpan, with a quart of hot stock or water, a bunch of parsley, a sprig of thyme, a bay leaf, two onions, two carrots, a stick of celery, and a little salt and cayenne. Let them simmer gently until they are tender. Drain them, and draw out the large bones. After the feet have been boiled as above directed, they may be either served hot,

with peas pudding and green vegetables, or eaten cold with sharp sauce. If not to be eaten hot, leave them in the liquor until cold.

The vegetables, cut up, with some thickening, as peas, beans, or lentils, will be all that is necessary to convert the liquor into good soup, after the addition of more water or stock. Cost, from 1d. to 2d. each.

Feet and Ears.—Wash them, and boil in the above way, or in milk and water until tender. Use a brush in cleansing them. Draw the bones from the feet, and cut the ears in strips. Re-heat them in any nice, plain sauce, as usually served with pork; or heat the ears only, then dip the feet in liquid butter or dripping, and then in crumbs, and broil them. Place them on the dish, and garnish with slices of lemon. For *fricaseed* feet and ears, re-heat them in white sauce, rich or plain as required. Cost varying with the sauce, &c.

Fry.—See that it is fresh, and very clean. The recipe given for LAMB'S FRY may be followed. The heart can be cooked separately if liked, so may the sweetbread; the liver and fat will then make a tasty dish. A common way of cooking fry is to put it in a baking-tin, with the fat spread over it; but it is much nicer if first cooked for a short time in stock, then finished off in the oven; the stock from the stewing being used to make the gravy in the pan. Time, about two hours. Cost, about 6d. per pound.

Fry with Veal Stuffing.—This is a change from ordinary dishes of fry. Cut up all the meat, and put in a stew-jar; *see* recipes for GRAVIES FOR STEWS AND HASHES; make enough gravy to cover the meat, and cook it in a gentle oven. Meanwhile, make some small balls of veal or plain herb forcemeat, about a dozen for two pounds of fry; fry them a little to brown them, and put them into the gravy, or into a separate vessel, to simmer for an hour before serving. Place them on the dish round the meat. Time for the fry, two hours or more. A spoonful of brown vinegar and a morsel of mustard should be stirred in at the commencement. Cost, about 6d. per pound.

Head, Boiled.—If fresh, boil in the way directed for pork. A pickled head needs different treatment; *see* BRAWN, p. 375. Cost, uncertain; from 4d. to 6d. per lb. is the average.

Head, Pressed (a German dish).—Required: head, feet, seasoning, &c., as below. Cost, about 6d. per pound.

Cut a head through, and boil it with the feet, some sage and onions, and water to cover. Add cloves and other spices. When the bones slip out, take up the head, and cut away the meat, leaving the skin side intact. Cut up the meat, with that of the feet; season it, add the minced tongue, then boil the gravy down to a jelly; mix some with the meat when nearly cold, and then lay some on each half of the skin of the head laid on a dish, covered with a wet cloth. Draw the two parts together, and fold the cloth over. Then pin or sew it very firmly. Put it in a pie-dish to just hold it, with a dish and some weights on the top. Serve in slices with salad and pickles when cold.

This is considered nicer if a little smoked ham or tongue be mixed with the rest; or some tongue which has been salted only will answer. (*See* recipes for SALTED MEATS.)

If a pickled head is preferred for this, put the fresh head into pickle for four or five days, or more.

Head, Roast.—Take up a fresh pig's head which has been already boiled until it is sufficiently tender to take out the bones. Shape it neatly, and skewer it firmly. Sprinkle over it some sage leaves, finely powdered, and a little pepper and salt, and put it in a tin before the fire. Baste it well whilst it is roasting. Serve on a hot dish, with a good gravy poured over it, and send apple sauce to

table in a tureen. Time to roast, half an hour. This is a very rich dish. Cost, as above.

Head, Scrappled (an American dish). — Required: head, seasoning, and corn meal, as below. Scald and clean a pig's head, and remove the hair, the snout, the ears, and the brain. Put it on the fire in four quarts of water, and bring it slowly to the boil. Skim carefully, season the liquid rather highly with salt and cayenne, and add half a dozen sage leaves, chopped small. Let the head simmer gently for two hours, or more if large, then bone it, and mince the flesh finely, and put it back into the liquid. Stir in as much sifted corn meal as will thicken the liquid, and simmer two hours longer, until it is of the consistency of thick porridge. Pour it into deep jars, and set in a cool place. When scrapple of pig's head is to be eaten, cut it into slices, and fry these in hot fat for breakfast.

This is a very peculiar dish; the taste is decidedly an acquired one. Semolina or hominy can be used if the meal is not easily procured. We may add that while hot, after thickening, it is not to be despised, and many would prefer it in that form to the one given in the recipe. Cost, as above.

Head, Stuffed (a German dish). —Required: head, forcemeat, vegetables, &c., as below. Cost, about 6d. per pound. Take a fresh head, bone it, strew salt and pepper over; make a forcemeat of sage and onions, with a small proportion of minced bacon and liver; season it well, and bind it with raw eggs. Spread this on the head, then put strips of pickled pork, and the pig's tongue, sliced, with lean ham in strips, and some pickled gherkins. Put in more forcemeat if there is room; put the halves together, and sew them tightly, not forgetting the snout. Cover with a bladder, or a cloth, and cook in a saucepan with the bones, and a calf's foot, plenty of spices and vegetables, a bunch of herbs, and hot water to cover. The foot should be put in the water when cold, then brought to the boil before the head goes in. A gill of vinegar should be put with the rest, and the boiling kept up for three to four hours. When nearly cold, take up the head, draw the threads out, and glaze it well. Cut a slice from the neck end, to show its marbled contents, and garnish according to taste and requirements. It may be made quite elaborate, and served amongst galantines, turkeys, and similar viands.

It will be liked better, we think, if the onions be omitted, and some pork sausage-meat substituted. The other ingredients may be as given above.

Hearts may be cooked either stuffed or plain, as directed for the hearts of sheep and calves. Some small forcemeat balls, or sausages, may be put on the dish when they are not stuffed.

Kidneys.—Pig's kidneys may be broiled, fried, or stewed, in the same way as mutton kidneys. Cut two lengthwise, into slices a quarter of an inch thick, season with salt and cayenne, and sprinkle over them a dessertspoonful of finely-powdered herbs, of which two-thirds should be parsley, and one-third thyme. Fry them for five or six minutes in one ounce of hot butter or dripping, and when nicely browned, stir a dessertspoonful of flour in amongst them, and add, very gradually, a quarter of a pint of good gravy, and a tablespoonful of ketchup. When on the point of boiling, take out the meat, put it on a hot dish, let the sauce remain on the fire for one minute, and pour it boiling over the kidneys. Garnish with toasted sippets. Time, a quarter of an hour. Probable cost, 1s.

Kidneys, Broiled.—Split the kidneys lengthwise from the rounded part, without separating them entirely. Peel off the skin, and pass a wooden or metal skewer through them to keep them flat. Sprinkle a little pepper and powdered sage over them, oil them slightly, and broil

them before a clear fire, the hollow side first, so that the gravy may be kept in when they are turned. Serve on a hot dish, either with or without maître d'hôtel sauce in a tureen. Time to broil, from ten to fifteen minutes. They should be well done, but not overdone.

Kidneys, Stewed, in any plain stock or gravy, are very tender, and more digestible than when fried. They are particularly good when cooked in plain tomato juice; that from canned tomatoes answers. When nearly done, it should be thickened with brown roux, and seasoned with salt, pepper, and a little mustard. An onion or shalot can be added if liked, and some chopped sage or parsley. Cost, about 8d. per pound. They are sometimes sold at 3d. or 4d. each, according to size.

Lard.—*See* chapter on COOKING PROCESSES.

Leg, Boned.—When lots of stuffing is liked, this will be the most satisfactory way of cooking the leg. The fillet-bone only need be taken out, the knuckle being left. The skin can be scored as usual. A nice sage and onion stuffing will do, but if it be mixed with half its bulk of pork sausage meat, the dish will be very superior, particularly when cold. After the stuffing is all in, it must be covered as well as possible, the flesh being drawn up round and over, then fastened with needle and thread, or skewers, and bound with wide tape. A well-greased paper should be fastened all over the leg if for roasting or baking. If for boiling, tie it in a clean cloth, first putting a paper over the stuffed end. However cooked, extra time must be given; quite five minutes per pound longer than if the bone were left in. Serve with the usual accompaniments.

Leg, Roasted.—A leg of eight pounds will take from three to three and a half hours. The skin should be scored across, a quarter of an inch apart, and brushed with a little oil; this will make the crackling crisp and brown, and prevent its blistering. Pork should not be put so near the fire at first as beef or mutton; the cooking has to be slower all through. If scored in cubes or diamonds, instead of straight lines, the meat will cook in rather less time, and the crackling be nicer. Frequent basting is needed. For sauces, *see* LOIN, ROASTED. If stuffed, sage and onion stuffing is generally preferred, but veal stuffing, with a little sage added, is very good, and liked by many. The knuckle is the part stuffed, the skin being raised, and the stuffing passed underneath; a greased paper, or piece of thick muslin should be tied over to prevent its escape, and removed a little time before dishing. If plenty of stuffing is liked, little balls or cakes should be made, and cooked separately. (*See* FORCEMEATS.) Sometimes, instead of stuffing the meat, onion sauce, flavoured with sage, is served with it. Cost, 6d. to 8d. per pound.

Leg, Roasted (a superior recipe).—Instead of putting the stuffing under the skin of the knuckle, make some slits in the knuckle, by taking off some of the skin in a piece, and cutting deep into the flesh. Fill these incisions with the stuffing, then replace the skin, and sew it on. Tie some greased paper over, and roast as usual. Reserve some of the stuffing (sage and onion), and mix a small proportion of bread-crumbs with it, to make it rather firmer than usual. Form it into little cakes, and steam these in a large potato steamer. They should be laid in a tin and covered. When done, brown them before the fire, or in the oven, and serve them round the leg. Have ready also a tureen of onion sauce, made by mixing some fried onions with a little brown sauce, and adding a sprinkling of sage, salt and pepper.

Note.—The mixture for the little cakes should be bound with beaten egg. If the onions be first parboiled

or fried—and in the latter form they are far more savoury—the steaming can be dispensed with, and the cakes browned only in a greased tin in the oven. A leg of pork, roasted without stuffing, requires a very nice sauce. ROBERT, PIQUANT, a good TOMATO, DIGESTIVE, BROWN SAUCE flavoured with hot pickles, and many others, are suitable. CHUTNEY SAUCE is very good, and a reference to the chapter on *Hot Sauces* will suggest others, little known, but quite as suitable as the above-named. Cost, varying with the sauce.

Liver, Baked in a Caul.—Required: liver, seasoning, and forcemeat. Cost, about 6d. per pound.

Wash and soak the liver until it is quite free from blood. Divide it into halves, horizontally, without separating the two pieces, and lay it upon a dish. Sprinkle pepper and salt on it, pour over it two ounces of clarified butter, and let it lie for twenty minutes. Spread evenly over it a layer of forcemeat, a quarter of an inch in thickness, close the liver, and wrap it in some pig's caul, or "leaf," which has been soaked in cold water, drained, and dried in a soft cloth. Put the roll in a deep dish, with a slice of fat bacon under and over it, and bake in a moderate oven. When it is done enough take it out of its covering, and serve on a hot dish, with the gravy which has flowed from it, mixed with a little lemon juice.

A plain forcemeat, veal, with or without ham, herb stuffing, or sage and onions, may be used. For a much better dish, pour some piquant sauce over the liver.

Liver, with Apples and Vegetables.—This is a medley, but popular amongst pork-eaters wherever introduced. Grease a deep pie-dish, and fill it with alternate layers of sliced liver, sliced potatoes and onions, and quartered apples. Have onions top and bottom, and over each layer put salt and pepper, with a little sage and nutmeg. Over the apples sprinkle a morsel of ginger and lemon rind, both grated. Fill up with warm water, or meat liquor; cover, and cook in a very slow oven for two hours or more. Thicken the gravy with a spoonful of browned flour, and add a little mustard and vinegar. Cost, about 10d., supposing a pound each of liver, onions, and potatoes, and half a pound of apples to be used; but the proportions may be altered to suit the palate. To many, fewer onions and double the weight of potatoes would be more acceptable.

Loin, Roasted.—Score the meat, and brush it with sweet oil. Follow the directions given for a leg of pork. Sometimes apples and onions are baked and served with the meat, and potatoes parboiled and browned (*see* BROWNED POTATOES), are a suitable addition. The loin always needs long, slow cooking, and half an hour to each pound is about the time to allow for it; it must be thoroughly basted, and wants plenty of good gravy in addition to apple sauce or baked apples. APPLE AND CURRY SAUCE may be served instead, and tomato sauce is also suitable. The kidney end is the nicer, and is generally (though not always) a little the dearer, but it must be very fresh, as all meat near the kidney of any animal becomes tainted very quickly, especially in damp weather.

The usual way of carving this is in chops, like a loin of mutton; but it may be carved saddle fashion, as directed for mutton on page 334, then it needs no jointing before cooking. Cost, 8d. per pound on an average.

Pork, Stewed with Vegetables (German recipe).—Required: meat, vegetables, &c. Cost, about 2s.

Cut the heart of a large savoy into quarters. Put these into a large iron stewpan with half a dozen carrots cut into lengths, three turnips halved, eight moderate-sized whole potatoes, and two pounds of fresh pork with more lean than fat in it. Season with pepper and salt, pour over them a pint of nicely-flavoured stock, cover the

saucepan closely, and let them stew as gently as possible until done enough. Serve the pork on a hot dish with the vegetables neatly arranged round it. Pour part of the gravy over the meat, and send the rest to table in a tureen. Time to stew, from two and a half to three hours.

Pork, Stewed with Vegetables and Fruit.—Required: a couple of pounds of lean pork, some vegetables and fruit as below. Cost, about 2s. 3d.

Cut the meat up, as if for haricot mutton; fry it brown, add a good supply of sliced carrots, turnips, onions and celery, a pint, say, in all; cover with warm water, and take the fat off: bring to boiling point, put in some chopped sage and pepper, and cook gently for an hour; then add brown flour and a little store sauce, a spoonful of tomato chutney, and a little salt. Boil up, and give another half hour, or more. Have ready a small plate of currants, prepared as for sucking-pig, and when the meat is dished, sprinkle them over it. Put some sweet pickles or spiced fruit in a glass dish (*see* PICKLES), and send green vegetables of some kind to table; sprouts or cabbage, if in good condition.

Another way.—Boil some carrots and turnips separately, and use for garnishing; then only onions and celery need be put in with the meat.

Pork, with Grilled Tomatoes.—Required: half a pound of tomatoes, cut in slices for grilling; half a pint of plain tomato purée, two pounds of pork, and some gravy and potatoes. Cost, about 2s. 9d.

For a nice little roast this is excellent; the cost is small, and the trouble not greater than is required in the preparation of stuffing, which is here dispensed with. Any piece of meat may be chosen, from young, lean pork. The tomatoes should be seasoned with pepper, salt, and a pinch of sugar; then dipped in a mixture of mustard (half of it should be French) and clarified butter, next coated with bread-crumbs, and grilled or broiled. A few minutes will cook them. Put the purée on a hot dish, place the pork on it, with the tomatoes and some browned potatoes round it. Serve some hot gravy in a boat.

Recipes for tomato purée, both plain and rich, are given under VEGETABLES.

Pork, with Liver.—Required: two pounds of pork, belly, small, slightly salted, two pounds of pig's liver, gravy, &c., as below. Cost, about 2s. 9d.

Slice the liver, not thinner than half an inch; boil the pork in the usual way, then cut it in slices. Put the liver into a pint of gravy (*see* GRAVY FOR STEWS OR HASHES); add a grated carrot and a good-sized onion, sliced, and fried brown, with a sprinkling of sage and pepper. Cook gently for an hour and a half, then thicken with browned flour, not roux, it would be too rich; add the sliced pork, and some more gravy to cover the whole; boil up, and serve with a purée of split peas round the dish.

Another way.—Spread the purée of peas on a dish, and put the piece of pork, whole, upon it. Arrange the liver and gravy round, with some fried onions if liked.

For a more delicate dish use thyme and parsley in place of sage. Lentils or haricots can take the place of peas, where the latter disagree.

The exact time depends upon the liver. If from young pork, it is done in less time, but many prefer the liver of a good sized, farm-fed, bacon pig.

Pork, with Pickles and Raisins.—Cook some pork chops as directed for CHOPS, WITH APPLES AND RAISINS (p. 356). Put a heaping tablespoonful of piccalilli in a saucepan, with the same measure of hot chutney; dilute with gravy made in the pan (*see* GRAVY FOR ROAST PORK), and boil up; then put in some raisins stewed as before, so as to make a rather thick mixture. Dish the pork on a bed of green vegetable,

any kind in season: the dried green peas purée given in a later chapter is very suitable. Serve the pickles, &c., separately, and as hot as possible. The compound is an agreeable combination of sweet and sour, and is a gravy and sauce in one. Cost, about 6d. each, with adjuncts.

Saddle, Roasted.—Have a saddle of pork cut in the same way as a saddle of mutton. As pork is not often cut up in this way, it will be necessary to order it beforehand. Take off the skin, trim the joint neatly, and cover the fat with buttered paper. Put it down to a clear fire, and baste liberally. Half an hour before it is taken up, remove the paper, dredge the meat lightly with flour, and baste until it is brightly browned. Send brown gravy and a sharp sauce to table. If liked, the skin can be left on, and it will then require to be scored lengthwise, the same way in which the saddle is carved. This is the handsomest joint of pork that can be served. Time, without the skin, twenty to twenty-five minutes per pound. With the skin, nearly thirty minutes. Cost, about 8d. per pound.

Shoulder, Marinaded (a German recipe).—Lay a shoulder of pork in a deep earthen pan, pour over it half a pint of vinegar, and put with it a dessertspoonful of salt, a teaspoonful of bruised peppercorns, half a lemon, two onions sliced, a teaspoonful of juniper berries, half a dozen cloves, and a bay leaf. Let the pork lie in this pickle for five days, and turn and rub it every day. Take it up, drain it, cover it with oiled paper, and roast before a clear fire, though at some distance from it. Baste liberally with the strained pickle. For sauce, mix a quarter of a pint of the pickle with a quarter of a pint of cold water; add brown thickening, and a little pepper and salt if required. Serve in a tureen.

A piquant sauce will be very nice with the above dish, and it is nicer when basted in the usual way at the close, and well-browned and frothed. Cost, 6d. to 8d. per pound.

Spare-rib, Roasted.—A spare rib of pork usually weighs about eight or nine pounds, and will take from two to three hours to roast—not according to weight, but the thickness of the meat, which varies very much Lay the thick end nearest to the fire. A *bald-rib* of eight pounds' weight (so called because almost all the meat is pared off), with a steady fire, will be done in an hour and a quarter—there is so little meat on a *bald-rib* that if you have a large, fierce fire it will be burnt before it is warm through. Joint it nicely, and crack the ribs across as you do ribs of lamb. When you put it down to roast, dust on some flour, and baste with a little butter. Fifteen minutes before the meat is done baste it with butter, then dust powdered sage or sprinkle with duck-stuffing. Some people carve a spare-rib by cutting out in slices the thick part at the bottom of the bones. When this meat is cut away the bones may be easily separated, and are esteemed very sweet picking. Apple sauce, mashed potatoes, and good mustard, are indispensable. Cost, 6d. to 8d. per pound.

Spare-rib or bald-rib is often salted for a day or two; the salt must be wiped off before roasting, and longer time given for the cooking. When very thin, this mode is not desirable.

Sucking Pig.—This is considered to be perfect when from three to four weeks old. It should be cooked as soon as possible after killing; every hour it is kept it deteriorates in quality. Scraps of stale, dark-coloured sucking-pig, sometimes seen hanging in butchers' shops, should not be purchased. The flesh is very rich, and in many cases hard to digest. It should, therefore, be avoided by those who cannot indulge in pork of older growth. Cold weather is the time to eat sucking-pig. The price varies very much, even in the different districts of one town; while in rural districts, the season and the demand have much to do with it. The average may be set down at 6s., to 8s. or 9s.

Sucking Pig, to Scald.—A sucking-pig is generally sent from the butcher's ready for the spit, but for the benefit of those who find it necessary to prepare it themselves, the following directions are given:—Put the pig into cold water directly after it is killed, and let it remain for five minutes, then take it up, and hold it by the head in a large pan of boiling water for two minutes. Lay it on a table, and rub the hairs off with a coarse cloth. If they do not come off easily, put the pig in the water another minute. When quite clean, make a slit down the belly, and take out the entrails, leaving the kidneys untouched. Cut off the feet at the first joint, and leave a small portion of skin to fold neatly over the end. Clean the nostrils and ears thoroughly, wash the pig in two or three waters, and dry it inside and out, with a cloth, then wrap it in a damp cloth until it can be cooked. The feet, the heart, and the liver of a sucking-pig are generally served separately.

Sucking Pig, to Carve.—A sucking-pig is usually sent to table in two halves, back to back on the dish; a part of the head, and one ear, being placed at each end. The carver separates the shoulder, then the leg, from each half. These joints are cut in the ordinary way, and the ribs are cut straight down. As in carving generally, the various tastes of those present should be ascertained; for while the pig is altogether very delicious, most people have a decided preference for some particular part of it.

The shoulders are often left untouched. They are excellent when re-heated by grilling or broiling. They may be whole, or cut up. In either case, season them, dip into melted butter, then into fine crumbs. If whole, see that it is heated through without becoming too brown; frequent turning, and a sprinkling of butter now and then are necessary. Serve any sharp sauce with this dish. Tomato sauce is nice, and grilled tomatoes are excellent, with a nice seasoning of French mustard, &c. (*See* PORK, WITH GRILLED TOMATOES.)

Sucking Pig, Baked.—With regard to roasting this animal, most culinary authorities agree that it requires almost constant attention; the time and trouble are by no means inconsiderable to say the least, and we suggest the following method of baking, as almost equal in its results, and well calculated to economise fuel and time. Prepare the pig just as for roasting, and wrap it entirely in a few folds of kitchen paper, thoroughly soaked in butter, or pure salad oil. Moderate the heat after a short time, and baste as often as possible—*i. e.* do not let the papers get dry. Before dishing, take off the papers, and let the pig crisp and dry before the fire. Some cream may be rubbed over ten minutes before dishing; buttermilk can be used instead; or the white of an egg. If the latter, mind it does not scorch.

Sucking Pig, Baked (a German recipe).—In preparing the pig for the spit, the heart, lights, and liver are minced; the latter raw, the former parboiled. They are then mixed with bread-crumbs, eggs, and butter, salt and pepper, and various herbs and spices; sage, with basil, and thyme; nutmeg, with cinnamon or allspice; then a few mild onions are cooked in butter, and added. The pig is filled and sewn up, and put on a meat-stand in a baking-tin, the legs bent under the breast. A gravy made in the pan is served with it.

If baked without stuffing, the inside is sometimes seasoned with marjoram and carraway seeds, with a good proportion of pepper. We think that the ground spice is nicer, and will be more likely to be acceptable than the whole carraway seeds.

Sucking Pig's Pettitoes.—This is the name given to the feet. They should be well cleaned, and put into veal stock to cover, with the

heart and liver, a morsel of bacon, and a few white peppercorns. In half an hour take out the heart and liver, and mince them; boil the feet longer, nearly an hour altogether. When done, put the mince, first seasoned with herbs, back in the pan; add a little roux, or flour and cream, and give a little more simmering. Put the mince on a dish, with the split feet on the top, and some sippets round it, with a slice or two of lemon. Cost, uncertain.

Sucking Pig, Roast.—Wipe the pig thoroughly, stuff it, and sew up the slit securely with cotton. Truss it like a hare, with the fore-legs skewered back and the hind-legs drawn forward. Rub it over with clarified butter, or fresh salad-oil, and put it down, not too near, before a clear, brisk fire. Baste constantly, or the crackling will be blistered and burnt, instead of crisp and brown. As the middle part requires less roasting than the ends, it is usual, when the pig is half done, to hang a flat iron from the spit in such a position that it will shade the heat of the fire from the middle. It is well to tie some butter in a piece of muslin, and rub the pig over with this two or three times whilst it is roasting. When it is done enough, cut off the head before the pig is taken from the fire, take out the brains, and chop them up quickly with the stuffing; add the gravy which has dropped from the pig, and a little more stock. To dish it, cut the pig open, and lay the sides back to back, lengthwise upon the dish, with one-half of the head at each end and the ears at the sides. If preferred, the brains may be stirred into melted butter instead of gravy. Time to roast, according to size; a three weeks' old pig, two hours.

If liked, leave the brains in the head, or instead of mixing them in gravy, put them under the head on the dish. Instead of following the above mode, the pig may be wrapped in paper, as for baking. If not the whole pig, the middle is best thus treated, to avoid over-cooking and dryness, and to ensure a nice, even, brown colour.

Sucking Pig, Sauces for.—Bread, Apple, Brown, Currant, Rice, Chestnut, Tomato, Piquant, and many others may be served with this. (*See* recipes.) Due regard should be had to the kind of stuffing used. If it is of the ordinary sage and onion type, or if pork farce be used, bread, or apple, or brown sauce may be served. With chestnut stuffing, chestnut sauce is most suitable. A piquant sauce commends itself in the event of the pig being cooked minus any stuffing. It is usual, when a good number are present at table, to serve two sauces, and if liked, some stuffing may be put in a separate tureen, that those who like may partake of it. Currants may always be handed round; they are more digestible if soaked for some time, and cooked in stock, then drained, and dried on a plate in the oven; but they are served minus cooking very often. If currant sauce is preferred, the fruit must be most carefully washed, then simmered in brown sauce; or the currants can be cooked in veal stock, then mixed in good melted butter; or the fruit and the liquor it is stewed in may be used for making bread sauce, in place of milk. In this case, there should be about two ounces of currants to half a pint of stock, with bread to make it the right consistency. (*See* also Gravy for Sucking Pig.)

Sucking Pig, Stuffing for.—These will be found in the chapter on forcemeats, &c., but we give one here which is but little known, and is, at the same time, one of the most wholesome. Steam some rice until tender; to each quarter pound add half the weight of ham or bacon, finely minced, a teaspoonful of chopped sage, thyme, and parsley mixed, a little salt and pepper, and an ounce of chopped sultana raisins. When this is used, some apple sauce should be served, also some nice gravy. For a richer forcemeat of the kind, a beaten egg or two

may be added; also an ounce of butter to half a pound of rice; or a larger portion of bacon can be used. The same forcemeat is very nice for young pork, being very delicate eating.

Wild Boar Ham.—Take a ham that has hung for ten days or more, singe off the bristles, wash the ham in lukewarm water, and saw off the bone two inches below the knuckle. Put it in a marinade made of equal parts of vinegar and water, to which has been added a tumblerful of light wine, a bunch of sage, and a little salt and cayenne. Let it remain for eight days; drain it, and wipe it dry. Cover with paper that has been soaked in oil, put it down before a clear fire, and baste with the marinade every quarter of an hour. When done enough, take off the paper, and remove the rind. Brush the ham over with liquid glaze, and put it in the oven for a short time, or, if preferred, instead of glazing it, cover with bread-raspings. Put a paper frill round the knuckle, place the ham on a dish, and send venison sauce, or sauce made of the marinade boiled with a little good gravy and strained, to table in a boat. If more convenient, the rind may be removed from the ham at first, and then it need lie in the marinade three days only. Wild-boar hams are very good either when dressed fresh or after they have been cured and smoked. Time to roast the ham, about three hours. Probable cost, uncertain.

Wild Boar, Haunch of, with Cherry Sauce.—The following recipe is given by M. Dubois in his "Cosmopolitan Cookery:"—"Get a quarter of young wild boar, fresh and without rind; take out the thigh-bone, and saw off the thin end; salt, put it in a kitchen basin, pour over a quart of cold cooked "marinade" stock, let it macerate for two or three days, drain, wipe it on a cloth, and put it into a deep roasting-pan with lard. Cover it with greased paper, roast it in the oven for three quarters of an hour, basting often with the fat; then add a few spoonfuls of its marinade, and cook half an hour longer, basting with its own stock. When done withdraw the roasting-pan from the oven, drain the quarter, and spread on its surface a thick layer of black bread-crumbs rasped, dried, pounded, sifted, and mixed up with a little sugar and cinnamon, then moistened with red wine, but only just enough to give it a little consistence. Sprinkle over the layer some dry bread-crumbs, baste with the fat of the roasting-pan, into which put the quarter back, and keep it at the entrance of the oven for twenty minutes, basting often. When ready to serve, take it up, put a ruffle on the bone, dish up, and serve separately the following sauce:—*Cherry Sauce.* Soak in water two handfuls of black, dry cherries, as commonly sold in Germany—that is, with the kernels; pound them in a mortar, dilute with a glassful of red wine, and pour the preparation into a sugar-pan. Add to it a piece of cinnamon, two cloves, a little salt, and a piece of lemon zest. Let the preparation boil for two minutes, and thicken it with a little diluted potato-flour; draw the pan on the side of the fire, cover it, keep it there for a quarter of an hour, and pass it afterwards through a sieve. The cooked marinade mentioned above is prepared thus:—First of all some chopped roots and vegetables must be fried with butter, these are moistened with common vinegar, in quantity nearly sufficient to cover the meats intended to be marinaded. When the vegetables are well saturated, mix with the liquid a little salt, cloves, peppercorns, and other spices. The marinade should continue cooking at least twenty-five minutes. Sometimes a little water is mixed with the vinegar, in order to mitigate its pungency.

Wild Boar's Head, Mock (made from brawn).—Take a copper mould, which opens in the middle, the shape of a boar's head; then fill it, after buttering, with the mixture such

as is used for good brawn. Set it by until cold, it will then turn out perfect in shape; then coat it with rich glaze, or with some strong aspic jelly, coloured a rich brown; then make some eyes by cutting out oval pieces from boiled white of egg, and cut a hole in the centre the size of a three-penny piece; fill the hole with aspic, and when setting, put a bit of truffle in the middle: failing truffle, use skin of pickled walnut. Put these in position on each side; then make tusks from Brazil nuts; crack them and boil them, rub the brown skin off, and stick them in an upright position near the mouth. The dish can be ornamented with aspic jelly in blocks, and chopped jelly can be put about the head. A nicely-folded napkin should be put at the back of the head, and plenty of parsley, lemons, and fancy shapes of truffles, beetroot, &c., used. Or the head, at the neck, may be decorated by "piping" with lard; some white, some coloured; and devices of various kinds may be made about the head from hard-boiled eggs, jelly, beetroot, &c. The lard, too, may be "piped" on to form a flower, or leaves. In fact, there is free scope for ingenuity in giving the final touches to the dish.

If it is not convenient to make brawn at home, some may be bought. The best brands of English tinned brawn are very good. The mould may be hired, and a dish almost equal to a BOAR'S HEAD proper may be had at a comparatively small cost. BOAR'S HEADS WITH TRUFFLES range from about 18s. to £2 or £3 each.

BOAR'S HEADS WITH PISTACHIOS are rather cheaper.

To the ingredients mentioned in the foregoing recipe, either pistachios or truffles may be added. (*See* also FORCEMEATS AND SAUSAGES.)

SALTED MEATS.

GENERAL DIRECTIONS FOR CURING AND PICKLING.

ALTHOUGH directions are given for salting various joints under their respective headings, and a list of pickles suitable for meats of all sorts is also inserted, nevertheless it may be useful to give in a concise form, general hints for the process. Meat for salting should be fresh. A piece should not be bought or ordered haphazard from the butcher, unless it is ascertained how long it has been killed; for while quite fresh, the kernels, sinews and pipes should be taken away, and any blood and moisture removed. Not a trace of anything likely to favour decomposition must remain. Then, if the weather be favourable, the meat may be hung for a day or two, but it must not get the least dry or tainted. In warm weather it must not hang; but really hot, and very cold, frosty weather, are alike unfavourable for salting meat.

The great art of salting consists in rubbing the brine equally and thoroughly into every part of the meat; between the muscles, under the flaps, into any holes made by the butcher's skewers, or from which kernels were taken; indeed, holes should be filled up with salt. The meat must be examined often, and should mouldiness appear, that part must be cut off, and fresh salt applied.

Meat which is slimy, or has much blood about it, should be rubbed with dry, warm salt, and left to drain well before it is put into the brine, or before the dry salt, &c., which form the pickle, are put on it. Many

people omit the sugar in "pickle," both "dry" and "wet," although it is a well-known powerful antiseptic, and gives mellowness to the meat. No doubt in days gone by, its omission was due mostly to its high price. Now this drawback is removed. Many authorities on the cuisine assert that the sugar should be at least a third the weight of the salt; others give a larger proportion; in a few cases, the sugar exceeds the weight of the salt. This is, however, seldom necessary.

The quality of the salt is important. Bay salt is rather more expensive than common salt, but gives a finer flavour. Saltpetre gives a good colour, but hardens the meat; it should, therefore, be used in small proportions only. When a savoury flavour is liked, a minced onion can be put with the pickle, and some herbs in powder are much liked by many.

As to the respective merits of dry and wet pickle, there is something to be said for and against both. When salted dry, meat has a better flavour, but it is rather more trouble to rub and turn, and loses in weight. When immersed in brine, by the wet process, meat gains in weight, and is said to keep longer; but there is the trouble of boiling the brine in the first instance. It is, however, cheaper than the dry salting, and is useful when large quantities of meat are being dealt with. It can be boiled up and used again, if more salt be added, and it is carefully skimmed; the portion which would cause it to spoil, will rise in scum, and must be removed. The meat must be kept well under the brine; to ensure immersion a board may be laid upon it. The pickling tub, or pan, must be dry and sweet at the time of using. If a tub, we advise that it be occasionally rinsed with a weak solution of permanganate of potash, and dried in the air.

The time for keeping meat in brine can only be determined by the degree of saltness required, and its kind and weight. Beef—particularly lean beef—absorbs salt more quickly than pork; if a piece of each kind, equal in weight, were put in the same brine, the beef might be ready in a week, while the pork might be left twice or thrice as long, and not be too salt. Pork is made more digestible by salting; many can eat pickled pork or bacon who cannot partake of fresh pork. Beef, on the other hand, is less digestible and nourishing when salted, because a good deal of the nourishing properties are drawn from the lean by the salt; therefore, although cured meat is much liked by many, and is useful when fresh meat is difficult to obtain, it should only be eaten occasionally by those who have ample facilities for obtaining fresh meat.

PICKLE, *No.* 1.—Required: a pound each of common salt, bay salt, and brown sugar, an ounce each of ground cloves, allspice, and nutmeg, and two ounces of saltpetre.

Reduce the salt to powder; set it near the fire to become hot; add all the rest of the ingredients, and make them warm. Give a piece of meat of twenty pounds or so, twenty minutes' rubbing, then strew the salt, &c., all over it. For small pieces, reduce the proportions, and rub for a shorter time. This will produce a very high flavour.

No. 2.—Required: half a pound of bay salt, four ounces of common salt, six ounces of sugar or treacle, half an ounce of saltpetre, and a quarter of an ounce of black pepper.

Mix all in the dry state, then warm and use as above. Meat cured with this will be very nice and mellow. The proportions are right for a piece of ten or twelve pounds, such as brisket or flank.

No. 3.—Make this as above, but use common salt instead of bay salt, and increase the sugar or treacle by two ounces.

No. 4.—Required: twelve ounces of bay salt and sugar, a small teaspoonful each of pepper and mixed spice, half a teaspoonful of mixed herbs, a large onion, chopped, and a pinch of cayenne. Mix as directed above. Meat cured with this will be tender, but not highly coloured, no saltpetre being used.

No. 5.—This is called HAMBURG PICKLE. Required: a gallon of water, a pound and a half of bay salt, a pound of sugar (the coarsest brown), an ounce of bruised black peppercorns, and an ounce and a half of saltpetre.

Boil altogether for twenty minutes, and skim well. Pour it into an earthen pan, and leave until cold. It is then ready for the meat.

No. 6.—This is for DUTCH, or HUNG BEEF. Required: two ounces of saltpetre, a pound and a quarter of bay salt, an ounce and a half of black pepper, a saltspoonful of ground mace, and a pound of treacle.

Mix the dry materials; warm the treacle, and mix with the rest, then use the same as an ordinary dry pickle.

No. 7.—Required: a pound of salt, an ounce of saltpetre, half a pound of sugar, and three quarts of water. This is cheap and quickly made. Boil and use as directed in No. 5. Pork is very good when pickled in this. The same quantity of salt, &c., will do for a gallon of water, if not to be kept for long; and the above proportion of sugar can be made to serve for twice the weight of salt and twice the measure of water, but the saltpetre should be proportionately increased.

Bacon, to Cut up a Pig for.—In a pig of fair size, the chine, which is excellent for roasting or boiling, is cut from between the sides or flitches as shown in the diagram; but if the pig is small the flitches should be divided down the chine. The shoulders may be left attached to the sides, or separated, according to the size of the pig. The legs are made into hams, and the sides form what is bacon proper. The head may be served in various ways. If divided, the halves are called cheeks; or, if again cut through, the top part is termed eye piece, and the lower one chap, or chawl. These are generally salted and boiled. The inner fat is made into LARD. The trimmings are converted into SAUSAGES, PIES, &c. (*See* recipes for BRAWN, EARS, FEET, &c.)

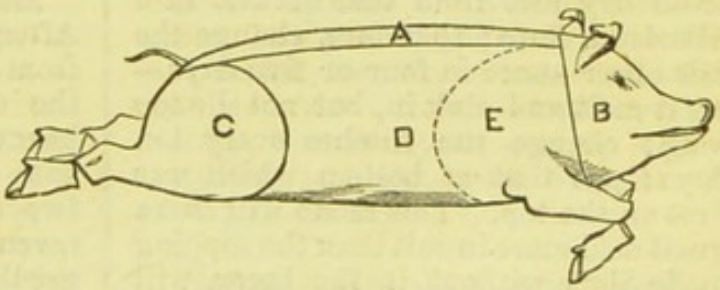


FIG. 93.—DIAGRAM OF BACON PIG.
A The Chine. B The Head. C The Leg.
D The Flitch. E The Shoulder.

Bacon, to Choose.—Where much is consumed, in the case of a large family, it is most economical to buy a whole side. The fore-end

should then be cooked first. In purchasing a piece, its goodness can be guaranteed if the fat has a clear, pinky look; should it look rancid and yellow, or have streaks of yellow in it, and the salt be crusted on the lean, reject it; nothing will make it palatable, though it might be eatable. For frying or broiling, streaky bacon is best, and is generally preferred in the case of home-cured bacon; but from Wiltshire bacon, the loin is much liked. For boiling, the shoulder, any part, will be found excellent, and is lower in price than the streaky. For ordinary unsmoked bacon, the price is from 6d. or 7d. for American "belly drafts," to 8d. or 9d. for best home cured; the latter may reach 10d. per pound.

Bacon, to Cure and Keep free from Rust (Cobbett's Recipe).—William Cobbett, in his "Rural Economy," gives the following method of curing bacon. Practical persons highly recommend it:—Take two sides or flitches of bacon, rub the insides with salt, then place one on the other, the flesh side uppermost, in a salting-trough which has a gutter round its edges to drain away the brine; for to have sweet and fine bacon the flitches must not be sopping in brine, which gives it that objectionable taste that barrel and sea-pork have. Everyone knows how different is the taste of fresh dry salt from that of salt in a dissolved state; therefore, change the salt often—once in four or five days—let it melt and sink in, but not lie too long; change the flitches every ten days; put that at bottom which was first on the top. This mode will cost a great deal more in salt than the sopping mode, but without it the bacon will not be so sweet and fine, nor keep so well. The time required in making the flitches sufficiently salt depends on circumstances. It takes a longer time for a thick than a thin flitch, and longer in dry than in damp weather, or in a dry than in a damp place; but for the flitches of a hog of seven or eight stones, in weather not very dry or damp, about six weeks may do; and as the flitches should be fat, it receives little injury from over-salting.

Bacon, to Cure (No. 2).—For a medium-sized pig, take a pound and a half of coarse sugar, the same weight of common salt and bay salt, and six ounces of saltpetre; mix them and set aside. Sprinkle the flitches with salt, and let the blood drain off; then pound the mixture after warming it, and rub it into the meat; turn it daily for a month, and give it at the same time a good rub; then hang it to dry. This is sweet, and of good flavour. It may be smoked if liked, and will then resemble Wiltshire bacon. If not smoked, coat the bacon with malt dust before hanging it to dry.

This method has been followed with success for many years at a farm in the Midlands. It is important that if no salting trough be handy, the bacon be so laid that the brine is retained as it runs off the bacon, that it may be used again—that is, it should be poured over the bacon each day when it is rubbed. Towards the end of the curing, some more salt may be warmed, and put on the bacon; and if bay salt is not to be had in the first instance, three pounds of common salt can be made to serve the purpose, instead of a pound and a half of each kind; but bay salt is much the better.

Bacon, to Cure and Roll.—After the hams have been removed from the bacon, it must be boned after the chine has been removed. The bones can then be taken out easily with care. Weigh the bacon, one or two sides as required, and for every seven pounds allow the following ingredients:—four ounces of coarse sugar, four ounces of salt, half an ounce of saltpetre, and half a pint of white vinegar.

Warm the dry materials, and rub the meat well, particularly on the flesh side; then lay it in a pickling pan, rind down, and leave it for four days. The vinegar is then to be added, and

the bacon left for twenty-four days more. It must be turned daily. Then take it up and let it drain for twenty-four to thirty hours; press it as flat as possible and roll it very tightly, rind outside; tie it with strong string, and hang it to dry in the usual way.

Bacon in Batter.—Required: two eggs, half a pint of milk, three ounces of flour, a pinch of salt, enough powdered herbs and pepper mixed to cover a threepenny piece, a small onion, scalded and chopped, and four to six ounces of raw bacon, or salt pork, cooked. Cost, 8d. to 10d.

Grease a shallow baking-tin with some bacon fat; dredge it with bread-crumbs, and shake out all the loose ones; cut the bacon up in dice, and put in the tin, then make a batter of the rest of the ingredients, adding the whites of eggs last; pour this over the bacon. Bake in a sharp oven for twenty minutes or so; the surface should be brown. Cut in squares, and serve on a hot dish.

If a shallow dish is not handy, a deep one must be used; then an ounce and a half more flour will be wanted, and longer time for the baking; but this is not nearly so nice as the first recipe.

Bacon and Beans.—Required: a pound of small, white haricots, seasoning, stock, and half a pound of bacon. Cost, about 8d.

Boil the beans in the usual way; do not drain them, but let them absorb all the liquor; then turn them into a deep dish for serving, and pour over half a pint of any plain stock, thickened, and seasoned with salt and pepper. Cut the bacon in slices; it can be boiled or cooked in any other way; lay it round the beans, and sprinkle with chopped parsley. Stick some sippets of toast here and there, and serve hot.

The other varieties of haricots can be served in like manner; lentils serve the same purpose; and in place of the thickened stock, many sauces are equally suitable and will furnish variety. It should be remembered that bacon, or fat meat, is a suitable accompaniment to pulse, as the element lacking in beans, &c., is thereby furnished.

Bacon, to Boil.—The more highly dried the bacon, the more soaking it needs, and the longer must it cook in order to soften the lean. If, after washing and brushing, any rusty parts remain, they must be cut carefully away; but it should not be cut unless really necessary. Bacon which is only moderately dried may be cooked after very little soaking; while new bacon can be put on as it is, supposing the cut to be from the back; but it is always well to soak the shoulder, particularly the part known as the "fore-hock," or "fore-end." In soaking, tepid water at the first will be found to soften the meat better than cold water; the latter should be used later. Both need renewal. Put the bacon on in cold water, if old and well dried; mild cured, new bacon, can go in tepid water (shoulders excepted); bring to the boil, and skim often, then cook slowly to the end. The time varies greatly; a couple of pounds may take an hour and a half or more, or may be done in rather more than an hour if thin and new; while a thick piece of a pound only, if dry and hard, might require even longer, owing to its condition. Good bacon should swell and plump; and it should be done enough for the skin to come off easily, but not long enough for the lean to fall apart in strings when cut; that is a proof that it is overcooked and has lost much flavour. It should be tender, but should hold together in a compact slice.

Bacon, Smoked, to Boil.—Wiltshire, Cumberland, and Ireland, all send large supplies of smoked bacon to all parts of the kingdom. Of the best brands of either, almost any part may be boiled without soaking, shoulders excepted. The rolled smoked bacon is very nice, and convenient for boiling; it may be carved

so easily. Some of it is very little inferior to ham. It should be put on in cold water. The thin streaky parts of the best Wiltshire bacon need no soaking, but long boiling, owing to the thickness of the rind, or it will be found difficult to remove. The loin is excellent boiled; the fact of its being cured with the bones in, making it so sweet and full of flavour.

Some of the recipes for savoury rice may be followed with success, when an adjunct to a dish of hot boiled bacon is wanted. Vegetables may be served also if liked; peas will be sure of finding favour; while those who may try any of the spiced fruits and sweet pickles in a later chapter, might serve any of them, side by side with a salad, as an acceptable novelty at any time of the year. Such would be found a welcome change from a plain joint in many houses.

The cost varies from about 7d. to 10d. per pound, according to quality and the part. The loin is always more than the streaky. Rolled bacon is cheaper.

Bacon, to Fry.—See that the pan is clean, and then lay in the slices, thinly cut, evenly and carefully trimmed. Turn over, and cook until rather crisp and a delicate brown. To know when done, see that the fat has lost its raw look in every part. If it is not desired to crisp the bacon, a little fat should be melted in the pan to start with; this must not get very hot; the bacon should be turned as before, and in this way may be fried without gaining colour to any extent. Therefore, the purpose for which it is required must be a guide as to which method should be adopted. For curled bacon, cut it thinly, and fasten it with tiny skewers, then fry it crisply. This is also called "rolled bacon." Another way consists in taking off the edge on one side, leaving the rind on; this, however, is not so good, as it only curls partially, and for garnishing purposes the first-named mode is the one to follow.

Bacon which is somewhat over-dried may be put in warm water for a short time, and dried before frying. It will then be soft; it will not crisp or brown, but many will find it more agreeable.

Bacon, to Grill.—There is no doubt about the excellence of a slice of good bacon when nicely grilled, and there is no questioning the extravagance of the method, the fat being literally in the fire. It should be cut thinly and trimmed both sides, then turned often until done through, and a delicate brown. Time, a few minutes.

Bacon Olives.—Required: half a pound of bacon, raw, cold meat, bread, and seasoning as below. Cost, about 1s.

Cut the bacon thinly, remove the rind, and lay a bit of stuffing on each slice, made by mixing equal parts of crumbs and any sort of cold meat finely chopped, and seasoning them with herbs and pepper. A little milk or stock can be used to moisten this. Roll up the slices and tie them, or put a little skewer through, then cook in the Dutch oven or frying-pan, until the bacon is done. Remove the string, and dish on a strip of toast.

Ham can be used in the same way, and game or poultry put in instead of the meat. Slices of cold boiled pork are equally appetising so cooked, and the appearance is improved by dredging the olives with raspings before serving.

Bacon and Peas.—Peas-pudding, or a purée of peas can be served with bacon, just as it is with pickled pork; and if the peas be surrounded by stewed or baked tomatoes, the dish will be found very agreeable and wholesome. Instead of tomatoes, onions can be served; they furnish a pleasant change.

Bacon and Potatoes.—Required: half a pound of bacon, raw, a pound or more of potatoes parboiled, seasoning as below. Cost, about 7d.; more if with sauce.

Grease a pie-dish, put in a layer of the potatoes sliced, then a sprinkling of salt and pepper, chopped onion, and powdered sage or other herbs; then a few thin slices of bacon, and so on until used up, the top layer being potatoes. Put some bread-crumbs and more of the seasoning over all, with a little bacon fat or dripping, and bake for twenty minutes or rather more; then turn out, or serve in the dish, with or without gravy. GRAVY FOR HASHES OR STEWS is suitable, or a sauce of onions or celery is an excellent accompaniment.

Bacon and Potatoes with Cheese. (*See* recipe for POTATOES WITH CHEESE.)—Prepare a pie-dish as for that, and line with the mashed potatoes, then fill up with sliced bacon, very thinly cut, and potatoes; the latter forming the top layer. Dredge with crumbs, and put a few bits of butter over. Bake until brown; then turn out, and serve as hot as possible. This is cheap and nourishing, and very tasty when served plainly; but much better with half a pint of cheese sauce poured over it (*see* recipe in HOT SAUCES).

Bacon, previously boiled, answers for this dish.

Bacon, to Toast.—An ordinary broiler can be used, or a good-sized toasting-fork does very well. In the latter case, something should be put under to catch the fat; a slice of bread is relished by many after it has become soaked with the fat. The bacon should be treated as described above; the slices being even in thickness. It must be remembered that the leaner the bacon the slower must be the cooking, and only bacon of good quality is nice when cooked by any of these quick methods. If it is dry and hard, it is far wiser to reserve it for boiling and steaming, that it may be improved and softened by the preliminary soaking. (*See* HAM, TO STEAM.)

Beef, Collared.—A very cheap dish may be had from the neck, usually called clod, or sticking. It should be cut into shape before salting, so that it may be compactly rolled. The pickle No. 1 is one of the best. For six pounds of meat, rub and turn it daily for a fortnight or so; wash and prepare it by tying as usual; then boil about three and a half to four hours. If no collaring-tin is handy, leave the meat, tied up, with a plate and weights on the top of it, until quite cold and firm. This part is not very highly flavoured, and is rather coarse and stringy, but it has the advantage of extreme tenderness if slowly cooked; and, by pickling as above, flavour is given to it. The part next the head should be cut off; it will make a nice stew while fresh. Cost, about 5d. or 6d. per pound.

Use a third the quantity of pickling ingredients given in the recipe.

Beef, Collared, Superior.—Choose flank or brisket, from prime meat. Remove bones, gristle, and

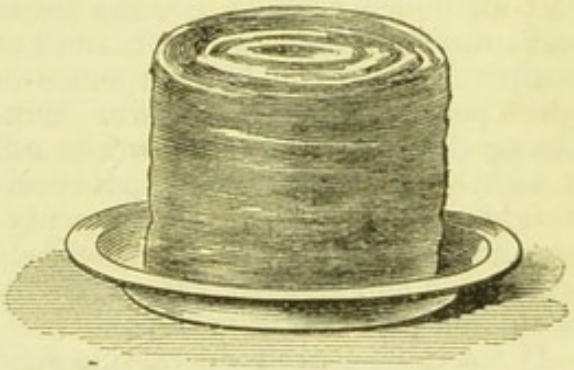


FIG. 94.—COLLARED BEEF.

coarse inside skin; then pickle as above directed; or use No. 4 for a still more highly-flavoured dish. A piece of eight pounds or more may be left for a fortnight to three weeks. For a plain, family dish, garnish with parsley or watercress. Or glaze the meat (aspic may be used instead); put some salad about the dish, with scraped horse-radish, cut lemons, and beet-root. Cost, 6d. to 8d. per pound.

This is easily carved. The knife must be sharp, and the slices evenly and thinly cut, horizontally.

Beef, Dutch, or Hung.—Round or rump is used for this (*see* PICKLE No. 6, p. 369). Before using it, rub the meat over with a handful of coarse sugar. Twenty pounds or more of meat should be left for about three weeks in pickle, then smoked; or the meat may be cooked in weak stock and pressed, then served cold. It is used mostly for heightening the flavour of gravies or sauces, a little piece being cut off as wanted. Cost, about 8d. to 10d. per pound.

Beef Ham.—Take the silver-side of a round of beef, then rub it in every part with a handful of brown sugar warmed in the oven. Leave it for a couple of days, this will mellow it. Then wipe it, and rub it with half a pound of bay salt and an ounce of saltpetre mixed together thoroughly. Leave it for fourteen to eighteen days, according to its weight, rubbing daily. If liked, it can be smoked; or a very excellent flavour may be given to it by blending an ounce of black pepper, half an ounce each of ground cloves and nutmeg, an ounce of crushed juniper berries, and half an ounce of white pepper, with the salt, &c. Supposing this is to be boiled whole, roll it tightly in a cloth, and put some weights on it. Then, after twenty-four hours, put it on in plenty of cold water, and boil slowly; keep it in the cloth, and press again until cold.

If not to be cooked whole, this must be hung up after smoking; it can then be cut in slices, and cooked like ham; or it may be boiled, but will require soaking for a short time. Or it may be served in chips (*see* BEEF, SMOKED, AMERICAN).

Beef, Hamburg. (*See* PICKLE No. 5, p. 369.)—Make enough to cover the meat; it may be ribs, round, or any part preferred. Leave it for a fortnight, then smoke it. It may be boiled, and is used for salads sometimes. Cost, variable.

Beef, Hunters'.—Required: a nice round of beef, twenty-five pounds or so. Salt it by the directions given in PICKLE No. 1 (page 368), giving it three weeks, and rubbing and turning daily. Wash it from the pickle, and put a bandage of strong calico round it to keep it in shape, then lay it in a baking-pan with half a pint of stock; put some suet in shreds over the meat, then cover with a flour and water paste and a greased paper over. Bake in a moderate oven, allowing about twenty-five minutes per pound. The stock must be replenished if required. Remove the bandage when the meat is quite cold, also the paper and paste. Take care that the suet is quite sweet. Cost, 8d. to 10d. per pound.

This is a good, substantial dish for a hunt breakfast, or for luncheon for large parties, &c. To serve it, put in some ornamental skewers, and glaze the meat; garnish with plenty of parsley and scraped horse-radish (*see* also SALADS).

For small families any piece of beef, aitchbone for example, suited to their requirements, may be cured and cooked in this way, and very good it will be found. Unfortunately, many begrudge the little trouble involved in this mode of cooking, but the flavour and tenderness of the meat will repay anyone who may try it.

Beef, Round of, Spiced.—Prepare a pickle by the directions given in PICKLE No. 4 (page 369), but for eighteen to twenty pounds of meat, use double the quantity of each ingredient. Rub and turn the meat daily, or twice daily, for a fortnight. The lean is the part to rub most. When ready to cook, wash and dry the meat, and cook as directed for HUNTERS' BEEF, allowing at least thirty minutes per pound. If that way of cooking is not convenient, put it in an iron boiling pot, with some sliced vegetables, and enough weak stock to cover it—that from any fresh boiled meat will do—and cook gently for the time specified. The liquid must scarcely bubble, or the meat will be hard. The liquid must be renewed as required. Turn all out

into a pan, and remove the meat when cool. Finish off with a garnish of parsley and horse-radish, or the meat may be glazed, or brushed over with aspic. (*See* also TONGUES.) Cost, as above.

To carve this a sharp thin knife is wanted, such as are used in "ham and beef" shops. Any unequal projections should be cut off, then slices taken horizontally. They are usually preferred thin. The top slice may be divided at the family table. In restaurants and hotels it is put aside, not given to customers. By the same rule it should not be given to a guest at one's own table.

Beef, Salted Quickly.—This dish is only just removed from a joint in the fresh state, but it is very tasty, and many will like it better than meat which has been salted fully. For six pounds of beef, from the brisket, or any other boiling part, put on a plate a quarter of a pound of salt, two ounces of sugar, a teaspoonful of pepper, and a good pinch of mixed spice; warm the mixture, and rub the meat for ten minutes. Leave it for an hour, and rub again well; repeat a few times, then let it lie all night. When ready to cook, rinse the meat, and put in a saucepan of tepid water; bring slowly to the boil, and skim well. Allow rather more than half an hour per pound. If brisket, tie it across with tape a few times to keep its shape. An hour or rather more before dishing, put some young carrots in the same pan, together with some little dumplings, marrow or suet (*see* PUDDINGS). Serve the meat with the carrots and dumplings round, and some of the liquor, flavoured and thickened for gravy. Cost, about 8d. per pound.

This will make a nice breakfast-dish when cold. A bullock's tongue can be prepared and served in just the same way. Treacle may be used in place of sugar, and other spices may be added. For large pieces of meat, the quantities of salt, &c., must be increased in proportion.

Beef, Smoked, American.—A piece of beef should be kept in brine for ten to twenty days, according to its size, then hung in the chimney, over a sawdust fire, for a fortnight or more. It must then be rubbed with black pepper, and hung in a cool, airy place. When once it has been cut, the cut part must be wrapped in thick paper. When it is to be served, pare the outside skin off, and shave the meat into thin chips. If very salt, it is improved by soaking in warm water for a few minutes. For a pound of beef melt a slice of butter or dripping in a frying-pan; stir in the beef, after peppering it well, and when it begins to "fizz," shake a half tablespoonful of flour over it. Then pour in a little stock or gravy, not much more than a gill; when the sauce is thick, serve very hot. Two or three eggs can be beaten up, and stirred in the pan with the beef and gravy.

The beef is sometimes cut into chips, and served without further dressing.

Either of the pickles given will do for this, but Nos. 1, 2, or 4 will be most suitable. The meat may either be used in a week or two, or hung like bacon before cutting.

Brawn.—Required: a pig's head, of about five pounds, a pound of lean beef, from the shin, or from an ox cheek, seasoning, &c., as below. Cost, about 3s. 6d.

Split the head, take the brains out, rub it with salt, and leave for a day; drain it well, and put it in pickle No. 7, with the beef, just enough to cover them. Turn daily for five or six days; then wash the meat, and put it in a saucepan with a sliced onion, a bay leaf, a sage leaf, a sprig of parsley, and a dozen black peppercorns. Cover with cold water, and boil until the bones slip from the meat; skim very often; then take the meat up and cut it in little squares; season with a teaspoonful of pepper, a good pinch of cayenne, and the fourth of a small nutmeg grated, with some powdered herbs

if liked. Reduce a little of the liquor by quick boiling, down to a gill; mix this with the meat, then put it in basins or moulds, and leave until firm and cold. To turn it out, dip the mould in warm water (in cold weather the water must be hot), then dry it; put the dish on the top, reverse the mould quickly, and the brawn will slip out.

If the stock be diluted with fresh liquor from meat that has not been salted, it will serve, with plenty of vegetables and cereals, for thick soup of the purée kind. For any other sort it is not available. The tongue must be skinned before it is cut up. If liked, it can be kept for a separate dish.

Brawn, Ormskirk.—Required: the head, ears, and feet of a small pig, two tongues in addition to the one in the head, seasoning as below. Cost, about 8d. per pound.

See BRAWN; proceed as directed; lay all the meat in pickle No. 2; turn it daily for five days, then rinse and dry the meat, and boil until all the bones slip out. The ears will take a long time. Skin the tongues, and cut all up very small; season with black pepper and ground nutmeg, a little sage and salt; a pinch of cayenne improves it. Reduce the liquor to a pint or so; stir some of it to the meat in a saucepan; make all hot, and then pour into moulds or basins.

Brawn, Superior.— Required: half a pig's head, two feet, two sheep's tongues, and a pound of streaky pork, belly-piece, seasoning as below. Cost, about 8d. per pound.

Pickle the meat as above, then put all on to boil with a sliced onion, a carrot, and a bunch of herbs. When the bones fall out, cut it up as above directed; season it with white pepper, ground mace and cayenne; add a little of the liquor, and salt if required. Put it in a tin mould, or collaring tin as shown on page 383, and leave until firm before turning out. Keep it in a cold place; it cuts so much firmer and nicer.

Chaps, Bath.—The excellence of these will depend very much upon the amount of soaking and boiling they receive. If these be neglected, the meat will be hard. Plenty of cold water should be used for the washing and soaking; a small brush is needed to cleanse the chap; let it remain for a night, or longer if very dry. Put it on to boil in cold water, bring gently to the boil, skim well, and boil for two to three hours. In this instance, a certain time for a given weight must be considered less than the time that will be required to soften the meat; *i.e.* its dryness plays a prominent part. When done, skin it, and dredge with raspings. Serve hot with green vegetables, or cold as a breakfast dish, with salad, &c. After dredging this, or any similar meat with raspings, put it near the fire for a minute or two. Cost, about 8d. per pound.

Ham, to Choose.—A ham with short bones should always be selected if possible. To know if good, pass a skewer through the middle, to the bone, and also at the knuckle; if it smells sweet, and is free from greasiness when withdrawn, the ham is good. Strong odour and a greasy skewer prove that the ham, although it may not be actually bad, is not first-rate, or even good. In buying half a ham, notice the fat. It should not be yellow and rancid looking, or streaked with yellow. It should be clear, and of a pinkish white. The kind of ham to select depends as much upon the pocket as the taste of the purchaser. For ordinary purposes, whether to serve hot with vegetables, or cold as a breakfast-dish, the small, sugar-cured Canadian are very good. They are low in price, and some are almost as mild in flavour as a piece of pickled pork. A good home-cured ham, well matured, is not easily beaten in point of flavour; such are not now very easily procured, for naturally, owing to the storage required, they cannot compete in price with those above-named; and, therefore, the

curing of them is said not to pay. The hams of Cumberland and York fetch a high price, and are very delicious, so are the Wiltshire smoked. Irish hams may be had both plain and smoked; some of the best are quite equal to Wiltshire, but there are several qualities; the same may be said of Irish bacon. Cost, from 7d. to 1s. 2d. per pound, according to kind and quality. Average, 9d. to 10d.

Ham, Baked.—A baked ham is much more delicious than a boiled one, and will keep better. Put a ham into plenty of cold water for some hours. If very hard and salt, twenty-four hours will be necessary; for an ordinary mild-cured ham, from eight to twelve hours is sufficient. Wash it in lukewarm water, trim it neatly, and cut away all the rusty smoked parts. Cover it with a coarse paste made of flour and water, and take care to leave no loophole through which the gravy can escape. Bake in a moderate oven. Remove the paste and skin while the ham is still hot, cover it with raspings, and brown it before the fire. Time, according to the size. A ham of ten pounds will take about twenty-five to thirty minutes per pound if thick, while a heavier ham, if thin, might be done in the same time, or even less. The shape, as well as the weight, must be taken into consideration, and the age and quality play no small part in the matter. (*See* HAM, BOILED.)

Ham, Baked (German recipe).—After removing all discoloured parts of a ham, strew over it a savoury powder, made by mixing a teaspoonful of ground cloves with the same measure of pepper, and a good tablespoonful of finely-powdered sage. A flour and water paste, of an inch in thickness, is next put over it, and the ham baked in a moderate oven. The paste is removed while the ham is hot, and the ham finished off by glazing and garnishing.

NOTE.—The skin is to be removed before baking.

Ham, Boiled.—Soak the ham in several lots of water. If very hard and salt, twenty-four hours or more will be required; if not, from eight to twelve hours will suffice. Lukewarm water will soften it more quickly than cold. Scrub it well, and scrape off the rusty, discoloured parts, but do not cut the skin if it can be avoided. Put it into the kettle with plenty of cold water. If a bunch of sweet herbs, two or three carrots, and a bay-leaf are added, the flavour will be improved. Let it be brought to a boil very slowly, skim it carefully, and simmer very gently until sufficiently cooked. If it is not intended to be kept any length of time and still not to be cut until cold, it may be left in the water for an hour after it is done enough; this will improve the taste of the ham, but it will render it less likely to keep. Lift it out by the knuckle to avoid sticking a fork into it. Take off the skin, strew over it some browned crumbs of bread, roll a frill of paper round the knuckle, and send it to table neatly garnished. If the ham is to be glazed, the bread-raspings must be omitted. Preserve the skin, and place it over the ham when it is put into the larder, as it will keep in the moisture. Time, for a new ham, about twenty-five minutes per pound. An old one may want more than thirty minutes. The thickness must be taken into account.

Ham, Boiled (Various ways).—Wash and soak the ham, add to the last soaking water a gill of vinegar, and put in the water for boiling a half-pint of vinegar, and an equal measure of cider. This is an old recipe, said to be excellent. After the ham has been strewn with raspings, set it in the oven for twenty to thirty minutes.

Another way.—Put in the water for boiling a small quantity of ale; this is suited to highly-flavoured hams, for the curing of which treacle has been used.

Another way.—The ham is to be tied in a thin cloth, and put in a pan not

much more than its own size, then covered with three parts water to one part cider or light wine; a morsel of garlic, a sliced onion, some celery stalks, and a piece of carrot should be tied in a bag, together with a leek if obtainable, and boiled with the rest. Boil, then skin, and leave the ham until cold after wiping the fat; then glaze it, and garnish to taste. This recipe may be confidently recommended.

Another, similar one, directs that the ham be tied round with a wisp of new hay before the cloth is put on it.

Another way.—Boil a ham until nearly done; skin it, and pour a glass of sherry over. Put it to the fire, and repeat again in a few minutes. Then put raspings on, and serve hot or cold.

Ham, Broiled or Grilled.—A matured ham is the nicest, but it must not be hard. If there is any fear that it will be, soak it in warm milk or water for a short time. The slices must be even, and the cooking gradual, both at first and all through. The fierce heat necessary for the closing of the pores of fresh meat, would spoil salt meat of any sort. Broiled ham is more economical than grilled ham. If a Dutch oven be used, some cold potatoes may be re-heated in the bottom. They will absorb the dripping, and are generally relished for breakfast. When grilling is preferred, wipe the gridiron, and rub the bars with a bit of fat ham, then cook gently for about eight minutes.

Ham, Cured.—An easy method. The pig should be a year old at least, and killed in weather neither damp and muggy, nor very frosty. The ham should hang a day after it is cut out, then have a sprinkling of salt, and hang for another day. Mix half a pound of salt, the same of coarse sugar, and two ounces of saltpetre. Lay the ham, rind down, on a large dish, rub it well with the salt, &c., and baste and turn it every day. Leave it for a month, then drain it, and coat it with bran. Hang it in a cool place. If hot, it will be dry and hard, and may turn rancid. It must be watched, and should any part turn yellow, scrape it off, and rub the part with pepper, salt, and flour, mixed in equal proportions.

Another way.—Use for each ham, six ounces each of bay salt and common salt, twelve ounces of sugar, an ounce of saltpetre, and an ounce of black pepper. Dry these before the fire, and rub the hams well. As many as may be wanted may be cured at once, these proportions being duly increased. The hams must then change places in the tub or pan, the one at the bottom being brought to the top, and *vice versâ*.

Before hanging up, hams should be dusted over with flour or malt dust. Some prefer to wrap them in brown paper, and coat over with lime wash. We think that nothing is nicer than malt dust; the ham may be first lightly floured.

Ham, Cured (Bayonne).—Shorten a leg of pork as much as possible, put a press or weight on, and leave for a few hours, then rub all over with half a pound of salt and an ounce of saltpetre. Make a pickle by boiling together wine and water in equal parts, with a teaspoonful of juniper berries, a sprig of thyme, basil, and sage, two bay leaves, some whole peppercorns and coriander seed, about half a teaspoonful of each. When well flavoured, strain, and pour off. Lay the ham in a pan, pour the pickle over, and sprinkle salt on it; leave it for three weeks, turning daily; then dry it, and smoke it with aromatic wood. When smoked it should be rubbed over with wine lees, then dried, and finally wrapped in paper, and stored in wood ashes.

Ham, Cured (Bordyke recipe).—After rubbing the hams with salt and draining them, take for every twelve pounds the following ingredients: three ounces of brown sugar, one ounce of saltpetre, half a pound of bay salt, and three ounces of common salt, all dry, and in fine powder.

Rub and turn daily for four days, then add half a pound of treacle, and keep in the pickle, turning and rubbing as before, for a month. Drain for a night, wrap the hams in brown paper, and have them smoked for a month.

If a high flavour is liked, an ounce of ground black pepper and two ounces of bruised juniper berries may be mixed with the saltpetre, and rubbed into the meat before the salt, &c., are added.

Ham, Cured (M. Ude's recipe).—As soon as the pig is sufficiently cold to be cut up, take the hams, rub them well with common salt, and let them drain for three days. Dry them, and for two hams, weighing sixteen or eighteen pounds each, take a pound of salt, a pound of moist sugar, and two ounces of saltpetre. Rub the hams thoroughly with this mixture, put them into a deep pan, with the skin downwards, and turn and baste them every day for a month, at the end of three days pouring a bottle of good vinegar over them. Drain and dry them well, and if they are to be smoked, hang them high in the chimney, to keep the fat from melting. "This," says M. Ude, "is superior to a Westphalia ham."

Ham, Cured with Hot Pickle.—Rub a ham weighing about eighteen pounds with an ounce and a half of pounded saltpetre, and an ounce and a half of brown sugar. Leave it until the next day, then make a hot pickle, by putting one quart of strong beer or porter into a saucepan, with two pounds of salt, half a pound of brown sugar, an ounce of black pepper, an ounce of allspice, and a small piece of sal prunella. Pour this, when boiling, over the ham, and let it remain for three weeks, rubbing in twice or three times every day. Drain and dry it, and, if possible, smoke it for a fortnight. A ham cured in this way has very much the flavour of a Westphalia ham.

The vessel for this must be deep, that the ham may be well covered.

Ham, Fried.—Only ham of good quality should be fried. Hard ham will be hardened further, and made almost uneatable, and quite indigestible. The pan must be clean, and the ham should be sliced and laid in without any other fat, unless exceptionally lean ham be used. It should be turned often, and cooked gently. If eggs are wanted with it, keep the ham on a hot dish, set over a pan of boiling water, with a cover over (a deep dish will do, failing a cover). Do not put it near the fire to keep hot; it will go on cooking, and be hardened. Fry the eggs carefully (*see* Eggs), and dish them, one on each piece of ham. Poached eggs, it should be remembered, are more digestible than fried ones, and may be served with ham when fried eggs disagree. Many dishes of eggs, given in a subsequent chapter, are suitable accompaniments to a dish of ham.

Ham, Fried, with Succotash.—For a novel breakfast dish—novel to most people, at any rate—this is worth a trial. Heat a tin of succotash, turn out the contents after seasoning to taste, and put some sliced ham on the top. A dish of plain salad may be served with it. Cost, according to quantity.

Ham, Garnished Plainly.—For a cold dish, draw the skin off, and dredge raspings over the ham; fasten a frill of paper round the knuckle, and garnish the dish with parsley, celery, or carrot tops, watercress, or small cress and mustard, with tomatoes or radishes intermixed; a few slices of lemon add to the appearance of the dish. Cooked vegetables may be used in place of salad. By keeping the skin, and laying it over the ham where cut, it will be kept moist. A thin coat of glaze—which is now very cheap, *see* page 10—may be put on the ham in place of raspings. This method should be adopted when serving a ham hot for dinner; or a portion only of the rind may be taken off, by carving it in an ornamental device; the part

left on being glazed. Cooked vegetables, such as sprouts, or spinach with eggs, small carrots and turnips, or any others in season, should be put about the dish. The sauce must be served separately. If a more elaborate dish is wanted *see* pages 246 and 247. Hints on piping hams are given in a chapter on GARNISHES, &c.

Ham, Spanish. — These hams require care and attention; the cleansing and soaking are very important. After scraping, put the ham in cold water for thirty to forty hours, changing the water twice or thrice; then put it on to boil in cold water; take it up in an hour, after gentle cooking, and put it in a braising pan with wine and stock to cover it. Then cook it gently for four hours, or more, according to size, and let it get cold in the liquor. Plain bone stock, or the liquor from boiled fresh meat or poultry will answer, although a better stock is preferable.

A ham of this sort has not a fair chance of attaining perfection if it is cooked in water only, and taken up as soon as done.

After this treatment the ham may be finished off in the usual way, and served plainly; or it may be garnished, and served for any cold collation.

Ham, to Steam.—The preparation of the ham is the same as if for boiling; it is then put in the steamer over cold water, if the ham be dry and old; the water is then brought to the boil, and the ham cooked rather longer than if boiled. If the ham be new, it may be put in over hot water. A piece of ham can be nicely done in a potato steamer; for a whole ham, a good-sized oval steamer is required. A piece of bacon may be steamed in the same way. If flavour is desired, some vegetables and other ingredients, such as are added to the water for boiled ham, may be put in the water under the steamer. There is a saving of weight in steaming meat, and it is not likely to be spoilt in the cooking. It also requires little attention, and for that reason commends itself to busy people, if for no other.

A piece of steamed ham may be brushed over with glaze, and served hot, with a nice sauce, and a salad. The latter may be of the plain, uncooked kind, or a vegetable salad may be served (*see* recipes).

Ham, Westphalian. — Westphalia is celebrated for the delicacy and flavour of its hams. A Westphalia ham needs to be soaked longer than one cured at home. It should be laid in cold water for twenty-four hours, drained, covered with fresh water, and left for another twenty-four hours. When sufficiently soaked, cleanse and trim it, put it into a saucepan, cover with cold water, and let it simmer gently for an hour. Take it up, put it in a stewpan upon a bed of sliced carrots, onions, and celery, and add a bunch of marjoram, a sprig of thyme, a clove of garlic, three bay leaves, a dozen peppercorns, half a dozen cloves, and a blade of mace. Pour over the ingredients as much stock as will barely cover them, and let the ham simmer gently until done enough. Take the stewpan from the fire, and leave the ham in the liquor till cold. Take it up, draw off the rind, trim the fat evenly, put it in the oven for a few minutes, then press it with a dry cloth to free it from fat, and either glaze it or shake bread-raspings all over it. Time to simmer the ham, about five hours.

If no stock is available for cooking the ham, use the liquor from boiled meat or poultry, with any bones that may be handy. "Justice is not done to these hams," says an authority, "if plain water only is used for the cooking."

Ham, with Eggs and Veal Sausages. (*See* recipes for VEAL SAUSAGE MEAT.)—Prepare some small sausages, and fry them; if more convenient, make sausage-meat cakes; then fry the eggs in the fat from the ham and sausages. The ham should be in strips, and very delicately

cooked. Have as many squares of bread as there are eggs; fry or toast these, put on each two strips of ham, with the sausage in the middle. Lay an egg on the top; dish neatly, and serve hot. Cost, 1s. 4d. for a dish made from half-a-pound each of ham and sausages, and four eggs.

Ham, with Eggs and Vegetable Marrow. — Required: a pound or more of ham, a medium sized marrow, six or seven eggs, and half a pint of parsley sauce. Cost, about 2s.

Broil the ham, then cut it in pieces even in size. Boil or steam the marrow, after dividing it in pieces rather larger than the ham. Poach the eggs, then dish as follows. Lay a few slices of fried bread or toast on a hot dish; put the ham on the bread, and an egg on each piece of marrow; lay them round the dish; sprinkle the eggs with a pinch of chopped parsley, and pour the sauce over the ham.

Another way.—In addition to the above some green peas are required. In dishing, lay the eggs on the ham, and put the peas on the pieces of marrow; pour the sauce over the ham and eggs, and serve very hot.

Ham, with Fried Haricots. —Required: half a pound of small haricots, white or green, a pound or so of ham, seasoning as below. Cost, from 1s. to 1s. 3d.

After the beans have been boiled and become cold, season them with pepper and a pinch of mixed herbs in powder. Fry the ham, and keep it hot, then put the beans in the pan, and fry them in the ham fat, adding a little more bacon or pork dripping if not sufficient. Turn them about to heat them through, then put them on a hot dish, and lay the ham in neat pieces round them. This is excellent as it is, but may be improved by mixing a fried onion or two with the beans; or by pouring some brown onion sauce over them; or a little brown piquant sauce may be put over the ham. Perhaps nothing is a greater improvement than a spoonful or two of hot cream, mixed in with the beans just before dishing, and some chopped parsley or other seasoning sprinkled on the top.

Ham, with Fried Potatoes. —Any of the recipes for fried potatoes may be followed. The ham should be dished with the potatoes round. Potato chips, or ribbons, sprinkled with parsley and cayenne, may be especially recommended. Cold potatoes, fried, are not to be despised. Some brown macaroni can be put with the potatoes, alternately, round the dish for variety.

Mutton Ham.—Choose a short, thick, fresh leg of mutton, weighing twelve or fourteen pounds, and cut it into the form of a ham. Pound in a mortar half a pound of bay salt, one ounce of saltpetre, and half a pound of coarse brown sugar. Make the mixture hot in a stewpan, then rub it thoroughly into the meat. Turn the ham every morning for four days, and rub the pickle well into it. On the fifth day add two ounces more of common salt. Rub and turn it in the brine for twelve days more, then drain and wipe dry; rub it with dry salt, and hang it up in wood-smoke. No sort of meat is more improved by smoking with aromatic woods than mutton. When once dried it will keep for six months. Mutton hams may be roasted or boiled; but in either case they should be soaked, unless quite freshly done, when they will only require washing. As a breakfast-dish, with eggs, mutton ham is commonly used in the North of England and in Scotland: it is cut in slices as required, and broiled lightly. Time to smoke, one week. Cost, 10d. or so per pound.

Ox Tongues, to Boil.— A tongue which has been in pickle for a fortnight or so requires but a short time to soak; a smoked one needs some hours. Trim the tongue neatly about the root; wash it, and put it in a saucepan of cold water; skim just before it boils, then, when free from

scum, put in a few slices of onion and carrot, a bunch of herbs, and if a plain brine has been used to pickle it, add some spices tied in muslin. If spices have been used in the pickle they are not needed. Boil as gently as possible; if fast, the tip will become ragged, and the root will remain hard. A medium-sized tongue will take three hours or more; a large one from four to five hours. Test it with a skewer, but avoid probing more than necessary, or a good deal of the goodness will be lost. Skin it as soon as it is cool enough to handle, and be careful to make no holes in the flesh. If not to be collared, put it on a board, and pass a skewer or two through the thick end, and another in the tip, to keep it in shape until cold. The under-part must first be cut evenly, for the tongue to stand well on the dish. If fat is not liked, a good deal must be removed. Those who like fat usually prefer it all left on, except any parts which would spoil the appearance. Cost, 6d. to 8d. per pound.

Ox Tongue, to Carve.—The illustration below shows an ox tongue as generally served, garnished plainly with a paper frill, some parsley or watercress, and some scraped horse radish, but the latter may be dispensed with. Perhaps the most common way of carving is to make a cut near the centre of the tongue, carrying the knife only about three-fourths down, and then taking slices from both sides until the root and tip are reached. This is wasteful—the fat left on the dish becomes discoloured by the time the tongue is consumed; and a more economical way is to cut the tongue right down, through the middle, then take slices thinly from both sides. As has been already said, superfluous fat should be cut off before it is dished; then the probability is that not more than will be eaten is left on. When the meal is over, the two parts should be pushed together, to prevent dryness. Any fat which may be left, so long as it is sweet, will come in useful for mixing with lean beef, or other meat for potting.

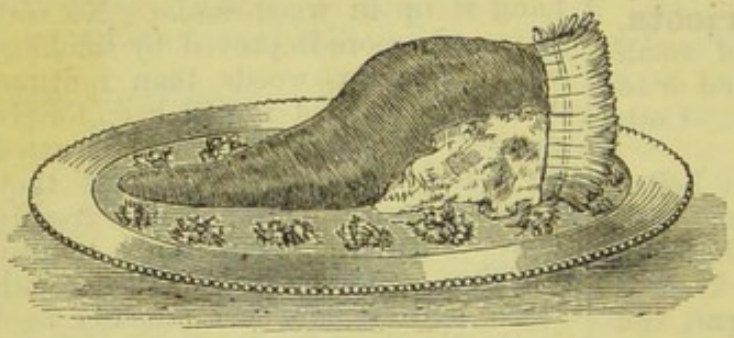


FIG. 95.—OX TONGUE FOR TABLE.

Ox Tongue, to Collar.—The very simplest way is to roll the tongue round, tip inside, while hot, just after skinning, and tie it firmly with plenty of tape. A plate is then put over, and some weights put on the top. Or it can be put in a round cake tin, as nearly as possible the same depth; any cuttings from the bottom of the tongue may be put in the middle, and it must be rolled tightly, or it will not turn out firmly. The best method is to put in a collaring-tin, or brawn-press. There are many varieties, but the one shown is simple and inexpensive. The tongue should be cut through, lengthwise, while hot, and the halves curled round and laid in, one on the other; the thick part of the second half being placed on the thin part of the first. The tin, A, is made with a hollow bottom; the drainer, B, fits in; the meat is laid on it, and then the lid, C, is put on the meat. The lid being smaller than the tin, drops inside, so that, supposing the meat only reaches half the depth of the tin, it is as well pressed as if it quite filled it. Weights, or flat-irons, are set on the lid, and the meat is left until quite cool. The tin may be made any depth; one of about twelve inches is very useful. It will then serve for two tongues, or a nice-sized piece of

beef. The collaring-tin must be set on a plate, that any moisture from the drainer may be preserved. It consists mostly of fat, and should be clarified

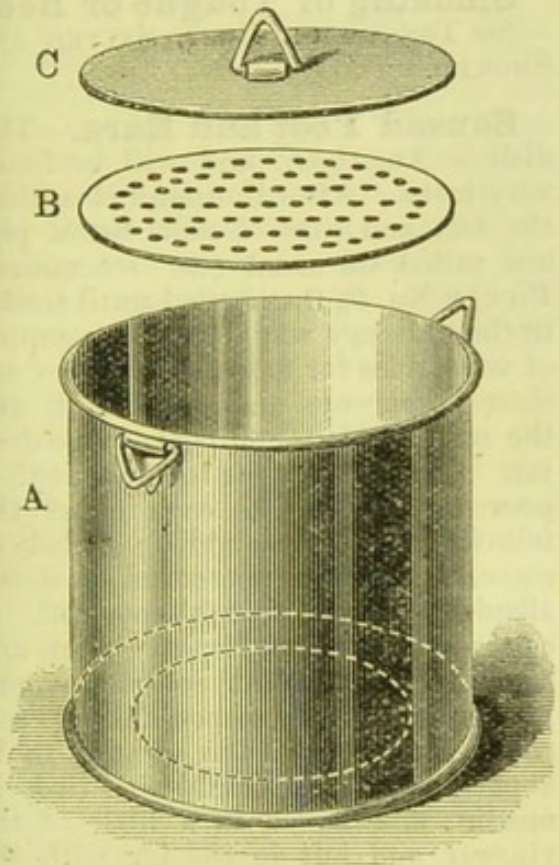


Fig. 96.—Collaring Tin.

with the pot skimmings, for use in the kitchen.

A collared tongue is carved like a round of beef, and is not only very easy, but insures the fair distribution of fat and lean.

Ox Tongue, to Cure.—When the tongue is brought in, see that there are no bruises on it; if so, they will not take the salt, and will have to be cut out after cooking. Rub a little salt on, and drain it, then put it in pickle. No. 1 is a good one if spice is liked; or the same without the spices may be used. Half the quantities of salt, &c., will do for one tongue. No. 2 can also be used, and if a high flavour is wished for, the other dry pickles for Dutch or Hamburg Beef will serve equally well for tongues. From two to three weeks should be allowed, according to their size; as a rule, a little over a fortnight will cure a medium-sized tongue sufficiently. If a number are cured together, the Pickle No. 7 may be used.

Pig's Feet, Devilled.—Boil some feet that have been salted in the usual way, until the bones may be drawn from them. Then press the separate halves, and leave until cold. For a couple of feet, put in a saucepan a gill of the liquor in which they were boiled, a tablespoonful of hot chutney, the same of mushroom catsup and brown vinegar, a teaspoonful of dry mustard blended to a paste with the same measure of browned flour, and finely minced onions to suit the palate; salt to be added at discretion. When this has boiled up stir in an ounce of butter, and pour the whole over the feet laid flat in a stewpan. Put the lid on and leave for a quarter of an hour. This is suitable also for calf's feet or head, sheep's feet, or anything else of a gelatinous nature.

In serving, strain the sauce over the feet, leaving the onions behind, unless fried onions are used, then they may be left in. Cost, about 9d.

Pig's Feet, with Eggs.—A very good breakfast dish. Required: a set of feet, half-a-dozen eggs, water, seasoning, &c., as below. Cost, about 1s. 8d.

In preparing this dish it is supposed that soup is to be made for the next day's dinner (*see* recipe for Mock Turtle Soup made with Pig's Head, on page 53). The feet should be salted for a couple of days only, and well rinsed, then boiled until the bones fall out. The meat is then to be cut up and put in a saucepan, with enough of the liquor from the pan and boiling milk to just cover it. A tablespoonful of flour to each half-pint of liquid should then be stirred in, and the whole boiled for a few minutes, when it will become a thick mince: pepper and cayenne, with a little salt and nutmeg must be

used to season it. Have a hot dish ready, with a large piece of toast or fried bread on it, or in place of either a layer of mashed potatoes. Turn the mince on it, making it high in the centre; put five eggs round the base, and one on the top; sprinkle each with a pinch of chopped parsley, and send to table very hot. The eggs may be fried or poached, or steamed, each in a separate cup (*see* recipes in a later chapter).

Another way.—Use all pot liquor, and omit the milk in re-heating the feet. Thicken with browned flour, and season with mustard, Worcester sauce, and a spoonful of vinegar, plain or seasoned. This is very savoury. Fried onions may be served with it. The smaller the feet, the nicer looking will be the dish, on account of the colour, but larger feet will be more gelatinous and make better soup stock. This is of no importance if the second method be followed, but the first one requires white-looking feet.

Pork, Pickled (Various joints).—Supposing it is necessary to pickle a good supply of pork, say a leg, a shoulder, the belly, head and feet; make enough brine to cover the whole, which may be put into a tub or pan. The meat should be sprinkled with dry salt, and left for a day and a night, then be drained. The brine, No. 7, should come an inch or two above, and a board with weights on should be put over. The belly may be cooked in a few days; the head and feet in a week or so; the shoulder will be nice in a fortnight; so will the leg, unless it is desired to convert it into what is sometimes called Mock Ham, *i.e.* a leg of pork pickled for a month or so, then hung up to dry for a few weeks. But for this purpose the pickles given for hams may be used with greater certainty of success. The leg will be found very delicious; one of eight pounds or thereabouts may be so cooked. It will take about four hours to boil, and should be treated just like a ham. To eat it in perfection it should not be cut until cold. (*See* Vindaloo.)

Smoking of Tongue or Beef.—*See* Tongue or Beef, Salted and Smoked.

Soused Feet and Ears.—This dish is American, and will be found very tasty. After thorough cleansing, the feet and ears of some bacon pigs are salted as usual (we recommend Pickle No. 4), then boiled until tender in the ordinary way, but with a supply of vegetables for flavouring. They are then taken up, the feet split, and the ears divided, and packed in a deep jar. Boiling vinegar to cover is then poured over, and to each quart the following spices are added: a blade of mace, a dozen peppercorns, a dozen allspice berries, a saltspoonful of celery seed, a bit of root ginger and a bay leaf; a pinch of soluble cayenne pepper and a teaspoonful of salt should be added if the meat is to be kept long. All should be tied in muslin, and boiled in a little of the vinegar, and left in the jar with the meat. Keep covered in a cool place. Serve with a little of the pickle, and send salad or sweet pickles to table with them.

By way of a change we recommend the addition of a small quantity of herbal vinegar, or a bit of scraped horse-radish.

Tongue or Beef, Salted and Smoked.—A very good substitute for the process of smoking, which is somewhat tedious, is a preparation known as Cambrian essence, or essence of wood smoke. It is also useful for hams, bacon, and fish. Supposing the meat to be cured in brine by the wet process, the essence must be added to the liquid. If the dry, or rubbing, process be chosen, then, some of the essence is applied at the end of the time, the quantity being regulated according to the degree of flavour required. After this, the meat should be hung up to dry before cooking.

Tongues, Pigs' or Sheep's, to Cure.—These, as well as calves' tongues, may be cured in either of the pickles given for ox-tongues, and boiled in the same way. Pigs' tongues will take a long time, although small; sheep's tongues are done in much less time. When done, they may be skewered on a board, or can be collared, if a small, round tin is at hand. They are also useful for mixing with pork for brawn. The remains are excellent if potted for breakfast or tea. The tips of tongues may be grated, and used up in a mince, or for flavouring sauces or gravies.

The pickles recommended for the above are Nos. 2 and 4; or the liquid brine No. 7 may be used. About a week in either case will be enough to give a good flavour, or shorter time will do if a mild-cured tongue is liked. Pigs' tongues are sent from America ready pickled, and are sold at about fourpence or fivepence per pound. They want a few hours' soaking, and are improved by the addition of vegetables to the boiling pot.

Vindaloo.—This is a curry and a pickle combined, and is said to be a prime favourite among Europeans in India. When well prepared, it will keep good for an indefinite time. When wanted, it can be served after just warming up. Beef and pork are said to be the best meats, and this recipe is for pork, as many may be glad of something new in the pickled pork line. Take, say, four pounds of young, fat pork, freshly killed, and not washed. If water be used in any form, the meat will not keep. Cut it up into square pieces, of two inches or thereabouts, and rinse them in good vinegar. Rub each well over with curry powder, steep them in good French vinegar to cover for twenty-four hours, with half a teaspoonful of salt. Heat in a copper pan some good mustard oil; watch for the blue smoke, the usual test, then put in four tablespoonfuls of freshly-made curry powder, mixed into a paste with vinegar; add a heaping tablespoonful of pounded garlic, and the meat, with the vinegar it was steeped in; then put in salt to taste, a teaspoonful of peppercorns, and four bay leaves, and cook until the meat is quite tender. Set by until cold, then put the meat in a perfectly dry jar of earthenware. Pour in oil in which it was cooked, to come an inch or two above the meat; secure it with a stopper, and tie over with bladder. It *must* be air-tight. Cost, about 3s.

GAME AND POULTRY.

(*See also* SOUPS, ENTRÉES, PIES, PUDDINGS, PASTRY, SOUFFLÉS, SMALL SAVOURIES, SALADS, AND SANDWICHES. *See also the* INDEX *for the various Adjuncts, Garnishes, Purées, Sauces, &c. &c.*)

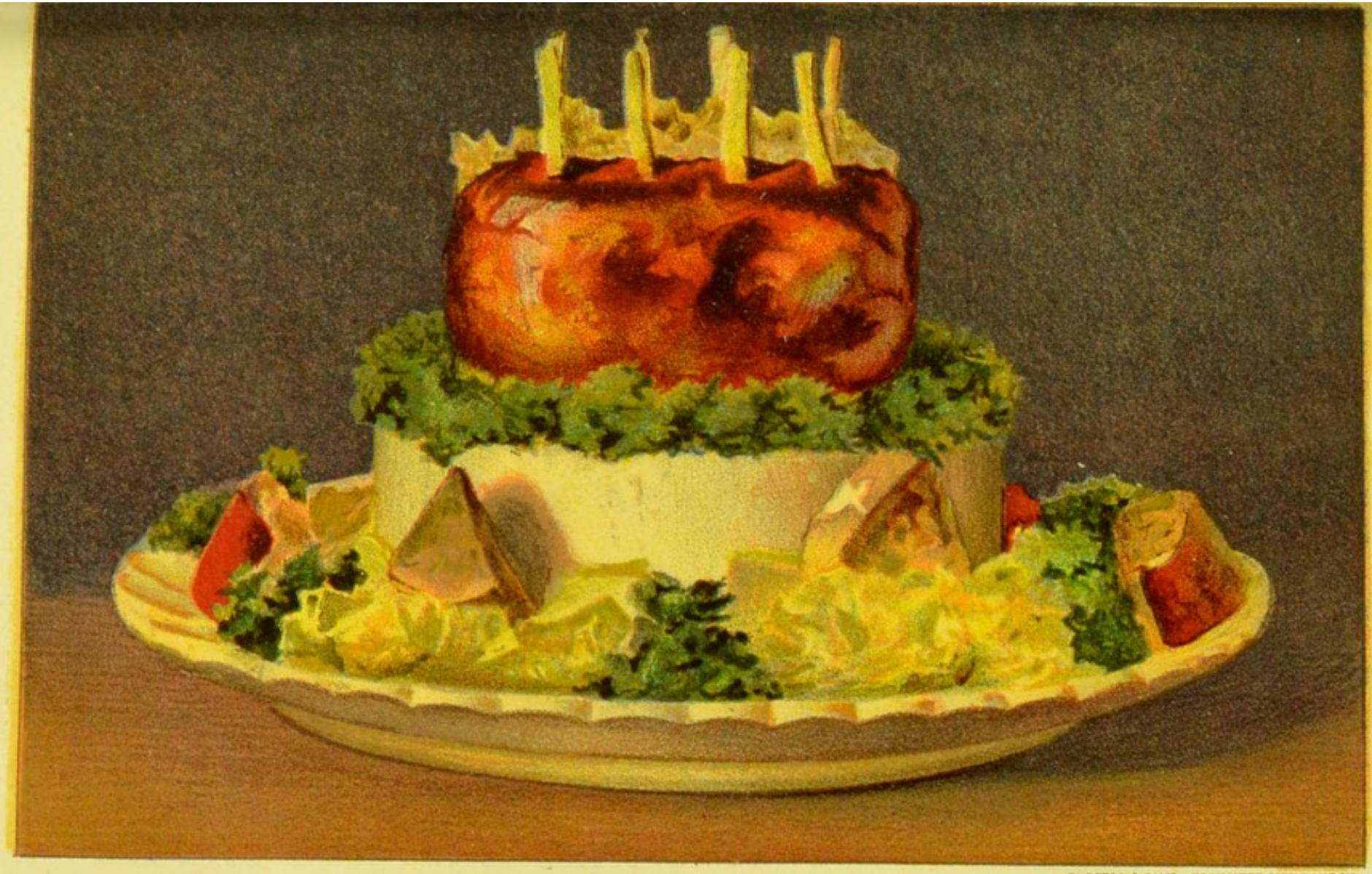
GENERAL REMARKS.

Game.—In its broad sense, the term "game" includes all wild animals that are hunted by sportsmen, and protected by law, while by "poultry" is meant the domestic birds, of which the turkey, fowl, goose and duck are familiar types. Then there are the birds that from their migratory habits belong strictly speaking to neither of the above classes; for although wild, they are no one's property, and not protected by law, and therefore are not game. These, and the various small birds, form a sort of connecting link between game and poultry, and for our purpose it is not necessary to draw any line between them, as we are dealing with all such in relation to the *cuisine*. They follow, therefore, in alphabetical order, to facilitate reference; and later on, under FOOD IN SEASON, we give the list, with the proper season for each bird and animal.

Game is on the whole, digestible, and the primest morsels are those in which the muscles have had least to do—for instance, in a snipe or woodcock the legs are more juicy than the wings, and naturally so, when one remembers the length of time a snipe will keep "on the wing"; a proof in itself of the strength of that part of its body.

To attain perfection of flavour, game must hang; the actual length of time (as is pointed out under various headings in the recipes that follow) must depend upon a number of circumstances; and there is difference of opinion amongst recognised authorities. One says, A pheasant more than any game wants hanging—this is, perhaps, admitted universally—it will keep twenty days in a good airy larder, if the weather be cold and dry. Another says, Hang your pheasant ten days, if the weather holds favourable, but that is about the limit. For ourselves, we would say that it is chiefly damp that assists putrefaction, and so long as the weather be dry, and a current of air can be secured, there is no precise limit; but a watchful eye is needed, and the tastes of those who will eat the birds must be ascertained. One will like it so soon as the first signs of decay are apparent; another will wait until the tail feathers can be readily detached, or detach themselves.

The right way of hanging is of no small importance, for if birds be bundled together, the air is excluded, and premature decomposition sets in. For this reason an improved hook, such as is shown in the engraving, is very useful. The single hook takes two, and the double hook four birds. Birds that are not much mangled by shot will keep the best. Black pepper



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GALANTINE OF FOWL.

will preserve them from flies. If there is any danger that they will not keep, a little charcoal, powdered, should be sprinkled on them, after picking and drawing them. If they appear spoilt, they may be brought round sometimes by the aid of vinegar and water, or borax and water, or permanganate of potash; the last is particularly useful for a hare. But unless necessary, washing game-birds should be avoided; a wipe with a damp cloth is enough. Game that is frozen will not cook well, unless brought some hours beforehand into the kitchen.

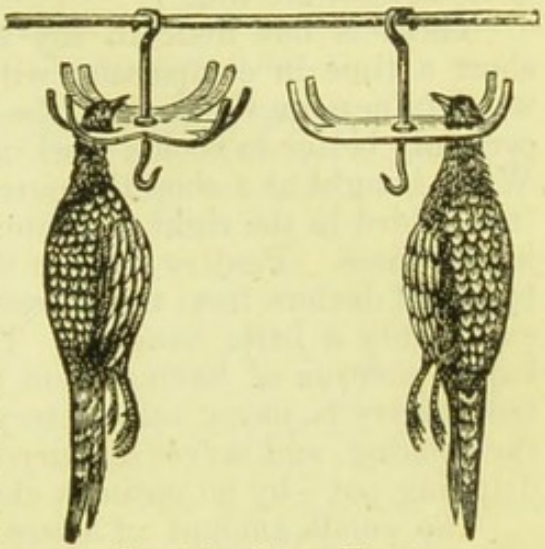


Fig. 97.—Game Hooks.

With regard to the cooking of game, not only the time, but the actual methods of cooking, and the adjuncts to the dish vary greatly in different households. "The epicure demands game in its native simplicity," says one writer; "he asks only gravy, and that of the best." "To lard or farce a grouse or partridge is the reverse of a compliment, equally to the game if mature, and to the guest if a connoisseur," says Sir Henry Thompson. This is true no doubt to an extent; game of the best requires nothing to heighten its flavour, and is spoilt by new flavours which destroy its own savour and aroma. But foreign game (much of it inferior to the native article) is now sent by shoals into England, and is certainly improved by treatment of the kind referred to. Then *change* is demanded by those who eat much game—a few genuine epicures excepted—to say nothing of fashion, which in the craze for new dishes is responsible for many that appear at modern tables, and for the base of which a tasteless piece of meat would serve as well as the finest pheasant, so completely is the original flavour obscured. The thing is to hit the happy medium, and to remember that birds of the tribe which are often classed as "fishy," will bear a sauce or gravy that would ruin an English partridge. Finally, we would add that in every instance, owing to the reasons above stated, the *time* given for cooking can only be regarded as approximate, particularly for roasts.

Poultry.—A writer has it that "thousands who talk learnedly on the subject of table poultry, have never seen a first-class bird." We quote this, not with a view to enter upon any lengthy disquisition, but rather because therein, in a nutshell, lies the cause of many a failure on the part of the cook. She opens a cookery book; it tells her to roast a fowl for a certain time, or a chicken for a certain time, if young and tender; but what sort of a fowl or chicken? Necessarily, much is left to the common-sense of the person who is scanning the recipe; she may be about to deal with the most miserable specimen of a bird that ever adorned (?) a table (and thousands such are sold in large markets in England every week, worth nothing but to be consigned to the stock-pot); or she may possess a specimen which would justify the remark that it looked like a young turkey. But between the puny bird, all skin and bone, and a fowl that might adorn a luncheon table at Epsom, there is a wide gulf. So far as our own *recipes* go, we are assuming an average bird, either fowl or duck, goose or

turkey—such as is obtainable at any good poulterer's. We would add that in baking any bird, *extra time must be allowed over roasting.* The removal for basting, and the loss of heat occasioned by the opening of the oven door, necessitate this.

There is but little to say about the hanging of poultry; it keeps so short a time in comparison with game, and requires nothing more than watchfulness on the part of the cook. If the least *high* it is spoilt. It is certainly better to cook a fowl in too fresh than in too stale a condition. When bought at a shop the purchaser should state if to be cooked at once; then a bird in the right condition will be guaranteed, if the poulterer knows his business. Poultry sold in the markets of towns, such as is brought in by small dealers from the surrounding villages, is generally freshly killed, and wants a little hanging. Those who kill their own birds are in the happy position of having them just ready for the spit as required. Over-fed poultry is never satisfactory; the flavour is spoilt; the fat melts in the cooking, and serves no purpose but that of swelling the contents of the dripping-pot—by no means a cheap way of so doing.

The small amount of space allotted to some birds in the following pages, compared with that given to others, is the result, not of accident, but design. Both game and poultry have been so treated that the sorts that are cheapest, and to be had for a greater part of the year, and which lend themselves to more variety of treatment, shall present themselves to the reader in as many forms as possible; while those which, from their costliness, or the short time of their season, or the fact that they are best when served but in a few ways, necessarily occupy but little space.

Birds, Small, to Braise.—Required: birds, stock, vegetables, bacon, and garnish. Cost, variable.

Any edible birds may be braised. They can be stuffed or cooked plainly, and a very small quantity of stock suffices for a good number if they are laid flat in a stewpan, as it only need half cover them. A little bacon should be put at the bottom with chopped vegetables, and a sheet of buttered paper, or some bacon be laid over them. In this way they are really less trouble than roasting, and will be free from dryness. When done, they may be glazed, then dished in a row on a croûton, or potato block, with a garnish of cress. The gravy is to be finished off in the usual way—wine or other ingredients being added just according to the nature of the birds.

Another nice dish may be had by putting the birds on a dish with some fried potatoes round them, and finishing with little croûtons spread with tomato butter. Many rice dishes are excellent with small birds; they may be put upon a bed of rice, or it can be arranged as a border, and macaroni is also very good. Grilled tomatoes, sliced, are always useful as a garnish. Reference to dishes of larger birds will suggest other methods of serving them.

Birds, Small, in Cases.—Birds that have been either roasted or braised look nice when served in small oval cases of china or paper. If they are not stuffed before cooking, a little forcemeat may be cooked and put in the bottoms of the cases. The bird is then placed on the top, and for those of a homely sort some brown sauce over, and a sprinkling of fried crumbs finishes the dish: or a well-made tomato purée can be used in place of brown sauce. Cost, variable.

Another way.—If the birds are boned and stuffed, a little potato purée can be put at the bottoms of the cases,

and more on the top. These then want browning in a quick oven, any gravy being served separately.

Another way.—French rolls, cut through, and fried after hollowing, form suitable cases; each half takes a small bird. The bottom and sides should be coated with forcemeat or a little thick sauce, and the rolls should be nicely arranged on a hot dish, with a garnish of salad. (*See* Dresden Patties, Croûtons, and Croustades.)

Black Cock, Roasted.—This bird is hard, dry, and flavourless, if not well hung; but the flavour is remarkably fine when it has been kept until it shows signs of having been hung enough. Pick and draw, but do not wash the inside; a dry cloth will be all that is necessary. Truss it like a fowl. Some like the head under the wing, but the former mode is more general. Place it before a brisk fire, and baste unsparingly with butter till done. It will take nearly one hour, if a fine bird, but three-quarters of an hour will be enough for one of moderate size. Dip a piece of thick toast into a little lemon juice, and lay it in the dripping pan under the bird ten minutes before it is to be taken from the fire. Serve with the toast under, and a rich brown gravy and bread sauce. Cost, about 6s. per brace; but English birds are often higher, while the foreign game which succeeds the English, is sometimes to be had much cheaper.

Black Cock, Stewed.—Joint the black cock in the same way as an ordinary fowl, and fry in plenty of butter until nicely browned, with a clove of garlic, which should be removed before the stewing is commenced. Put a small wineglassful of stock and two of port, and a seasoning of salt and pepper into the frying-pan with the butter, make a nice gravy, then put the black cock into a stewpan, pour the gravy over, and simmer very gently about half an hour, or until tender. Serve the meat high on the dish, and the gravy with sippets of toast around it. Old birds are best done in this way; they require more time. Cost, as above.

Black cock can also be served with watercress, or in other ways given for pheasant. A very good salmi may be made from black game.

Capercailzie Pâté.—Required: a capercailzie, butter, meat, wine, seasoning, &c., as under. Cost, about 7s., but variable.

For this a young bird is very necessary; if old it will be tough, and, owing to the nature of its food, very unpalatable also. Let it hang for a short time, then proceed as follows. Cut off the flesh, or bone the bird entirely, and divide the flesh into dice; fry these a pale colour in good butter, then season with a little light wine and vinegar, a small onion, chopped, salt, cayenne, and nutmeg, and leave for a few hours. Pass through a mincer four ounces of veal, the same of pork, and half a pound of beef; mix in five ounces of bread-crumbs, seasoning to taste, the yolks of four hard-boiled eggs, cut small, and the yolks of two raw eggs. Grease a pâté mould well, put some sliced bacon at the bottom and sides, and pack in the meat and seasoning in alternate layers; press them in well. Put more bacon on the top, and pour over some light wine, as much as it will absorb. Let it stand for a few hours, first placing slices of lemon over, then cover it well, and cook it in a water bath for three to four hours. When done, take away the lemon, add a little more wine in which a morsel of gelatine has been dissolved, and serve when quite cold.

Capercailzie, Roasted. (*See* Grouse.)—Roast in the same way, with due allowance for the size of the bird. Cost, about 3s. to 4s.; sometimes more.

Chickens.—These may be had all the year round. No form of animal food is so tender and digestible as the flesh of a chicken. Choose dark-legged ones for roasting, and singe them, as it makes the flesh firmer. (For recipes

other than those given in the following paragraphs, *see* FOWL; also the section on INVALID COOKERY. In the latter are some dishes that may be served at the family table, where children or delicate persons have to be considered.) The cost of chickens is variable; the quality rules it to an extent, but the weather, and other "markets" (as when game is scarce) make a good deal of difference to the poultry market. Generally, chickens are the dearest in the spring, and cheapest towards the end of the year; from 2s. 6d. to 3s. 6d. may be given as average prices.

Chicken and Artichokes.—Required: a chicken, artichoke bottoms, purée, and sauce. Cost, about 5s. 6d.

Take a tin of artichoke bottoms, heat them, and place them round a hot dish. Pour over them some melted butter. In the middle of the dish put an artichoke purée, and dish a boiled or stewed bird on it. Pour more melted butter over, and sprinkle the breast with the cooked liver, sieved, and a little chopped fennel or parsley. Egg sauce is also very good with the above, and many other purées can be so served in the centre of the dish.

Chicken, Boiled.—A boiled chicken should be compact in appearance, beautifully white, and served with a good sauce. Under the head of POULTRY, BOILED, are full directions for the method. The nicest sauces should be selected, where expense is not an object, for a hot bird; such as suprême, velouté, volaille, &c.; and for a cold bird we recommend any of the delicate sauces into which cream enters. If a vegetable sauce, as celery, is chosen, it should be as good as possible; creamy, nice in colour, and delicately flavoured. The same is true of a purée. Time, in proportion to size; from half-an-hour to forty minutes on an average; but a fine bird will take longer. (*See* CHICKEN, ROASTED.) The breast always looks nicer, supposing the sauce to be white, for some little garnish; chopped parsley, sieved egg yolk, sieved liver, &c., according to taste and the nature of the sauce.

Chicken Cutlets, French.—Required: a chicken, bread, cheese, seasoning, egg, sauce, and a vegetable purée. Cost, from 3s. 6d. upwards, exclusive of the vegetables.

Prepare these by jointing and skinning a cooked bird. Season some bread-crumbs with grated Parmesan cheese; sprinkle the chicken with cayenne, ground mace or nutmeg, and a little white pepper; cover with beaten egg and some of the crumbs; repeat this in half-an-hour; then fry them brown, and sprinkle with grated cheese. Dish round a purée of sorrel or spinach, and send some white sauce, made from the chicken bones and flavoured with cheese, to table with them.

Another way.—Season the crumbs with herbs, as varied as possible, and serve with sauce herbacé, or a nice cold sauce; *see* recipes.

Chicken, Devilled.—Required: a chicken, butter, and seasoning as below. Cost, from 2s. 6d. to 3s. 6d., according to the season and size of bird.

Mix together butter, French and English mustard, a morsel of anchovy paste, a dust of cayenne and white pepper, a pinch of salt, and some grated lemon peel. The mixture should be creamy; the quantity of seasoning is best regulated by taste; some may like the addition of chutney. (*See* other recipes for devilled meats.) Skin and score the flesh of a cooked bird, and rub the paste in an hour or two before it is wanted. Then dip in oil or clarified butter, and broil or grill, and serve *very hot*, on a dish paper or napkin.

Chicken, Fricasseed (American).—Required: a chicken, stock, seasoning, thickening, eggs, and pork, as below. Cost, about 4s.

Cut up a nice chicken into joints; cover it with *warm* white stock or water; add three quarters of a pound of pickled pork, and boil up (bring to the boil gently), then put in some chopped

parsley, a large onion, minced and scalded, and some white pepper and a grate of nutmeg. Go on cooking until tender, an hour is the average, then stir in half a cup of cream, a good tablespoonful and a half of flour mixed with milk to a paste, and more seasoning if needed. Boil up for ten minutes, stir in an ounce of butter, and two raw eggs, and serve in a minute or two on a very hot dish. Fowls, if quite old, may be made tender this way. They should be covered with *cold* stock, and the pork should be put in when they are half done; they *may* take from two to four hours, but with care will yield a savoury and excellent dish. The success of the dish will be more certain if the joints be laid in lemon juice for an hour before cooking: in this case, the cream, flour, and eggs, should be separately heated (the cream and flour first boiled together), and the contents of the two pans well amalgamated just before sending to table. This is simply to prevent the curdling of the sauce, owing to the presence of lemon juice.

Chicken, Fried.—Required: a chicken, egg, crumbs, seasoning, and garnish. Cost, from 3s. upwards on average.

Steam a chicken, whole, until three parts done; let it get cold, then joint it. Melt some oil, butter, or clarified fat in a frying-pan; let it heat in the usual way, then put in the chicken, which should be coated with egg and fine cracker crumbs, mixed with seasoning. Turn the pieces over until brown and crisp; pile them on a hot napkin laid on a dish; fry a few sprigs of parsley, and garnish the chicken with it.

A still better way is to use a pan of fat, in which immersion for a few seconds only is required. The chicken should then be steamed until nearly done. For a very superior dish remove the skin.

Chicken, Fried (American).—Required: a chicken, some pork, a gill each of cream and milk, and seasoning. Cost, about 3s.

For this the bird must be *very* young; much younger than those that are usually sold in poulterers' shops; so tender, in fact, that the bones could almost be eaten as readily as the chicken. After washing and drying, joint it, and flour well. Fry some strips of fat, salt pork, until plenty of fat to fry the chicken has run out. Put in the chicken, and turn it about until both sides are well browned. Make gravy in the pan by boiling up cream and milk, with flour and chopped parsley; pour this over, and serve hot. The sauce can be omitted if preferred.

Chicken and Macaroni, Moulded.—Required: six ounces of cooked chicken, three ounces of boiled ham or bacon, three ounces of boiled tongue, calf's or sheep's, three ounces and a half of pipe macaroni, eggs, cream, stock, sauce, &c., as below. Cost, about 1s. 10d.

Mince all the meat together; boil down the chicken bones, and cook the macaroni in the liquor thus obtained until half done; then cut it up, and add it to the meat. Season nicely according to taste. Add two beaten eggs, and half a gill of cream, with a tablespoonful of bread-crumbs soaked in stock. Put the mixture in a plain mould, well buttered; cover with paper, and cook in half its depth of boiling water until firm, about fifty minutes. Turn out, and pour round it any sauce such as would be served with boiled fowls: oyster, celery, or mushroom will be found excellent; so is liver and lemon sauce, or a plain white sauce, made from the bones and skin, will better suit some tastes. The chicken liquor will come in for soup; it will gain rather than lose by the boiling of the macaroni. Vermicelli can be used; it wants but a few minutes' preliminary boiling.

Chicken, Marinaded and Fried.—Cut a cold roasted chicken into neat joints, season them well with salt and cayenne, strew over them chopped onion and parsley, and soak them for an hour in equal parts of

lemon juice and oil. Turn them frequently. Drain them, and dip each piece in good frying batter, and plunge into hot fat, enough to produce a golden brown, crisp coating, almost instantly. Garnish with fried parsley, and dish on a napkin. Cost, about 4s.

Chicken, with Mushroom Purée.—Required : a chicken, sauce as below, a purée of mushrooms, croûtons and bacon. Cost, about 5s.

Boil the trimmings of a chicken with a morsel of ham, a few slices of vegetables, and a sprig of thyme and parsley, in a quart of water until reduced to a gill. Strain, and mix with it a gill of cream, boiling. Have ready a good-sized chicken, boiled ; pour the sauce over—it may be thickened with arrowroot or roux, just as preferred. A good deal of this will run on to the dish. Then pour over the chicken some thick, creamy, mushroom purée. (*See* recipe in chapter on DRESSED VEGETABLES.) Prepare some little croûtons ; coat them with the mushroom purée, and put on each a little pile of cooked bacon, cut small, and mixed with the liver of the bird, cooked and sieved. Put a bit of parsley on each, and use them for garnishing—some on the breast, the rest on the dish. A fowl is excellent thus served ; it can be stuffed with forcemeat, mushroom or herb, if liked. Time to boil the chicken, from forty minutes ; less if small.

Chicken in Rice.—Required : a chicken, some milk, and white sauce, a teacupful of rice, garnish and seasoning as below. Cost, about 4s.

Wash and blanch the rice, then cook it in milk to cover, with a little salt, some white peppercorns, and a blade of mace. When the milk is absorbed, put a gill of sauce, economical béchamel. Add to it some cooked, lean ham in dice, or passed through a mincer, a couple of hard-boiled eggs in dice, and a tablespoonful of chopped parsley. Boil a chicken, cut it up while hot, and mask it with béchamel, or good white sauce. Pile it up, and form a wall of rice round it. Put the best joints at the top. This is economical and excellent. It may be much elaborated by garnishing the top with more eggs, and fancy-shaped pieces of ham, warmed between two plates over boiling water, or with truffles. The rice will require an hour and a half to two hours. The chicken will take from three-quarters of an hour to an hour. Both must be ready at the same time.

Chicken and Rice (Spanish).—Required : a chicken, a gill of olive oil, a couple of onions, half a pound of rice, a pint of stock, salt and red pepper, tomatoes, and a bead of garlic. Cost, about 3s. 9d.

Make the oil hot, cut up the best parts of the bird and cook it in the oil to a pale brown, make stock with inferior portions. The onions, with the tomatoes, a couple or three, are to be fried a little in another pan. Then the whole, with the washed rice, are to be boiled until tender ; the liquor should be absorbed by the rice, which must be perfectly soft. This needs care ; the best way to avoid burning is to set the jar in a saucepan of boiling water, after all the materials are mixed ; or to use a double saucepan. Any nice plain stock, may be used, but white stock, as No. 9, is the best.

Chicken, Roasted.—A young chicken wants very careful handling ; the flesh is tender and soon tears ; indeed, the entire appearance may be readily spoilt unless this be remembered in the plucking and trussing. No stuffing is needed, though some prefer it ; then a delicately-flavoured forcemeat should be used. A lump of butter, seasoned with pepper and salt, and some powdered herbs if liked, should be put in when not stuffed. Truss just like a fowl, and cover the breast with greased paper. Baste well, and let the tint acquired be a very delicate, even brown. Froth it nicely in the usual way, but take especial care that the breast is not dried. Time, very variable ; a small bird may be

done in twenty to thirty minutes; a fine one—a chicken in point of age, but a fowl with respect to size—may take three-quarters of an hour or longer. Serve and carve like a fowl, unless very small, then cut up pigeon-fashion. Cost, from 2s. 6d. to 3s. 6d.

Another way.—Boil the liver with some herbs in chicken stock; pound it with a boned anchovy, the grated peel of a lemon, the yolks of two hard-boiled eggs, and a little pepper, and stir it into half a pint of good melted butter; put in a tablespoonful of lemon juice last thing. Pour this over the chicken, and garnish with lemons in slices.

Chicken and Tomatoes.—Required: a chicken, white sauce, tomato butter, whole tomatoes, bacon, and croûtons. Cost, about 5s. to 5s. 6d.

Boil a chicken, and pour over it some rich white sauce, thick enough to coat it. Prepare some tomato butter, and while hot, decorate the bird, letting the white sauce show through. Cut some round croûtons, and lay on each a small slice of cooked bacon the same size, and coat them with the tomato butter. Put these round the chicken, with small whole tomatoes, nicely fried or stewed, in between. This is a very delicate and much-liked dish.

Cygnet, to Roast.—Required: a cygnet, stuffing and gravy as below, and some red currant jelly. Cost, uncertain, the birds being seldom sold.

Truss this bird in the same way as a goose. Make a stuffing of three pounds of beef, fat and lean together, chop it small with three boiled onions, add three ounces of butter, a tablespoonful of salt, a teaspoonful of pepper, and a whole nutmeg grated. Pound it smoothly in a mortar, stuff the cygnet, and sew it up securely to prevent the gravy escaping. The amount of stuffing must be in proportion to the size of the bird. It is generally cooked in the same way as haunch of venison, with a thick crust over it, but this is unnecessary. The gravy may be kept by covering it with paper from the outset, heating it gradually through, basting it patiently and thoroughly, and when it is nearly finished removing the paper, and bringing it near the fire to brown. Send it to table with a sauce made of equal quantities of good wine and beef gravy. Red currant jelly, hot and cold, should also be served with it. Cygnets should be roasted at or before Christmas, after which time they decidedly deteriorate in quality. They make a very handsome and delicious dish. Time to roast, from two to three hours on an average. Many years ago the swan was regarded as a very fashionable dish; only now and then does it appear at modern tables. The flesh is highly appreciated, as a rule. Only young birds, or cygnets, are chosen for cooking.

Duck.—A full breast, supple feet, and clear skin, should be sought in a duck. "A young farmyard duck, fattened at liberty, but cleansed by being shut up for two or three days, and fed on barley-meal and water" is said to be the best. Two small, young ducks make a better dish than one large, hard-fleshed drake, which, as a rule, is most fit for a stew. Ducks should hang for a few days when the weather permits. Cost, about 2s. 6d. to 4s. each for ducks. Ducklings (or young ducks), are a little less, except early in the year, but the price varies according to the quality and season. Size and weight, combined with youth, are aimed at in feeding for the table.

Duck, to Carve.—In carving a duck, due regard must be had to its size and condition; a large, fat duck may be cut up like a goose, viz., in thin slices from the breast, then the wings are removed; the carver should, however, leave part of the side of the breast attached to each wing. Next the legs are cut off, then the neck-bone. The breast-bone is separated by cutting through the sides, and the back-bone is divided in two by cutting downwards. But in the case of a poor, skinny duck, to attempt to cut slices from the breast

is to betray its condition; then the wings should come off at starting. With each helping some stuffing should be served, the skin being first cut across between the legs, that it may be taken out with a spoon.

Duck, Boiled.—"A duck boiled is a duck spoiled," is an old proverb, but had the originator lived in the north of Wales it never would have been uttered. There they boil ducks often and well, but they salt them first, and serve them smothered with onion sauce. Time to simmer gently, thirty to forty minutes.

Duck, Boned and Stuffed.—Required: a duck, stuffing, a chestnut purée, and some wine. Cost, from 4s. to 5s., according to season.

This must be boned carefully, or the skin will break. The breast only may be boned if preferred. The stuffing may be one of the usual kinds given for duck, or it can be composed of veal sausage meat, with a fourth its weight of suet, the same of bread-crumbs, and well flavoured with mixed herbs and chives, then made into a moist paste with cream and the yolk of a raw egg. It should then be braised, or very nicely roasted. Put the bones on with a quart of water, the same herbs used in the stuffing, some peppercorns, and a bit of lean ham, and stew down to half a pint. When the duck is done, put round it a rich purée of chestnuts, moistened with some of the gravy; the rest is to be thickened, and flavoured with half a glass of sherry, and served in a tureen.

Duck, Braised, with Green Peas.—Required: a duck, peas, onions, and seasoning as below. Cost, about 3s. 6d. to 4s.

Prepare and cook as for turnips (*see* the following recipe), using green peas instead of the small slices of turnips. Fry two onions in butter till they are of a pale brown, and boil them to a thick sauce, with some of the gravy from the duck. Season with salt and pepper, and serve with the peas laid under the duck, and the gravy over. Time, one hour for duck; peas, half an hour. Use one quart of peas.

Duck, Braised, with Turnips.—Required: a duck, a few slices of bacon, seasoning, vegetables, wine, butter, &c., as below. Cost, from 4s. to 4s. 6d.

Prepare a duck as if for roasting. Line a small pan just large enough for the duck, with slices of bacon. Strew over the bottom a little parsley, chives, thyme, and lemon peel. Lay in the duck, and add a carrot cut into strips, an onion stuck with three cloves, some pepper and stock, with a glass of white wine. Baste frequently, and simmer an hour or till done. Fry some slices of turnip in butter to a light brown, drain, and add them to the stewpan, after removing the duck, which should be kept hot. When the turnips are tender remove them and strain the gravy, thickening with a little roux or browned flour. Put the duck on a dish, with the hot gravy over, and garnish with the turnips.

Duck, with Burgundy.—Roast a nice duck as usual, but do not stuff it. When it comes to table, cut it across in several places, breast, legs, and wings, and sprinkle a pinch of salt, white pepper, grated lemon peel, and cayenne into the furrows. Have ready a gill of good Burgundy, heated to prevent chilling the duck, and pour it slowly over the bird. Cover for one minute after basting a few times with the wine and gravy, then serve. Those to whom this dish is novel will find it worth trying. The gravy should be good. Stock No. 16 or 17 may be used for the foundation; *see* GRAVY FOR DUCKS; and add the flavouring ingredients therein mentioned: thicken with brown roux, and when boiled up as thick as good cream, add half a gill of Burgundy to a pint of gravy.

Almost needless to add, the duck must come to table piping hot, and the

cover should be well heated; should it become chilled by waiting it will be spoilt. Cost, about 4s. to 4s. 6d.

Duck, with Burta. (*See* Fowl and Burta.)—A duck cooked in any approved fashion is very good eating served with the preparation of rice given in the recipe named. Many other rice dishes given in a later chapter can be served with duck.

Duck, with Cabbage.—Required: a duck, a cabbage, a few ounces of fat bacon, and lean ham, about half a pound of sausages, seasoning, vegetables, and stock as under. Cost, about 4s. to 4s. 6d.

First put a young cabbage in boiling water, salted; in five minutes drain and press it. Put some fat bacon in a stewpan to cover the bottom; brown a trussed duck in it, put a bit of lean ham under, after browning, with cabbage on, then put the duck in with more cabbage over, and some little sausages round it. Put sweet herbs in to flavour, with cloves and peppercorns, a slice or two of onion, and carrot and turnip if handy. Moisten with a little stock or gravy, cover, and cook until done, turning the sausages as required. Serve with the ham in strips laid with the sausages round the duck. The cabbage should be put under the duck.

This dish requires care; it is then much nicer than might be imagined from the reading of the recipe.

Duck, Devilled (French).—Required: a duck, gravy, and seasoning as below. Cost, from 3s. to 4s. on an average.

Cut a very tender duck straight down the middle. Prick the flesh all over with a skewer, and rub into it some French mustard, cayenne, white pepper, salt, and hot chutney. Broil it very steadily at a clear fire for twenty to thirty minutes. It must be brushed over with oil or butter from time to time. Have ready a gravy made from equal measures of good stock and wine, and to half a pint add a pinch of salt and sugar, a tablespoonful of lemon pickle, and a teaspoonful of mushroom ketchup. Boil up, and strain over the duck. Garnish the dish with watercress.

A duck may be left whole, and seasoned in the same way, then roasted or braised, the same gravy being used. In almost any way it will commend itself to those who appreciate piquant dishes. Or it may be left whole and broiled, and instead of serving gravy with it, send some tartare sauce or tomato butter to table, and if liked, some apple purée, made by mixing a gill of apple sauce with a teaspoonful of curry paste, a tablespoonful of thick brown sauce, and a small onion fried and chopped. Any sort of hot pickles may go to table with devilled duck. Sweet mango chutney is also a very good relish.

Duck Giblets.—Prepare these by taking the gall bag from the liver, and any green-looking portion away; cut through the gizzard gently, and peel off the outside, which is the part used (the inside is a bag which has to be thrown away; the contents of it are little stones, and if cut into, the washing of the inter-part is more difficult). Scald the head, and remove eyes and bill; pick and wash it well, also the other parts, pinions and neck, &c. Cut them up small, and then proceed as directed for duck gravy; or they will make a pie, which *see*. If used for gravy, they can be served in sauce or gravy as a separate dish; that is to say, after some of the goodness and flavour have been extracted by the gravy which is to be served with the roast duck, the giblets are by no means exhausted, as would be a piece of gravy beef after the same treatment. Even if served with only a little stock or gravy to moisten them, with some apple sauce and fried onions, they are very good eating. (*See* also Goose Giblets, and Duck, Roasted, American.)

Duck Giblets, Devilled.—Cook the giblets until almost done, then take them up, and score them; rub in

a little ginger, cayenne, and mustard; re-heat them in a little sauce or gravy, and serve very hot.

Duck, Hashed.—Required: the remains of a duck, macaroni, cheese, tomato pulp, gravy, &c., as below. Cost, exclusive of the duck, about 1s.

This is a simple and savoury dish. Mix together enough gravy (served with the duck) and tomato pulp to cover the pieces, which should be cut up neatly. Heat all together; the sauce first, then put in the duck. For half a duck, stir in first before serving seasoning to taste, and a teaspoonful of grated Parmesan cheese. Put a border of boiled macaroni round the dish; over this pour a little cheese sauce and put the duck and sauce in the middle. There should be only enough sauce to coat the joints, and it should be as thick as good cream. Brown roux is the best thickening for it.

Another way.—Fry a good-sized onion, a bay leaf and some parsley; add a pint of stock, good, such as No. 4; cook for a few minutes, put in a tomato broken up, and cook for ten minutes more. Thicken with roux, then pass through a sieve. Re-heat half or three parts of a duck in this, and put round the dish some oval croûtons, spread with brown onion sauce flavoured with powdered sage.

Duck, Hashed, Rich.—Make enough olive sauce to cover the joints, the skin being first taken off, and used in making the sauce. Let the duck heat through in the sauce, and serve in a ring of fried bread. Garnish with olives and croûtons.

Duck Hot Pot.—Required: a duck, a dozen little dumplings, a dozen potatoes of medium size, three large apples, one onion, seasoning, and gravy. Cost, about 4s.

Cut up the duck; see that it is very clean; half cook and slice the potatoes, scald and chop the onion, and grate or chop the apples. Make the dumplings from good suet crust, the size of a walnut. Butter a hot pot dish very liberally; put the above in layers, having potatoes bottom, then duck with onions and apples, and salt and pepper; then dumplings here and there, and so on until the top is reached; that must be formed of potatoes. Pour gravy from the giblets, *stewed to rags*, over all. Cover the pot, and cook like a jugged hare, in a pan of boiling water, for two hours or rather more. Turn out in a hot dish, and put all round some more potatoes, parboiled, and finished by browning in a good oven. More dumplings will also be an acquisition if the party be a large one, composed of children.

Another way.—This is very superior to the above. Here and there, on every layer, put a few strips of pickled pork, and sprinkle the whole with a little sage and parsley—very little, or it will be too strong; a morsel of nutmeg further improves it. These dishes are similar to the American pot pies, and very good they will be found.

Duck, with Olive Sauce.—A roasted duck with olive sauce (for which *see* recipe) is a popular dish. Olive gravy is also very good; it can be made by preparing the olives as directed for sauce, and adding them to the ordinary gravy; or a very good gravy can be obtained by adding a teaspoonful of roux to a pint of stock, No. 16, olives being used in the same way. Cost of duck, 2s. 6d. to 4s., according to season.

Duck, Roasted.—If not already done by the poulterer, the bird must be picked, singed, and emptied; the head and neck removed, but the feet left on; these should be held in boiling water to make the skin peel off easily. The inside should be rinsed and dried, and the outside wiped with a clean cloth. The pinions should be cut off at the first joint, and the feet twisted round on the back of the bird, so that they spread out fan shape. By breaking the back-bone the bird will be firmer on the dish when served. The nicer it is trussed the plumper

the breast will look. Ducks are stuffed in the body like geese, and finished off in the same way; the loose piece of skin at the neck end is folded over the back. After twisting the feet under the body, take a skewer, and put it in the tip of the wing-bone, and through the leg on one side, then through the body, and out at the corresponding parts of the wing and legs on the other side. Now pass a string round the lower joints of the legs; twist each end round the points of the skewer, and tie across the back, drawing it tightly. Put the duck down to a good fire, and roast according to size, plentiful basting being very important. The duck should be brown and nicely frothed. Time, from forty-five minutes to an hour and a quarter, for fat ducks fully grown. Cost, from 3s. to 4s. or more.

Duck, Roasted, American.—Prepare some stuffing of the sage and onion type, but make it very mild, using plenty of bread-crumbs soaked in cream, and some scalded onions (or parboil them in milk), in small proportion, with a very little sage. While the duck is roasting, the giblets should be stewing, but they must go on an hour and a half before the duck. When done, cut the giblets very small (the pieces at starting should be the usual size), thicken the gravy in which they were stewed so that it looks like a thick mince; add a spoonful of good port, and serve on the dish with the duck. Send some jelly to table—black or red currant, or grape or cranberry. The stock or gravy for stewing the giblets should be brown.

Duck, Roasted, with Apple Jelly.—Do not stuff the duck; send good gravy to table with it, and in a sauce-boat some melted apple jelly. It must be of good flavour, and not over-sweet; the dish will then be found very delicious. By way of a change, tomato jelly may be similarly served. A spoonful of either of the above-named jellies, added to a tureen of gravy, may be substituted when economy has to be considered. Cost, from 4s. upwards.

Duck, Salmi of.—Required: a duck, some bread, half a pint of salmi sauce (*see* recipe), and garnish and seasoning as below. Cost, 3s. 6d. to 4s. 6d.

Roast the duck until nearly done with some slices of bread under it; then take it down, and joint it. Cover the pieces with salmi sauce, and let them simmer for ten minutes, or more if necessary. Dish in a pile, and garnish with the bread cut in shapes, and some glazed onions. Another good salmi is made by laying the joints of a cold duck in hot tomato sauce to cover them. It should be made from tomato pulp, mixed with a little stock obtained from the trimmings of the duck; a morsel of glaze is to be stirred in, and a good seasoning of cayenne and lemon juice added. This should just coat the duck, and a garnish of little tomatoes and button mushrooms, both fried and glazed, or braised, are a great improvement.

Duck, Salmi of, with Salad.—Roast partially a young duck; do not stuff it. Joint and re-heat it in a little stock, No. 16 or 17; flavour with good Madeira, and thicken a little with brown roux. Serve with the sauce over, and send to table a nice fruit salad—cherry, strawberry, or melon. Such may also be served with roasted ducks. Time, to roast, about twenty minutes; to simmer, twenty minutes or more. Cost, from 3s. 6d. to 4s. 6d.

Duck, Stewed, à la Carrington.—Required: a duck, larding bacon, stock, chestnuts, wine, and seasoning as below. Cost, from 4s. upwards on an average.

Lard the breast of a duck with bacon, and roast it for twenty minutes, supposing it to be a full-grown tender bird; then take it down. Put in a stewpan a pint of good stock, No. 6 or 7; add two dozen or more of roasted chestnuts, peeled, a large onion, fried in butter and sliced, some parsley

and thyme, and a sage leaf. Lay the duck in, give twenty to thirty minutes' cooking, basting and turning often. Then dish the duck, and glaze it well. Thicken the gravy with roux, and flavour it with a glass of port; put the chestnuts round the duck, and strain the gravy into a hot boat. Claret may be used in place of port. Be sure to make the surface crisp, but take care not to dry the breast by exposure to fierce heat, either in the oven, or before the fire. It is better to use a salamander, or a substitute, otherwise colour is often gained at the expense of the best part of the bird. A fruit salad goes well with this (*see* previous recipe); or serve a dish of oranges with it, a salad or compôte (*see* recipes).

Ducklings.—These can be cooked and served like ducks; when stuffed the stuffing should be mild. Any of the above-named sauces may go to table with them. Green peas, whole, or in a purée are excellent with them, so are other green vegetables. A good purée of green haricots (*see* recipes) is nice for a change; if the ducks are stuffed, the purée should be flavoured with sage, or any other herb used in the stuffing. A purée of carrots is another good accompaniment, or braised carrots may be substituted. Potatoes dressed nicely, as for game, likewise go well with ducks, and asparagus is a dainty adjunct.

Ducks' Livers, Pâté of.—This is made in France and elsewhere, and known as *pâté de foie de canard*. It is used much in the same way as the pâté de foie gras (goose liver pâté). It is rather darker in colour, and the fat that surrounds it will be found rich, and may be used in potted meats of game, &c., instead of some of the butter; or it can take the place of cream in making purées of some kinds. The liver may be sliced, and served alone, or placed on a dish alternately with cold duck (in slices), and garnished with cress, parsley, &c. To various little dishes made from the remnants of game and poultry, some of the pâté may be added; a small quantity imparts great richness.

Ducks, Sauces for.—In addition to those named in the foregoing recipes, may be noted others, as Italian, Madeira, and rich tomato. A very good one (that can also be served with wild duck) is obtained by adding to a tureen of brown gravy a tablespoonful or so of Seville orange jelly. This resembles good orange marmalade in flavour, but is clear, like apple jelly. Many would prefer this to the gravy made from the juice of the Seville orange in the usual way. When this is served, an orange salad should go to table with the ducks; or an orange compôte is equally suitable.

Fieldfares, Roasted.—Truss and cook like a partridge, and serve in the same way. Time, from a quarter of an hour to twenty minutes. They should be well done, but not over-done. These birds are of the thrush tribe; they pay an annual visit to these islands, coming from the northern parts of Europe. They are seldom to be bought. From November to February is the time when they afford some sport for youthful sportsmen. They are very good in pies and other dishes in which birds of two or three kinds are used.

Fowl.—It may be serviceable to point out the features which should be looked for when a fowl is purchased for cooking purposes, for from the fact that a fowl may be got at any time of the year, and that its flesh is generally agreeable to the healthy and invalid alike, no class of animal food would be more missed, and none is more useful. The weight should be great in proportion to size, but an over-fatted fowl is not desirable. The skin should be soft and silky, the breast full and plump. The legs of a hen should be smooth, and the spurs of a cock should be short, and the buttons loose. For though a scraped spur may sometimes deceive the purchaser, no amount of

scraping can give a really youthful appearance. Dark-legged fowls are the best for roasting, being more juicy; white-legged are preferred for boiling. Cost, from 2s. 6d. to 4s. on an average.

Fowl, Blanquette of.—Required: a fowl, with sauce and stock as under. Cost, from 4s. or 4s. 6d. upwards.

This takes its name from the sauce, which masks the fowl, for which there is no need for a special recipe. It is a good white sauce, containing cream, and should be thickened with eggs. Our recipes offer a wide choice of sauces of this description. If a cold fowl be used, it is better boned, though this is optional; all skin is to be removed, and only as much sauce as will just coat it is wanted. For a fresh fowl, the cooking consists in stewing the joints in good white stock, which is then converted into sauce of the desired kind, and thickened and enriched as above described. Supposing a fowl to be boned for a good-sized dish of this sort, the bones themselves should be stewed down for stock, then the flavouring ingredients (as added to béchamel and other good sauces) should be added, and the fowl cooked in it. The whole is no more expense, save for the eggs, than would be entailed by a boiled fowl with sauce; the difference is, that by giving the bones plenty of time, a very superior dish is obtained.

Fowl, Boiled.—Under Poultry, Boiled, will be found directions. The time must be regulated by size, and whether the fowl is stuffed or not. The water cannot boil too gently; after the first boil it should scarcely simmer. If a fowl has been boned, the bones should be boiled with it, together with vegetables to give flavour. After the fowl is dished, there will then be material for sauces and soups. When sauce is poured over after dishing, there should be enough to cover the breast and the flat part of the dish, unless a purée of some kind is to be poured round. An inferior fowl should not be boiled, nor a dark-fleshed one. During the cooking skim often. Time, about three-quarters of an hour; an hour or more for a large fowl, much longer for an old one. Should the skin break, hide it with the garnish. Cost, from 3s. to 4s., exclusive of sauce.

Fowl, Boiled, to Carve.—This is cut up in a similar manner to roast fowl. Care should be taken to cut plenty of the breast meat off with the wings; the knife should be drawn, and much downward pressure avoided, as the flesh is apt to crumble. Sometimes the legs are taken off before the wings. A very large fowl should be served like a turkey, which *see*.

If little sausages be put about the dish, serve one with each portion of fowl. (*See* Sausages.)

Fowl, Boiled, Sauces for.—Among many others we may instance asparagus, celery, white mushroom, egg, rich oyster, béchamel, velouté, suprême, sauce herbacé, sauce verte, sauce à la Juliette, sauce volaille, tomato, and chestnut, as most likely to meet with general approval; but there are others in this work that might be served when variety is an object. But it must not be forgotten that a boiled fowl is a delicate dish, and no sauce is suitable which would overpower it. A sauce that would improve some mild dishes would spoil a boiled fowl.

Fowl, Boned.—We will commence with directions for boning a fowl without opening it. It should be plucked, but not drawn. Put it on a table, neck towards you; cut the neck off, loosen the skin, which is here very elastic, and proceed until the bottom of the breast is reached. Take away the merrythought, detaching it very carefully from the wing-bones and breast-bone. This is a very difficult stage of the operation. After this, the meat must be detached from the ribs and back; although the bones are still in the wings, they can be turned

back with the meat, being loose. Next cut carefully from the breast-bone, round to the back. (*See* remarks under TURKEY, BONED.) The worst part is over when the back and ribs are done; as the boning proceeds, the meat should be rolled back, the knife being kept close to the bones: this, coupled with patience, is the secret. As the hind part is neared, care must be taken that the knife does not slip into the entrails. When the part is reached where the legs join the back, they must be detached at the joints, and this needs care. When both thigh-bones have been separated from the trunk, by still working on, the entire skeleton, minus its legs and wings, will come clean out, and can be removed altogether from what looks very much like a shapeless mass of meat; and the first thought will probably be that it will never again be got into shape. The next thing is to get rid of the entrails; wash and dry the fowl; wash the liver and gizzard, and put the rib-bones and back-bones by for stock; add to them the rest after the wing-bones and leg-bones have been taken out. Remember to leave the little wing-bone, and the outer drumstick-bone; it helps to give the bird its old shape later on. In boning the legs, simply work the knife round the thigh-bones, until the joint is reached where the leg-bone or drumstick begins; cut through this, and go half way down the drumstick-bone; leave a portion, as above directed, and remove the rest. Now turn the meat back into its old shape, or rather right side out; the old shape must be given by the aid of forcemeat. The first thing is to stuff the hollows made by the removal of the wings and legs. The latter may be made even plumper than they were, if well filled and gentle pressure be used to make them hold as much as possible. Supposing this is to be filled with forcemeat only, it is not so easy to get it a good shape as it is a turkey that has been filled with a large tongue in addition; and just as that helps the turkey, so will a good-sized calf's tongue help the fowl. Some will make a better shape of it than others; the thing is to put as much forcemeat in as it will hold, and to work it with the fingers until it looks shapely. It must now be laid in a buttered cloth, and well tied in all directions to preserve the shape.

It should go on in warm stock, and cook gently for two hours or more, then be left to cool, when it is to be untied, and put on the dish ready for finishing off. Press it firmly on the dish, and wipe it over with a cloth dipped in hot water, then set by to get thoroughly cold, which will take some hours: if possible, leave it all night. In any case it must be what is known as "stone cold" before the garnishing is attempted.

For the decoration of a boned, stuffed fowl, *see* GALANTINE if it is to be served cold. It may be cooked and served hot, in any of the usual ways.

Fowl, Boned.—A farmhouse recipe:—This is a novel method, or will be to many, of boning a fowl. Supposing an old fowl, which would not be tender if introduced at table in any well known form, first put it in a saucepan with enough cold water to cover it, and a little bag, containing some herbs, spices, and slices of fresh vegetables. Put the lid on, and let it simmer from two to four hours until the bones will all come out; take the skin off, put it back in the pan with all the bones, and go on boiling for an hour or two more. Chop up the meat, mix some salt and pepper with it, and a little nutmeg and powdered herbs. Then moisten with some of the strained and well-reduced stock, and press into a tin: when cold it will turn out like brawn, and may be served in the same way. The bones may be again covered with water, and the boiling kept up for several hours; the resulting liquor will make good soup, or may be used for other dishes.

In case a cold dish is not required.

a famous curry may be made. After cutting up the meat (do not chop it), make some good curry sauce with some of the liquor, and heat the fowl in it. A gill or less, of cream, is a very decided improvement, and even then the dish is not extravagant, as old fowls can sometimes be bought very cheaply in the country.

Fowl, Boned after Opening.—The first thing is to cut the fowl right down from neck to tail, through the back. A fowl ready drawn is wanted. The flesh is then raised on both sides with the point of the knife, until the sockets of the thighs and wings are reached. These may now be boned, as after they are detached the whole of the body may be taken out entirely, leaving only the merrythought and neckbones to be removed. If the process seems easier that way, the backbone can be cut through as well as the flesh; this may soon be removed, and the operator can then turn about the rest as most convenient. The precise way of boning a fowl when opened is of no importance, for some will manage it in a very different way from others. The thing is to get the meat clear of bones, and however it is accomplished the back, where cut, has to be stitched up afterwards. Thus prepared, fowl is generally used for a GALANTINE, which *see*; or it can be so boned for pies and other dishes, instead of jointing it before boning, as some people find the latter the more difficult, though the majority consider it easier. Our recipes, however, include all the methods, so the requirements of all are met.

Fowl, Braised, with Tomatoes.—Required: a fowl, wine, and seasoning as below, stock, cream, tomatoes, sausages, and sauce, and some celery. Cost, from 5s. to 6s. on an average.

This is a very good dish. Rub the bottom of a stewpan across with a clove of garlic; put in a chopped shalot, a morsel of root ginger, a strip of lemon peel, a grain of cayenne, two cloves, a few peppercorns, the piece of a lemon, and a glass of light wine. Truss a fowl for boiling, lay it in, cover, and let it steam, with a shake now and then, until the moisture is absorbed. Pour in half a pint of white stock (such as No. 9), lay a buttered paper on the breast of the fowl, and cook for an hour, or until tender. Then put in a gill of pure tomato pulp, a pinch of sugar, salt to taste, and a little French mustard. Thicken with two teaspoonfuls of arrowroot. Boil up, pour through a hot strainer—it need not be fine, just to get rid of the spices, &c.—and mix in a half gill of boiling cream, and a few drops of carmine. Pour some of this over the breast of the fowl. Have ready some small pork sausages, coated with thick, white sauce. Place these round the dish, with little heaps of cooked celery, also masked with sauce, in between. Slice some cooked tomatoes, coat these with white sauce and lay them along the breast. Send the rest of the gravy to table in a boat, adding a little more stock to thin it.

Veal sausages can be used in place of pork, or herb forcemeat is liked best by some.

Fowl and Burta.—Required: a fowl, and a preparation of potatoes as below. Cost, about 5s. on an average.

This is an Indian dish. *Burta* is the name given to the dish of mashed potatoes served with the fowl, which is jointed and sprinkled with curry powder, then fried a delicate brown, drained, and simmered for a short time in chicken gravy. Meanwhile, the potatoes are to be prepared as follows: boil a couple of pounds of mealy potatoes, break them up with a fork, and mix them with a tablespoonful of very mild onions, chopped and pounded with a green chilli, and a little pure mustard oil. Then add lemon or lime juice to taste, with salt and pepper. Work the mass until very smooth, then form into shape, re-heat, and serve the fowl round it. Garnish with sliced limes or lemons. The

flavouring ingredients mixed with the potatoes are blended some time beforehand, and put in a cool place.

Fowl à la Carlsford.—For this, bone a fowl without opening (*see* FOWL, BONED), and fill the wings and legs with rich veal forcemeat. Then stuff the body with mushroom forcemeat, and more of that used for the joints, putting it in in alternate rolls. Make the fowl a good shape, and roast slowly, or it will burst. Serve with fowl gravy, and a mushroom purée. Cost, from 4s. 6d. to 5s.

Fowl, Curried.—The ways of preparing this favourite dish are many: the following method, if first-class curry paste be used, is likely to give satisfaction.

Required: a young fowl, medium size, a pint of stock, a tablespoonful each of curry paste and fine rice flour, a bay leaf, sprig of thyme, half a lemon, one onion, chopped, celery, white part, equal in bulk to the onion, half an apple, a teaspoonful of chopped sweet almonds, the same of freshly-grated cocoanut, a few outer strips from a small carrot, a little curry powder, and a gill of cream. Cost, from 4s. 6d. to 5s.

Bone and cut up the fowl, *see* pages 399 and 401, then divide it into square pieces; roll these in the curry powder. Slice the vegetables thinly, fry the onions in a little hot fat, then fry the fowl a little; add the herbs and other vegetables, with a strip of lemon peel, and the nuts, also the stock. This should be made from the bones of the fowl in the usual way. Stir to the boil, and go on cooking slowly for half an hour, then mix the rice flour with cold stock; add it, also the curry paste, and a little lemon juice. Boil for a quarter of an hour more, then take up the meat, sieve the sauce through a fine hair sieve, and put it back with salt to taste, cayenne, if needed, and the boiling cream. Add the meat to re-heat (it must not boil or the sauce will curdle), then serve as usual with boiled rice.

For a large fowl the stock must be increased. Sometimes the onion is objected to in the sauce; in that case take it up after frying in the butter. Use curry fat if at hand.

For a plainer dish the cream can be left out, and ordinary plain white stock used; but it is really more economical to bone the joints, if time allows; the bones yield such good gravy, while if not boned, the bones are left upon the plates and wasted. Gooseberries can be used instead of apple, or a bit of cucumber answers; the lemon juice should then be slightly increased. A morsel of tamarind is good in fowl curries, and any nice chutney may be put in to suit the palate.

Fowl with Curried Mushrooms.—Required: a fowl, some curried mushrooms, cream, thickening, and sauce. Cost, from 5s. upwards on an average.

Boil a fowl in white stock, and when half done, prepare the mushrooms separately as follows:—Fry a small onion, a bay leaf, and a sprig of parsley in hot butter; add a pinch of cayenne, a teaspoonful of mild curry powder, about the same measure of lemon juice, and half as much grated peel, the same of mango chutney and curry paste, half a pint of liquor from the fowl, the liquor from a tin of mushrooms, and half the mushrooms, chopped. Cook gently until all can be sieved (the herbs should be taken out), then put back the sauce with the rest of the mushrooms, whole, a tablespoonful or two of thick cream and a little white roux. Cook for ten minutes more, take up the fowl, and dish it; coat with béchamel, and pour the mushroom mixture round.

This is a superior dish. A very good one, though much less expense and trouble, may be made by pouring ordinary white sauce over the fowl, and using curried mushrooms as given in the chapter on DRESSED VEGETABLES.

Fowl Curry, Kofta.—Required: a fowl, curry, suet, egg, stock, milk, and seasoning as below. Cost, from 4s. upwards.

Of the varieties of curried dishes served at the dinner tables of Europeans in India, the *Kofta* or forcemeat ball curries, are as great favourites as any. Once the details are mastered, dishes in endless variety may be produced with strict economy, and exquisite results, and really high-class curries are obtainable by the employment of such cheap articles as tinned lobster and salmon, and the remnants of joints and poultry. Still, it must be owned that the best of the type result from the use of good poultry, choice meat, and the best of fish. Take a well-grown chicken, and remove the fleshy parts; reduce them to a pulp with the liver, heart, and previously cooked gizzard, using a pestle and mortar. The meat could be minced in a machine, but nothing short of pounding would satisfy an Indian cook. Add to each pound of fowl two ounces of good, fresh suet. Make a little strong stock out of the bones, skin, and odds and ends; the best only of the meat must go to make the curry. Add to the pulp some salt, black pepper, any garden herbs to taste, some finely grated crumbs, about two ounces, a very little of the fowl stock, and as much of raw beaten egg as may be needed to make a paste, which can be rolled up into balls the size of a large walnut. Melt two ounces of butter in a stewpan, add a tablespoonful of onion paste, and a teaspoonful, or less, of garlic paste, a tablespoonful of curry powder, and a little good vinegar. Stir well, then put in the balls, after they have been well rolled in bread-crumbs. Add a little salt, and turn the balls about to brown; they should be a nice uniform colour. Then put in half a pint of milk, chicken stock, and cocoanut milk, mixed; cover, and cook for a couple of hours. The flavour and bouquet of the dish will be improved by the addition of two cloves, a bay leaf, a tiny bit of cinnamon, and a pinch of cayenne.

Note.—The onion and garlic pastes are obtained by pounding the ingredients. We would add that the gizzard is, in our opinion, preferably omitted from the forcemeat, and used in the stock. Supposing cooked meat to be used for these delicious little balls, it is nicest if underdone, or there will be a tendency to dryness. The time of cooking must of course be shortened, and the temperature kept below boiling point. The stock should be boiling when added, then reduced, and about half the usual quantity only will be needed, as loss by long simmering has not to be allowed for.

Fowl Cutlets, Cold.—Required: a fowl, aspic, ham, seasoning, and garnish as below. Cost, from 3s. 6d. to 4s. 6d., according to season and the garnish.

Take the white meat only of a cooked fowl, and cut it into the thinnest possible slices; it does not matter how small. Cover a baking tin with a thin layer of aspic jelly; lay on some of the slices, making them flat; then put some finely chopped ham and parsley over; then more fowl; between each layer of fowl and ham spread a little good white sauce; this should be nicely seasoned, that it may flavour as well as moisten the meat. Cover with a second layer of aspic, and when quite firm cut out with an oval cutter, the size, say, of an egg. The cutlets should be half an inch thick. Then dip the edges into liquid aspic, and coat a third of the cutlets—edges only—with chopped parsley and pickled gherkins, a third with the sieved yolks of some hard-boiled eggs, and the remainder with the chopped whites mixed with ham. Dish them, overlapping, in one or two rows down a glass or silver dish with a garnish of salad; lettuce, cress, endive, &c. These are very nice for outdoor gatherings in the summer, or for ball suppers and similar occasions. The trimmings from the cutlets, if chopped up, and mixed with the remainder of the eggs, will make a good mince for sandwiches.

Fowl, Galantine.—Prepare the fowl as directed in FOWL, BONED AFTER OPENING. Draw the wings and legs inside; the pinions should be cut off. Make the whole flat, cutting off some of the meat from the legs, and putting it in the thin parts; press it out well. Then make a forcemeat of veal and ham, or ordinary sausage meat, or truffled sausage meat; spread a layer over half an inch thick, then put strips or slices of cooked ham and tongue, and some pistachio kernels in strips, and then a few truffles, sliced or chopped; or in place of these, hard-boiled eggs are used sometimes; a marbled appearance when cut is wanted, and truffles and pistachios go a long way, though expensive. If no pistachios are handy, use some chopped parsley. Now begin and roll up like a pudding; sew the roll up in a buttered cloth, twist the ends, and tie them like a pudding, and put it in some stock, made several hours before from the bones. Cook it gently, and when it is taken up tie the cloth tighter, after pulling it out; that is, tie it closer up to the fowl. Then put weights on, and leave to get cold. It will then be of a shape which is best described as "bolster like." Remember that the stitches must be taken out of the back, where sewn up, before serving.

Another way.—Make a complete roll of the forcemeat with the strips of tongue, &c., amongst it; lay it on one edge, and roll the fowl up. This is easier, but not so pretty.

A galantine is sometimes made by filling the fowl from the neck end, after boning; a good deal of filling may be used; the ends of the fowl are then sewn up, and the whole finished as above.

Now for the decoration. Dish, and wipe the bird with a cloth, and have ready some clear aspic of one or two colours, say brown and pale pink, or brown and pale yellow. Give a coating of the pale colour first, and ornament with cut pieces—to form a pattern—of the darker shade, laying them on before the first coat is set; or the top may be covered with chopped aspic of various colours, laid in rows. The base can be garnished with blocks of aspic and truffles. Or fancy designs may be made by the aid of butter, or ham butter, using a bag with a fine pipe. Then little heaps of salad may be put about the dish; many ideas may be gathered by reference to SALADS. For a very elaborate galantine, moulds of aspic, decorated nicely, may be put on the top, and fastened with plated hatelet skewers; truffles, too, look well similarly placed. If proper hatelet moulds cannot be had (these are made purposely for use with the skewers), some varieties of dariole and other moulds answer the purpose. They should be high, and of small circumference only at the widest part, or they look ugly. Those who object to "piping," or who cannot get good results, may use savoury custard of various colours. If this is cut out into *very small*, pretty shapes, exceedingly nice designs may be made by anyone possessed of sufficient taste to arrange them. For a plain galantine, glaze only is used for the surface, with a little piping of white or pink, and some salad at the base. All galantines look nicer if a block of rice or fried bread be put under them in the dish, as they are then more imposing, and the garnish is better displayed. For all the adjuncts, *see* INDEX. One word respecting the pressing of the galantine. Avoid undue pressure on one part. A dish or baking sheet should be put on, and weights or flat-irons placed the whole length. A heavy weight at the middle and nothing at the ends is useless.

See coloured plate, No. 4. The galantine there shown is glazed, then brushed over with liquid aspic, and dished on a block of rice. The garnish consists of parsley, aspic, lemons, and small shapes of the forcemeat, cooked separately, and cut when cold. Shapes of aspic or savoury custard could be used. Cost varies with the season, and adjuncts employed. The average is 1s. 6d. to 2s. per pound.

Fowl, Howtowdie.—Required: a fowl, butter, onions, spinach, stock, rice, seasoning, &c., as below. Cost, exclusive of truffle, about 4s. 6d.

The following is a very old Scotch recipe. Truss a fowl as for boiling, it may be large, if tender; brown it in two or three ounces of butter in a stewpan, turning as required. Then put in a few small onions, a pinch of salt, half a dozen white peppercorns, and a couple of cloves; add three-quarters of a pint of nice white stock, and simmer very slowly for half an hour, then put in more stock, and give another half hour's cooking. Have some spinach boiled and well pressed; make a border of it on a hot dish. Have also some boiled rice, pressed in little moulds; turn these out on the top of the spinach. Put the fowl in the middle, add more salt to the gravy, and boil it for a minute or two more; strain some over the fowl, and serve the rest in a boat. The rice shapes may be decorated with pieces of truffle, or little stamped-out slices of tongue.

To the foregoing we would add, that in some instances the time allowed for the fowl must be very nearly doubled, if success is to crown one's efforts.

Fowl, to Joint for a Sauté.—These directions may be useful to the inexperienced. The words, "cut up neatly," are intelligible enough to the experienced cook, but convey but little meaning to others; and, unless a right start be made, the bird will have a very untidy and ragged appearance when cooked and dished. Take then a fowl which has been picked and singed, and ready for cooking, *i.e.* drawn but not trussed. Lay it on its side, hold a leg towards you, and pass a sharp knife round the thigh; remove it with a clean cut; turn it over, take the other leg off in the same way; remove the wings in the usual way, then cut the breast in two or three pieces across. Trim off any rough parts; put the back-bone aside. Trim the legs by cutting off the leg-bones just below the joint; remove the thigh-bones and tuck in the rough parts, making the legs compact and plump in shape. If the thigh-bone is not removed (and this is optional) be sure to make the legs neat by tucking in any loose flesh. These directions may be carried out in jointing a fowl for many other dishes, or for a pie, but in the case of a fine fowl, it is sometimes necessary to again divide the legs and wings; or the wings may be left entire if cut free from breast meat; then the breast will make three or four pieces.

Fowl à la Marengo.—Required: a fowl, olive oil, mushrooms, gravy, seasoning, &c., as below. Cost, 4s., exclusive of eggs for garnish.

Take a tender fowl, joint it, and flour the pieces, using half a tablespoonful of flour. Put some olive oil in a sauté pan, from three to five tablespoonfuls, size of the fowl considered; when hot, fry the joints a nice brown. Some time before put on the giblets for gravy (if it can be spared, use also the back of the fowl); when reduced to three gills, strain it over the fowl, put in a morsel of garlic, a shalot, a dozen button mushrooms, and a little lemon juice. Simmer gently until the fowl is tender; season to taste, arrange the joints in a pyramid, best parts at the top, and put the mushrooms with them. Strain the gravy over, it should be reduced a little, and for a very good dish, add a little light wine and glaze. The proper garnish consists of fried eggs and triangular shaped croûtons, placed alternately round the base.

People who object to oil in any form, will substitute butter, but the dish is then quite altered; oil being the special feature of Fowl à la Marengo.

Fowl à la Mayonnaise.—Split a cooked fowl in two, and coat the parts with mayonnaise; or joint it, and do the same; or serve a boat of mayonnaise, and put some cress or parsley on the dish. (*See* also Salads.) Cost of fowl, about 3s. or 3s. 6d.

Fowl, with Onions.—Fry the fowl in either of the ways given for Chicken; pile up the joints, and

sprinkle with fried onions, a pale colour, and very dry; then add a dust of cayenne and salt. Use about four ounces of onions.

Fowl, to Pick and Singe.—Take the bird in the left hand, and begin by pulling the feathers out under the wing; when this side is plucked, turn the bird, proceed in the same way with the other wing, then remove all the rest of the feathers, leaving only the down. To singe, take the bird by the neck, in the left hand, and by means of a lighted paper, passed quickly over to avoid any scorching, go over the entire surface, not forgetting the down, which will be hidden from sight after the bird is trussed. If any feathers remain, pull them out; do not burn them off; the singeing is intended to remove the down. A better and quicker way is to take the bird at each end, and hold it over a flame; a little methylated spirit may be burnt on an old plate for the purpose. This is perhaps the best way, especially when several are being dealt with. After trussing, if necessary singe again. This is often wanted when birds are bought, ready trussed, of other than first-class poulterers.

Fowl, Pilau, Indian.—Required: a fowl, butter, rice, onions, seasoning, and almonds and sultanas. Cost, from 4s. to 4s. 6d. on an average.

Boil a fowl in veal broth, and reserve the liquor in which it is boiled. Put four ounces of butter in a stewpan, and fry in it two onions, sliced, two cloves, a morsel of cinnamon, and a few peppercorns. When the onions are golden colour, stir in ten ounces of rice; go on stirring with a fork until the rice has absorbed the butter. Pour in the fowl liquor (it should cover the rice, and reach an inch above it), go on simmering until it is nearly done. Then clear the rice from the centre, and put the fowl in the hollow. Let the rice become very soft, and the moisture be dried up. Then put the fowl in a deep dish, and smother it with the rice. Have some little onions ready boiled, also some eggs, boiled hard; these should be quartered. Arrange them about the dish, and add some blanched almonds and sultanas, with a few cloves sprinkled on the top.

The cinnamon and peppercorns should be taken out. This is done most easily by tying them in a bit of muslin. The rice should be washed and dried an hour before frying.

Fowl, Pooloot, Indian.—Required: a fowl, stock, rice, onions, eggs, bacon, &c., as below. Cost, about 4s. 6d.

Truss a fowl in the ordinary way for boiling. Have ready a quart of white stock, and a pound of rice that has been parboiled for five minutes and then drained from the water. Put the fowl with them into a stewpan over a slow fire. Add some onion juice (pound half a dozen, and extract all their moisture by squeezing them in a thin cloth), a tablespoonful of ground ginger tied in muslin, and the juice of a lemon. Boil gently, and when the fowl is sufficiently done, keep it warm and dry the rice before the fire. Have ready three or four onions, sliced and nicely fried in butter. Cut up the fowl into neat pieces, and fry these in the same butter, then pile the rice in the centre of a dish; the joints of fowl on the top, and the sliced onions next the fowl, lightly scattered. Strew stewed cardamoms and peppercorns over all. Garnish with fried curled bacon and slices of hard-boiled eggs. Serve hot. Time to boil, three-quarters of an hour, unless the fowl be large.

During the boiling, more stock must be added by degrees as required. Great care must be exercised to keep the contents of the pan from burning. It is well to butter the bottom of the pan slightly, and it must be very often shaken; or it can be set at the beginning of the cooking in another vessel of boiling water.

Fowl à la Remoulade.—Boil a fowl in white stock. Let it

coil in the liquor, and do not cut it until cold. It is then to be jointed and skinned. Put the skin and backbone by for stock, and cut up the breast; these slices should be placed on the top. Coat every part with Remoulade sauce, and garnish nicely with eggs and cooked vegetables, or raw salad. (*See* SALADS.) Cost of fowl, 3s. to 3s. 6d., on an average.

Fowl, Roasted.—A fowl for roasting should be picked and singed, firmly trussed, and prepared like a turkey; but while the legs of a turkey need not always be done through (when there is plenty of breast meat to go round), it is safe to assume that those of a fowl will be cut at table as a rule, and therefore, in order to cook them without over-cooking the breast, great care is needed, and in proportion to its size, the fowl will take longer than the turkey. In many cookery books the time given for roasting a fowl is not enough. When roasted at an open fire, and with *almost incessant* basting, a fowl takes less time than when laid in a Dutch oven before the fire, and basted only occasionally, because the hot fat assists the cooking; and when baked, as perhaps fifty per cent. of the fowls of everyday life are, still longer must be given. The time will vary from fifty minutes to an hour, for a medium sized, to an hour and a quarter or an hour and a half or even longer, for a larger one, its quality and tenderness considered. The method of serving is the same as for turkey. A garnish of watercress only, or some little sausages or forcemeat balls, are suitable for ordinary dishes; bread sauce and gravy (for which *see* recipes) are also everyday adjuncts. For various forcemeats, *see* a later chapter, and for other methods, *see* TURKEY. If the liver is wanted for other purposes, it can be kept back; otherwise it is generally put in one wing, and the gizzard in the other. A roasted fowl, to look as appetising as possible, should be well frothed; give it a dredge with fine, dry flour, at least ten minutes before serving, then baste with butter; continue for a minute or two, and remember that if not as brown as it is liked, a coat of thin glaze will improve it. For sauces, *see* TURKEY; and many given under BOILED FOWL are equally suited to the roasted bird, the very white, delicate sauces excepted.

(*See* FOWL, TO PICK AND SINGE, and FOWL, TO TRUSS.)

Fowl, Roasted (a Normandy dish).—Take the breast-bone from a fine fowl, and fill it with good forcemeat, either ham or veal, well flavoured with savoury herbs and grated lemon peel. When it is nearly done, and has acquired a light brown tinge, take it down and dip it into fine bread-crumbs, then into clarified butter, and again into crumbs. Finish the cooking, browning well, and serve lemon sauce in one tureen, and fowl gravy mixed with minced parsley in another. Tiny sausage cakes fried, slices of lemon, and bunches of watercress should be put alternately round the fowl. No gravy or sauce must be poured over it. Cost, from 4s. 6d. upwards.

Fowl, Roasted (a simple dish).—This is much liked generally, and is to be met with in many parts. When the fowl is three-parts cooked, take away the dripping pan, and put another tin or dish under; then begin to baste with batter, letting the separate coatings become set until an outer crust of half an inch or so is obtained. The fowl should be kept a fair distance from the fire, or it will get too brown. When done, after a quarter of an hour's basting, or rather more, send to table with nice gravy. In some places, little dumplings, or small pancakes made of the same batter, are rolled up and served with it. For the batter, *see* YORKSHIRE PUDDING. Cost, from 3s. 6d. to 4s.

Fowl, Roasted, to Carve.—Insert the knife between the leg and the body, and cut to the bone; then turn the leg back with the fork, and, if the bird is not old, the joint will give

way. The wing is next to be broken off, and this is done in the direction of A to B, only dividing the joint with the knife. The forequarters having been removed in this way, take off the merry-thought at D, and the neck bones; these last are to be removed by putting the knife in at C, and pressing it, when they will break off from the part that sticks to the breast. Next separate the breast from the body of the fowl, by cutting through the tender ribs close to the breast, quite down to the tail. Turn the fowl now back upwards; put the knife into the bone midway between

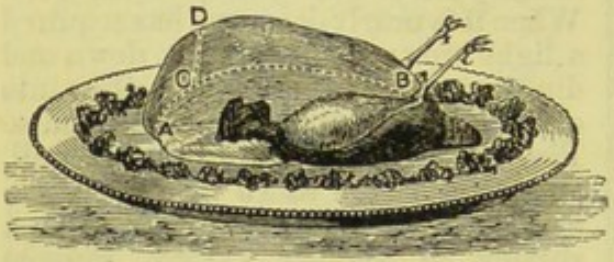


FIG. 98.—ROAST FOWL, TO CARVE.

the neck and the rump, and on raising the lower end it will separate readily. Turn the rump from you, and take off very neatly the two side bones, which completes the operation. The breast and wings are considered the best parts of a roast fowl, being very tender, but in young birds the legs are the most juicy. In the case of a capon or large fowl, slices may be cut off the breast, just as is done when carving a turkey. Give part of the liver with each wing, and some stuffing to all, unless objected to.

Fowl, Sauté à la Royal.—Required: a fowl, a few strips of ham, a mushroom, an onion, half a pound of streaky bacon, some stock, parsley, and two ounces of butter. Cost, about 4s. to 4s. 6d.

Joint the fowl, put the back and giblets in a saucepan with a pint and a half of water, and the ham, onion, mushroom, and parsley; put in a few peppercorns and a clove, boil gently until reduced to a gill and a half. Melt the butter in a sauté pan, cook the joints until pale brown, shaking often. When it has cooked for twenty minutes strain the stock over, then simmer for fifteen to thirty minutes, according to the age of the fowl. Put in a morsel of glaze. The gravy should only just coat the joints; there should be none to run into the dish. When done, arrange nicely on a hot dish, with a good-sized croûton laid at the bottom; sprinkle some chopped parsley all over, and put the bacon in little rolls, separately fried, round the base. A few button mushrooms, fried, improve the dish, which is very easily prepared, and a most excellent one. It is suitable for any meal. If served for luncheon or dinner, macaroni, or any nice vegetable may be served with it.

Fowl, with Sparghetti.—Required: a young fowl, four ounces of sparghetti, half a dozen sauce oysters, some wine, sauce, croûtons, and seasoning as below. Cost, about 5s. to 5s. 6d.

Cut the fowl into joints, season them with pepper and a pinch of herbs, and sauté them in oil until pale brown. Pour off the fat, and wipe the pan out; put back the fowl, with the oysters and their liquor, the juice of half a lemon, a glass of white wine, a minced shalot, and a sprig of parsley. Cover and simmer for ten minutes, then add three gills of brown sauce, and cook for half an hour more. Add salt and cayenne to taste, and strain the sauce. Pile the chicken up, and pour the sauce over. Have the sparghetti ready, plainly boiled, then seasoned with a pinch of cayenne and a little parsley, chopped after scalding. Put this round the fowl, and place a few glazed croûtons about the dish; garnish them with a little hot ham purée, or some chopped ham mixed with thick brown sauce.

Fowl, with Spinach.—This is well known; and a purée of endive or salsify, much less known, will be found a very pleasant adjunct to a nicely cooked fowl. When spinach is used, it should be accompanied by fried eggs. Cost, about 4s. 6d. without eggs.

Fowl, Steamed, with Oysters.—Required: a fowl, oyster forcemeat, and oyster sauce. Cost varies with that of oysters; about 5s. to 5s. 6d. on an average. A fowl cooked in this way will be full of flavour, and very tender. Fill a young fowl with oyster forcemeat, and lay it in a tin ready for steaming; pour round it a gill of white stock and oyster liquor mixed, then cover and steam until done; it should be turned a few times and basted with the liquor. Serve with oyster sauce, using the liquor from the tin in making it. The fowl may be stuffed with any sort of stuffing that may be preferred, if oysters are not in season, but the tinned ones do very well. (*See* recipes under FORCEMEATS.)

Another way.—This is richer, and a really delicious dish. Fill a fine fowl with rich oyster stuffing; rub it all over with lemon juice; wrap it up in a buttered paper, and cook in a tin laid in a steamer; give it an hour and a half, or more if required. Dish it, and pour some white sauce over the breast, and put some little veal and oyster sausages round the dish. Send rich oyster sauce to table in a boat.

Fowl may be steamed, and served with any other sauces which usually go with boiled fowls; and we again call attention to a fowl partly cooked by steaming, and finished off by roasting or baking, as a very good dish, especially suitable for a fowl past its youth.

Fowl à la Steinway.—Required: a fowl, stuffing as under, stock, quenelles, white and brown sauces, mushrooms, and gravy. Cost, from 5s. 6d. to 6s.; more when fowls are dear.

Lard the breast of a fowl, first dipping it in boiling water to make it firm. Put in the body a rich mince of ham and tongue, both cooked, mixed with some button mushrooms cut in dice, and cooked in butter. This should be bound with a few bread-crumbs, a beaten egg, and a little cream; it is to be very delicately seasoned. Put in the butter from the mushrooms. Truss for braising. Then cook it in some pale stock to half its depth, for nearly an hour. Take it down and brown before the fire; glaze nicely, and serve on a hot dish. Put round it some chicken quenelles, masked with white sauce; veal sausages, masked with brown sauce; and mushrooms, glazed after frying. Serve with brown gravy flavoured with the mushroom peelings.

Fowl, Stewed and Glazed.—Required: a fowl, gravy, seasoning, sherry, and salad. Cost, about 4s. 6d. on an average.

This is a very good dish. A tender fowl or good-sized chicken must be used for it. Make a gravy from the giblets some hours beforehand; the usual seasonings, but no thickening, should be added; strain it off, and put half a pint into a clean stewpan. Lay in the fowl, breast up; cover with buttered paper, and stew softly for half an hour to three-quarters; then remove the paper, put into the gravy a heaping tablespoonful of fresh tomato pulp (made by passing a large ripe tomato through a sieve), a glass of sherry, and half an ounce of glaze. Stir until the glaze is melted, then cover up, and leave for a quarter of an hour, first turning the fowl breast down. Then take it up and glaze the breast, put it in a moderate oven for a few minutes while the gravy is seasoned, then pour a little round the fowl, and serve the rest in a boat. Send watercress salad to table. If a chicken, reduce the time of cooking.

Another way.—Instead of adding tomato pulp to the gravy, put in some brown mushroom purée, or a spoonful of good mushroom ketchup.

Another way.—In place of either tomatoes or mushrooms, add to the gravy half a tin of green peas, and the same measure of carrots and turnips, mixed, pea shapes, separately boiled; then put in rather more stock.

Fowl, Stewed in a Jar.—Required: a fowl, vegetables, bacon,

stock, and seasoning. Cost, variable, old birds being sometimes very cheap.

This dish is so little trouble, besides being excellent and economical, and is so well calculated to bring about perfection (as nearly as possible) in the case of an old bird, that especial attention is called to it. First, put in the jar, which should be an oval earthen one with a lid, a bed of vegetables of a kind that yield moisture; onions, carrots, turnips, and celery are good; vegetable marrow may be added if in season. Let this be an inch thick; then put in a few strips of fat bacon; next lay on the fowl; put more bacon, then more vegetables; see that the sides as well as the top and bottom of the fowl are covered. Then squeeze in the juice of a lemon, and put in a good bunch of herbs, and a teaspoonful of white peppercorns, but not a bit of salt. Have ready a cup of stock, made from the giblets by long stewing; no thickening is to be added; pour this in, put the lid on, and cook in a *very slow* oven, for as long as may be necessary; if it is just brought to the boil, it could be left in a cool oven all night, and be reheated for dinner. It can be served hot, with the vegetables and liquor sieved and thickened, and with some sort of white sauce in addition. Or it may be served when cold in either of the ways given; the gravy, &c., will then help to make a tureen of soup. A good sharp sauce will be wanted with it if cold; or a good salad will improve it.

Fowl with Tarragon, Boiled.—Prepare a fowl for boiling; chop the liver, add it to some forcemeat (*see* recipes), and then put in a suspicion of tarragon; if fresh, the leaves must be blanched and chopped; if dried, see that it is finely powdered. Boil, and pour tarragon sauce over. Serve ham or bacon, or pickled pork with it. Cost, without the bacon or ham, about 4s.

Fowl with Tarragon, Roasted.—Stuff as above, and truss for roasting. Make a good brown gravy; add a little tarragon vinegar, and a sprinkling of freshly-chopped leaves. Garnish with watercress, seasoned with tarragon vinegar, and lemon juice.

In preparing the stuffing for both these dishes, the foundation must be free from other herbs: a plain sausage meat may be used, or a still plainer stuffing made as for roast veal, but minus the herbs.

In cooking a couple of fowls in either of the above ways, unless it is known that all like tarragon, it is well to omit it in one, or to serve, in addition, some sauce or gravy without tarragon flavouring. Cost, from 4s. to 4s. 6d. on an average.

Fowl à la Tartare.—Required: a fowl, seasoning and garnish as below, and some tartare sauce. Cost of fowl, 3s. to 4s. on an average.

Take the feet from a fine fowl, split it through down the back, and lay it in a dish of clarified butter; turn in five or ten minutes, and let the other side become well moistened. Then cook it before the fire in a Dutch oven, basting from time to time with the butter. Take it up in twenty minutes and let it get cool, then coat it with beaten egg and bread-crumbs, and give the final cooking, either by plunging into plenty of hot fat until brown and crisp, or by dipping again into butter, and broiling or grilling at a sharp fire. Pile up the joints on a dish paper, and garnish with fried parsley and cut lemon. Send tartare sauce hot or cold to table, also cut lemons and cayenne, and hot, clear pickles. There are few better dishes of fowl than this, and it is very good when cold.

Fowl with Tongues, Cold.—Required: a fowl, white sauce, aspic, garnish, and tongues, as below. Cost, exclusive of tongues, about 5s. 6d. to 6s.

Boil a fine fowl, and when cold, mask it with thick white sauce; *chaudfroid* is the best for the purpose. Cut some aspic jelly into diamond shapes, about an inch and a half long,

and an inch wide across the centre. These should be a deep yellow or pink. Put them in a row down the breast, and on each side place a row of ham butter from a bag and pipe. Have ready boiled two tongues, calves' are nicest. They must be carefully skinned and trimmed, and split through lengthwise, then coated with aspic jelly. Put them tips up at each side of the fowl, then decorate them with ham butter and chopped aspic in alternate rows: work from base to point in using the forcing bag. Between the tongues and at each end of the fowl, put little piles of dressed salad, and mix amongst it some boiled ham in fancy shapes or strips. (*See* SALADS.)

This dish is suitable for cold collations of all sorts.

Fowl with Tongue and Ham.—These make a nice supper dish. The fowl is sometimes jointed, then tied together with ribbon, the tongue and ham being put round the dish in alternate slices; these should be even in size.

This is a good way where several fowls are wanted, and guests have to be quickly served; or where bad carving is the order of the day; as it is much better to take a little trouble to carve a fowl in advance, than to do it hurriedly and badly later on; and the tying up is but little trouble if a second person holds the joints together. Coloured ribbon can be used (unless the occasion be a wedding or christening); the bow should be on the top of the breast. The fowls should be glazed, and the garnish about the dish may be of the kind used for galantine. This is, however, a less economical dish than when the fowls are boned.

Another way.—Cut up a cooked fowl, boned or not, and stuffed or plain; the slices, or joints, should be even; then cut slices of ham and tongue, the same size. Put them alternately round a dish, and fill up with salad. Serve a nice cold sauce with them. Stuffed eggs can be put about the dish. The meat may be put in a row down the dish, and the eggs, and salad to form a bed, down the sides. As fowl, with ham and tongue, seems to be one of those standard dishes of which people do not tire, it is well to introduce a little novelty in the methods of service. Cost of fowls, 3s. to 3s. 6d.: ham and tongue, 1s. 4d. per lb.; more if bought ready cooked.

Fowl, to Truss for Boiling.—The fowl is to be very nicely picked and singed, washed and dried; the neck cut off even with the back, but enough skin left to roll back neatly. The feet are cut off and the legs inserted through a slit made in the skin at the sides of the fowl. The wings are twisted over the back; a skewer is then passed through the bottom of the wing and the leg; another is then put through on the other side; the points of each should be in the body, not projecting, and the heads of the skewers driven close up to the fowl. The tops of the legs should then be made firm by binding; string is generally used, but tape is much better.

Another way.—Instead of tucking the legs in the body, cut them off at the first joint, then loosen the skin, and draw it over the end of the leg-bone; fasten in the way above directed. If very carefully done, this has a neat appearance, but it is easy to break the skin, therefore novices find the first plan the easier. Omit the liver and gizzard.

Fowl, to Truss for Roasting.—Fasten the skin over the back with a little skewer, after cutting the neck off; scald the legs, and cut off the claws; then fasten the pinion and leg with a skewer long enough to go through the body, and fasten the other pinion and leg. Pass a needle through the backbone, and tie the legs as in the next recipe.

Fowl, to Truss without Skewers.—A fowl may be trussed for roasting as follows: it is at first rather more difficult than the ordinary

mode, but is by many considered a better way. Thread a trussing needle with thread, and pass it through the under part of one wing, and top of leg, then through the body, and the leg and wing on the other side. Draw the thread tightly. Then pass the needle through the top of the wing, the skin of the neck, and top of the other wing; the fowl must be turned over before this is done. Draw the thread tightly. Then tie the legs, by passing the needle through close to the backbone, under the first leg; bring the thread over the second leg, back over the first, then tie at the starting point. Take care to press the legs well to the body. A fowl prepared thus is very easily baked; it can be so securely wrapped in greased paper, that it is moistened in every part, as there are no skewers in the way to interfere with the covering.

The liver and gizzard may be used or omitted, just as preferred; they are generally put one in each wing when the first method is followed, but their use is quite optional. They should not be put in a braised fowl. To prepare them, *see* directions given for TURKEY GIBLETS.

Fowl à la Velouté.—Required: a fine fowl, sauce, aspic, custard, truffles, and garnish as below. Cost, from 5s. 6d. to 6s. upwards, exclusive of the melon salad.

Joint a fowl (as white as can be got); bone the joints, and mask them with velouté sauce mixed with a very little pale aspic. When set, ornament them prettily with fancy shapes of savoury custard of various colours, and some truffle strips. A little aspic must be used to set the garnish. Pile up the pieces, and put here and there some chopped aspic, pickled gherkins, sliced, capers and truffles. Send melon salad to table with this. In arranging, give the breast fillets the prominent position.

Game Cutlets, Cold.—Pour some liquid aspic on a large dish to form a thin layer; then, when it is on the point of setting, sprinkle over some sieved egg yolk and chopped white, with some chopped truffle. Next put a quarter inch layer of minced game, such as would be used for rissoles, croquettes, &c.; coat again with aspic, then add more egg and aspic, and leave to set. Cut out with cutlet cutters, and use the trimmings, chopped up, with small salad for garnishing the dish. Cost, variable.

Game, Devilled.—Required: game, seasoning, and gravy as below.

Some hours before serving the game, score the flesh rather deeply, making the incisions close together if a high flavour is liked; but if mild, score the meat in a few places only. Mix together salt, black pepper, cayenne, mushroom powder, and—unless the flavour be objected to—curry powder; equal parts of each. Season the meat, rubbing the powder well into it, then dip the pieces into clarified butter, with a small quantity of mustard. Broil or grill until very brightly browned, but not in the least burnt. If preferred *dry*, send to table as it is on a hot dish; garnish with cut lemons and fried parsley. For a *wet* devil, sauce or gravy is wanted. A very tasty sauce is made by mixing together a good teaspoonful of French mustard, a gill of brown sauce, a teaspoonful of orange juice, a pinch of cayenne, and a little chutney. As soon as boiling point is reached, it is ready; it may be poured over the meat, or served with it. Many other sauces will be found under SAUCES. Gravy à la Diable may also be served with game or meat of any kind. There are few more acceptable ways of re-serving cold game than in the form of a devil, and by studying the tastes of those who are to eat them, and the nature of the game, it is easy to avoid monotony, and prevent every "devil" tasting alike. Cost varies with the game used.

Game, Fumet of (called also essence of game).—Required: game, seasoning, and stock. Cost, variable.

Little and good must be the motto

in preparing game as above described. Supposing the best parts are being cooked for an entrée, the worst joints should be smashed up, bones and all, and fried with some herbs and shalots, a few peppercorns, and a clove or two, in hot butter until brown, then covered with stock, and cooked gently, until a pint has reduced to a gill, or even less. *Fumet* of game is really very strong game stock. It is essential that the stewpan be tightly closed the whole time. As soon as ready it should be strained, and used as required to heighten the flavour of soups, sauces, gravies, and other game dishes. For a more economical fumet, the bones and odds and ends of cooked birds will be handy, and will answer for plain dishes, but the flavour will not be so good as that from raw birds. Some mushroom peelings and truffle trimmings will improve both colour and flavour.

Game in Tins.—Game may be bought both in tins and terrines; the latter are superior, but both these forms of pâté may be recommended. They are very useful as a breakfast relish, and form an admirable picnic dainty. The remnants may be utilised in various ways, for such dishes as patties, rissoles, &c. They will likewise improve many kinds of forcemeat. When to be turned out and served cold, especially on a hot day, it is important that the tin or terrine be thoroughly cooled: for this some ice is needed. This rule should be observed if the pâté is going to be converted into sandwiches, as it will cut much more firmly. All these dishes are somewhat rich, and must be regarded as a luxury to tempt the appetite, rather than in the light of a meal. The price varies from a shilling or eighteenpence for a very small pâté, up to many shillings for the large ones. Game pâtés truffled are the most expensive. Small tins of potted game may be had from sixpence each, and furnish a relish not to be despised.

Game Livers, Purée of.—Required: six ounces of game livers, a small shalot, two ounces of raw ham, a bunch of herbs, a clove, half a dozen crushed peppercorns, a teaspoonful of wine (this must be in accordance with the wine used in flavouring the dish), two teaspoonfuls of thick brown sauce, the same of good stock, either of the brown kinds, and a morsel of minced truffle; or in place of part of the stock, a little truffle essence. If game livers are scarce, make up with calf's liver, and add some herbaceous mixture, or a little of the aromatic seasoning given in a later chapter. Cost, variable. Chop the shalot, or a small onion, scalded, very small; cut the ham in tiny dice, also the liver; fry these with the herbs and seasoning for six to eight minutes, then put all in a mortar with a pinch of salt and the liquid ingredients, pounding well. Sieve the mass, and add the brown sauce. Re-heat and use as required. For garnishing purposes put it in a forcing bag with a plain pipe.

Another way.—Use poultry and game livers mixed for the foundation. To this or the above, for the sake of economy, some bread-crumbs may be added; they should be soaked in the stock or sauce used for moistening. Chopped mushrooms or parsley may be added to increase the flavour, if desired.

Game Purée.—Required: twelve ounces of cooked game, free from skin and bone, two tablespoonfuls of brown sauce, a teaspoonful of extract of meat, a dessertspoonful of port, the same of claret, a little cayenne and nutmeg, pepper and salt to taste. Cost, variable. Cut the game up, and put it in a mortar with the rest of the ingredients. If convenient, a bit of dissolved glaze can be used instead of extract of meat. Pound well, and rub through a sieve. Use as directed below.

Game Purée, Rich.—Required: half a pound of game, half a gill of fumet of game, the same measure of

brown sauce, a glass of good port, and seasoning to taste. Cost, variable.

Pound the meat, add the rest of the ingredients, and pass all through a fine sieve. Use for patties, or for masking croûtons, and various other purposes as directed in recipes for game dishes. Glaze, or extract of meat, can be added in proportion to the nature of the dish. For game toast, or anything for which a moist purée is suitable, less of either will be wanted than for little dishes that require a firmer mixture. Of the latter class, kromeskies, croquettes, and rissoles are familiar types.

Game Quenelles.—Required: ten ounces of raw game, eight and a half ounces of panada, half an ounce of butter, the yolks of five eggs and the whites of three, half a tablespoonful of brown sauce, a tablespoonful of thick cream, and a little salt, pepper, and cayenne. Cost, variable.

Pound the game, then the panada and butter; rub through a fine sieve after the eggs have been mixed in; they are best put by degrees to the panada while being pounded. They should be most carefully strained from the germs. Add the rest of the ingredients, blending the mass very thoroughly. They are then ready for cooking, either in moulds, or as directed for ordinary quenelles. (*See* ENTRÉES.) This represents what may be termed the foundation of game quenelles, for although very good made as above, various additions may be made, according to the kind of game, and the dish for which they are to form an adjunct. (*See* recipes under ENTRÉES.) With game for which orange gravy or sauce is served, a morsel of the grated rind of an orange would be a suitable addition; while for game with mushrooms in any form, mushroom powder could be used. But it must be remembered that the consistency of the quenelles must be maintained; if any liquid is added for flavouring, more eggs or panada will be wanted, or the mass will be too moist.

Game Quenelles, Economical.—These are less trouble than the foregoing, and furnish a nice dish at small cost. Take any sort of cooked game, and any part, so that bones, skin, and sinews are removed. Required: half a pound of game, an ounce of butter, a little seasoning, four button mushrooms chopped finely, a small shalot, also chopped, and some bread-crumbs soaked in stock, and squeezed dry; eggs as required. Cost, variable.

First, mince the game, and add the rest of the ingredients, putting in the moistened crumbs by degrees, until the mass is firm enough to mould with the fingers. The yolk of an egg is then to be mixed in, and if, after cooking one, it appears not well bound, the yolk of a second should be added to the mixture. About three or four tablespoonfuls of crumbs will be wanted, and, after soaking, they must be beaten with a fork, or pounded. The quenelles may be either poached in stock, or shaped in the same way and then fried, after coating with egg and crumbs. With these, some sauce should be served; brown mushroom is very suitable, or a nice game gravy may be sent to table.

Game, Roasting of.—The cry of over-roasted and spoilt game is often heard; but we believe that the main cause of the grumble is usually the fact that the birds are cooked too soon, and become dry: we mean that the actual time allowed may not be too long, but by the waiting the cooking goes on to an extent. The flavour suffers likewise, and it is certainly better that the guests should wait a minute for a bird, than that the bird should be kept waiting ten minutes for the guests. It has been said that to over-cook a snipe or woodcock is a positive cruelty, bearing in mind the old saying that a snipe, to be properly cooked, should fly through the kitchen! To wait, and put down the game at the right moment, it has also been well said, requires nerve; and many, in their anxiety to be ready

in good time, serve a bird over-cooked and *warm*, instead of done to a turn and hot. In all our recipes, under each heading, will be found the approximate time for each variety; but due allowance must be made for size, the time the birds have hung, the state of the weather, and the tastes of those who are to eat them: for although everyone knows that game is preferred, as a rule, somewhat under-done, rather than over-done, yet tastes differ. One may like a bird akin to raw; another may like it really well done.

Game, Salmi of.—A salmi is made from birds roasted for the purpose, or from such as have been partly cooked; they are then finished off in the sauce. (*See* recipes for SALMI SAUCE.) A hash differs from this, as that is made from game fully cooked, and left to get cold in the usual way. The meat must be very neatly divided, and freed from skin and gristle; these will help to make the sauce. The bones, and trimmings above named, will the better yield their flavour if smashed and pounded before stewing; and some fumet of game may be used with considerable advantage. After the sauce is made, the game should heat in it very slowly, that it may acquire flavour, and should be served when on the point of boiling. For rich salmis the sauce should be reduced, and wine added (the kind must be regulated by taste, and the sort of game) as required. Recipes to suit various tastes and kinds of game will be found under SAUCE FOR SALMIS. A garnish of croûtons or game quenelles should be used. Cost, very variable.

Game Stewed in Wine.—Required: game of any sort, truffles or mushrooms, seasoning and wine as below. Cost, variable.

Take a pheasant or any other game in season; cut it into joints, or bone it, and then divide it. Pack the pieces in a jar with a lid (the fire-proof china are nicest), with some thin slices of truffles between; or if these cannot be had, some mushrooms may be used; or both may be dispensed with; then, a morsel of bay leaf, thyme, and a few white peppercorns may be tied in a little bag and laid in. Fill up the jar with wine; light wine of any kind used in cooking answers, but good sherry is to be preferred. Fasten the lid with luting paste, and cook in a water bath, or in a tin of water in the oven. The length of time varies; if a good pheasant, allow nearly an hour; for a brace of young partridges, rather less; small birds can be cooked whole, or boned, and stuffed with truffles if liked. If to serve cold, do not take off the lid until wanted; leave the paper on also with which the lid is fastened down; by this means full flavour is retained. The dish can be served hot if preferred; either way it is one of the nicest of game dishes. Any wine left over may be used in game soups and salmis.

Game Toast.—Required: game, meat, seasoning, toast, &c., as below. Cost, about 1s.

This is an inexpensive and good breakfast dish. Take the remains of any cold game; mince it with half its weight of cooked beef or mutton, and a fourth its weight of boiled ham. Supposing six ounces altogether, take any gravy or sauce there may be left over, and if not enough to moisten, stew the bones down to make more; thicken until the mass will just drop from the spoon, the meat being heated in the sauce; then stir in the yolks of two eggs, and seasoning to taste, bearing in mind the nature of the game. Lemon or orange juice, mushroom liquor, herbs, fried shalot, &c., as well as fruit jellies, are all suitable. Have a large slice of hot buttered toast, cut up for serving; spread the mixture thickly on it, then shake raspings, or better still, fried crumbs over. Dust with a little cayenne, and put in a quick oven for a minute, then serve very hot. Chutney, hot pickles, or bottled sauce, may go to table with this. To thoroughly imbibe the game

flavour, the beef or mutton should be put in the sauce for an hour or so. For a better dish, use all game, with ham as above; or add some liver purée if handy. Dishes of this class must be well and suitably seasoned.

Goose.—Choose a young goose, especially if for roasting. If the breast be plump, the skin white, and the feet pliable and yellow, the bird will prove satisfactory. As age creeps on, the feet turn red, so does the bill. Many consider that a goose at Michaelmas is past its best; others say that it is doubtful if any geese are so good as those fattened on the stubbles in September. To test the bird, squeeze the windpipe close to the body; if it yields easily to the pressure, the goose will be tender; if it resists, the bird will be hard. The excellence of a goose, like that of other domestic animals, depends greatly upon the manner of feeding. One writer states that in one district where geese were formerly fed on oats, their reputation as table birds is quite destroyed, in consequence of the substitution of Indian corn and other food for the oats. Cost of geese, about 5s. to 10s. each. A few days' hanging will improve a goose.

See INDEX for recipes for goose cooking other than the following.

Goose à l'Arlesienne.—Required: a goose and a forcemeat as below, stock and seasoning. Cost of goose, from 5s. or 6s. upwards.

Mix together for the stuffing four ounces of bread-crumbs, soaked in milk, and squeezed dry; four ounces of onions, boiled in milk, and chopped small; two ounces of fresh butter, some salt and pepper, a little chopped parsley and grated nutmeg, and four ounces of cooked chestnuts, sieved. When stuffed, put the goose in a stewpan with a few sliced vegetables to flavour, and some herbs and spices. Pour over some stock made from the giblets, and cook for two hours, or more, if the goose be large. When done, dish and keep the goose hot; boil the stock down after straining and skimming, and add to it some tomato purée or sauce, or some catsup, to make the mixture as thick as melted butter; let this be nicely seasoned and poured round the goose, which should be slightly browned. The goose will be better if trussed for boiling, as it can be more conveniently turned in the stewpan.

A tender goose should be selected for this dish. For a goose which is past the prime, *see* GOOSE, STEWED.

Goose, Boiled.—Pick and singe a goose, and truss it securely. It may be stuffed, if liked, as for roasting. Put it on in hot water or stock, bring to the boil, and skim well, then cook very gently until done. Serve good onion sauce with it. Time, from an hour and a half to two hours, more or less, according to age and size.

The giblets may be cooked in the liquor for soup; *see* recipe GIBLET SOUP. Cost, from 5s. or 6s. upwards.

Goose, Bonne-Bouche for.—Mix a half teaspoonful of salt, a pinch of cayenne, a teaspoonful of French mustard, a glass of port, and a spoonful of brown sauce; heat, but do not quite boil it, and pour it through a slit made in the apron just before serving. Suitable for a roasted or braised goose. Port alone, poured in cold, is liked by many people.

Goose, Braised. (*See* recipes given for DUCK, BRAISED.)—A goose, à la jardinière is also a very good dish. When ready to serve, put in a good quantity of mixed vegetables, ready cooked, cut into nice shapes; heat all together, and serve. Beans of various sorts, peas, carrots, turnips, onions, celery, &c., may all be used, and apples may be mixed amongst them in small proportion.

Goose, German Recipes for Cooking.—Among many ways of preparing geese for roasting may be instanced, as most likely to be acceptable, the following:—Apples, cut into little squares, and seasoned with spice,

used for stuffing the bird. Raw potatoes, cut into dice, mixed with about a sixth their weight of onions, browned in butter, then mixed with the raw liver of the goose chopped and seasoned; this is described as a remarkably good stuffing. Boiled chestnuts, mashed, and mixed with a little stock or cream, and a handful of currants. Prunes, stewed a little, then stoned, and mixed with sliced apples, slightly spiced and sweetened, also find favour. At one time, in England, such a combination as the last-named, for such a purpose, would have been ridiculed by many; but of late years prunes have come to the front in connection with meats and game, and there is no reason why a goose so stuffed should not prove very good eating. Pears, too, may be served in the same way as apples are; a sauce or purée being sent to table; or the bird may be stuffed with a forcemeat, into which stewed pears enter. (*See* Goose Giblets with Pears.)

In many dishes popular in Germany too much spice is used to please English palates; but this can always be reduced to suit individual taste.

Goose Giblets, to Stew.—Prepare one set of goose giblets in the same way as for a pie (*see* recipe). Cut them into small, convenient-sized pieces, and put them into a saucepan, with a sprig of marjoram, the same of thyme, two sprigs of parsley, a Spanish onion, stuck with three cloves, a teaspoonful of pepper, a teaspoonful and a half of salt, a blade of mace, and a grain of cayenne. Rub the saucepan once with garlic, and add one pint and a half of stock No. 4 or 5. Simmer gently until all are tender, and as the pieces of meat become so, remove them until the rest are sufficiently cooked. The liver and pinions will be done enough first, and the gizzard last. When all the pieces of meat are taken out, thicken the gravy with a little roux or flour and butter, heat the giblets, and serve as hot as possible. A dash of ketchup and a dessertspoonful of lemon juice are an improvement. Time, from an hour and a half to two hours, according to the age of the goose. If old, give three hours.

For a plainer stew, use stock No. 1 or 2; or water may be used.

Goose Giblets with Pears.—Put the giblets in a pan on the fire, with a bit of pickled pork cut in dice, and cold water to cover them; when the boiling point is reached, add salt, pepper, a pinch of ground cloves, and cinnamon. Cook until nearly done, then add some good pears, peeled and quartered, with a pinch of ground allspice, and some browning to make them dark. Then finish the cooking, and dish the giblets with the pears on the top.

Another way.—Cover the giblets with weak stock; add an onion and a root of parsley. Remove these when the giblets are done, and add a good tablespoonful of bread-crumbs to each pint of gravy. Stew separately some pears; beat them with a slice of butter, and add a teacupful of the purée to the giblet gravy. Boil altogether for a few minutes, and serve hot.

Goose Giblets with Mixed Vegetables.—Cook as above, and instead of pears, put in a tablespoonful each of celery, carrots, turnips, and onions, all in shreds or dice; cook until tender (the carrots should go in first), and thicken the gravy with browned flour; add a dash of claret, and garnish the dish with cut lemons and croûtons.

Parsley or sage may be put in if liked.

Goose, Green.—This should not be stuffed, but trussed like a full-grown goose. Pepper and salt should be used to season the inside, and a couple of ounces of butter is an improvement. It must be roasted carefully for about forty or fifty minutes, and should be accompanied by a nice brown gravy, and gooseberry or tomato sauce. A purée of sorrel is liked by

some, and a garnish of watercress is suitable: or, instead of this, an apple compôte may be used, or fried apples. The thing to be remembered is that the seasonings must all be of a milder kind than would be used for a full-grown goose. Geese are called "green" up to about four months old; and it has been said that the finest time for them is from the middle of June to the end of August. "A goose," says Dr. Kitchener, "is in highest perfection when the full growth is attained, but before it begins to harden;" and he adds that, while a Michaelmas goose is as famous in the mouths of the millions as the mince-pie at Christmas, yet it is too fully grown for those who eat with delicacy. Cost, variable.

Goose, Grilled.—The legs, back, and rump are suitable. Dip the cooked pieces into warm butter, and score them; season with salt, cayenne, and mustard, and a pinch of sage; coat with bread-crumbs, and again dip into butter. Then lay them on a greased gridiron, and turn them about until heated through and well-browned. Serve with or without sauce; one made by boiling up a glass of claret, with a chopped shalot, a sage leaf, a morsel of French mustard, and a bit of orange rind is suitable; it is then strained, and mixed with enough hot brown sauce to thicken it. A small quantity of burette sauce (*see* recipe), added to goose gravy, is also excellent; and many other suitable sauces and gravies will be found in the chapter devoted to them. Some prefer a mild grill (though, as a rule, dishes of the sort are preferred highly seasoned); in such cases the seasoning must be reduced, and a mild gravy or sauce selected.

Goose, Grilled, with Onions and Potatoes.— Required: a portion of a goose, onions, potatoes, and sauce as below. Cost, variable.

This is a savoury and inexpensive dish. The quantity of vegetables must be in proportion to the meat. For a grill sufficient for two or three persons prepare the goose as directed above, then dish the joints on a purée of onions, flavoured with sage, or half parsley is liked by some; a dash of curry powder is a great improvement. Make about eight little potato cakes or cones, flavoured with the same herbs, and put them round the dish. About half a pint of sauce will be wanted.

Goose, Hashed.—Cut the remains of a tender goose into small, convenient-sized pieces. Put some sliced onions into a stewpan with a piece of butter, and let them fry until they are tender, but not burnt. Add as much stock or water as will be sauce for the hash, with a little pepper, salt, a bunch of sweet herbs, the bones and skin of the goose, and a glass of port or claret, if liked. Boil gently until the gravy is good, then strain it, thicken it, if necessary, and put in the pieces of goose to get hot, but the gravy must not boil after the goose is added. If any goose-stuffing has been left, cover it, and heat it over boiling water, and place it in little heaps about the dish. About a pint of gravy should be allowed for a pound of goose. If no stuffing remains, a few forcemeat balls (*see* recipes) will be an improvement, and fried apples are a nice garnish.

Many of the sweet pickles and spiced fruits are enjoyable and wholesome with such dishes as the foregoing. For a very plain hash, omit the wine, and use a little French vinegar, or a spoonful of vinegar from clear pickles.

Goose, Hashed, in Digestive Sauce. — Required: some cooked goose, sauce, and vegetables as below. Cost, variable.

This dish will be found both tasty and digestible. Put the remains of a cooked goose in a stewpan, with a layer of boiling digestive sauce over each layer of goose; put the lid on, and leave the pan for half an hour, then draw it near the fire, and bring the contents again to boiling point. Put a border of cooked spinach or

other green vegetables round a dish, and serve the meat and sauce in the middle.

Goose Lard. (*See* section on COOKING PROCESSES.)

Goose Liver Pâté.—Required: the livers of two geese, butter, a calf's tongue, and some liver, seasoning, &c., as below. Cost, from 7s. upwards, according to the season and the size of the bird.

Take the livers from two fat geese, as ordinarily sold; soak them in milk for a time; be careful not to break the gall bladders in drawing the geese. Put them in a pan with a lump of butter, cover, and cook gently until nearly done, but do not brown them. Boil a calf's tongue and some liver, as much as the goose livers; or it is still nicer if cooked in the butter; the tongue must be boiled separately. Skin and cut up the tongue into square and triangular shapes; let the liver get cold, then pound it in a mortar, with some butter, added by degrees, with a little cayenne, black pepper, ground nutmeg and cloves, salt to taste, a teaspoonful or thereabouts of store sauce and mustard, and a tablespoonful of boiling stock, in which some sliced onion has been steeped to extract the flavour. Work well together, then pack the mass very tightly in buttered jars; cover and set in a cool oven for half an hour or so, then, when cold, cover with clarified butter, and store in a cool place. A terrine or pâté de foie gras jar is the best to use for this. It keeps well, makes a nice breakfast dish, or comes in for sandwiches, &c.

Truffles in shreds and dice improve the above; and poultry livers can be used in place of calf's liver. The seasoning must be left to the discretion of the cook; it should be added gradually until well flavoured.

Goose Livers, Ragoût of.—Required: the livers of two fat geese, milk, stock, and seasoning, wine, and garnish as below. Cost, variable.

Take the gall-bag and any dark portions from the livers; wash in warm water, dry them, and put in milk to cover them for six or eight hours. Take them up, and cover them with equal parts of light wine and stock—No. 4 is suitable—or a clear stock can be used. Add to the saucepan a chopped shalot, a bay leaf, sprig of parsley, two cloves, and a saltspoonful of mignonette pepper. Simmer gently for twenty minutes or so, then drain the livers, and put them on a hot dish; strain the gravy, put it back, and add a teaspoonful of brown roux, and half a glass of sherry. Let it reduce a little, then pour it over the livers. Sometimes the wine at the finish is omitted, and a couple of eggs, yolks only, are beaten into the gravy; but this is very rich. Serve with croûtons round the dish; mask half of them with any good purée of vegetables, and glaze the remainder, placing them alternately.

Goose liver as above may be used as a garnish instead of being served as a separate dish. It should then be cut up small, and the sauce made thick enough to coat it. It may be put round a dish of hashed goose, or served with a roasted goose.

Goose, Roasted.—A goose for roasting is generally filled with sage and onion stuffing. The way in which this is made must depend upon the taste of those who are to eat it. Various recipes will be found in a later chapter. The goose should be well filled. When bread-crumbs are added to the stuffing, room for swelling must be allowed, then securely fastened at the opening, firmly trussed, and put down to a brisk fire. It may be baked equally well. Plentiful basting will be required until done. The skewers and strings must then be removed, and the goose sent to table with brown gravy and sauce, which may be of tomato or apple; the latter is usually liked, and is considered to facilitate the digestion of the flesh of the goose, which is somewhat rich,

and when underdone is most indigestible. At the same time, it is certain that goose is often over-cooked. The flesh is not so close in the grain as a turkey; and supposing a goose and turkey of the same weight, the turkey would need a third more time, on an average. A very high authority contends that a goose only needs half the time that would be given to a turkey of the same weight; but he goes on to say that by the time the breast is done, the bird should be dished. This is practical enough if one could predict with certainty that the legs would not be required; for everyone knows how nicely they come in for grilling or devilling, and that by the time they are tender the breast must suffer a little. But when it is certain that the legs *will* be wanted, much may be done to protect the breast, by covering it with a few folds of greased paper, and by the exercise of a little care and ingenuity it is quite easy to give the legs the full benefit of the fire, always remembering that the heat must be gradual. Time for a tender goose of moderate size, from an hour and a half to two hours. For a very large goose, nearly three hours may be wanted, and the cooking slower in proportion. It is, however, always better to cook a bird that is past its prime by some other method than roasting or baking.

Goose, Roasted, Sauces for.—Those named in the preceding recipe may be termed every-day sauces. For company dishes many others may be served with advantage; good brown sauce, Madeira, and others of the same class, will be found excellent; and those who appreciate olive sauce with duck will not object to it with goose. A purée of cucumber or gooseberries will also be found worth trial.

Goose, Roasted, to Carve.—Begin by turning the neck end of the goose towards you, and cutting the whole breast in long slices from one wing to another. (*See* the lines A, B.)

To take off the leg, insert the fork in the small end of the bone, pressing it to the body. Put the knife in at A, turn the leg back, and if the bird be young, it will easily come away; if

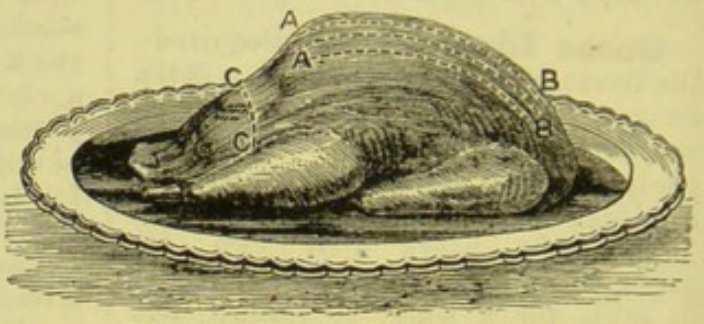


FIG. 99.—GOOSE, ROAST, TO CARVE.

old, we will not answer for it. To take off the wing, insert the fork in the small end of the pinion, and press it close to the body; put the knife in at B, and divide the joint. When the leg and wing are off one side, attack those on the other; but, except when the company is very large, it is seldom necessary to cut up the whole goose. The back and lower side bones, as well as the two side bones by the wing, may be cut off; but the best pieces of a goose are the breast, and the thighs after being separated from the drumstick. Serve a little of the seasoning from the inside, by making a circular slice in the apron at C. Should there be no stuffing, a glass of port or claret may be poured into the body of the goose, at the opening made in the apron by the carver for this purpose. (*See* also GOOSE, BONNE-BOUCHE FOR.)

The unpleasantness arising from eating sage and onion stuffing used for roast goose may be in a great measure prevented by putting in the centre of the stuffing, before the bird is cooked, a lemon with the yellow rind taken off, and as much of the thick white skin left on as possible. Before the goose is sent to table, the flap should be opened and the lemon taken out and at once thrown away. The lemon will have absorbed a great part of the impurities, which otherwise would have remained in the stuffing. Care should

be taken not to cut the lemon so that the juice could escape.

Goose, Stewed.—Required: a goose, bacon, vegetables, seasoning, stock, sherry and thickening as below. Cost, variable.

Supposing a goose to be too old to be tender if roasted, it may be very successfully treated as follows: —Truss as for boiling; put it in a stewpan with a slice or two of bacon under it; they should be sprinkled with mixed herbs and pepper, and a grated apple, then sprinkled with French vinegar and tomato vinegar—a tablespoonful in all. Put more bacon on the goose, with the same additions. Slice a boiled onion, and grate a carrot; lay these round the bird, and over all pour a glass of sherry and a pint of stock, quite plain from bones, or the liquor from boiled meat. Add the giblets prepared in the usual way; put the lid on, with weights on the top, and then stew for four hours, turning the goose a time or two. Then reduce and skim the gravy, keeping the goose hot; pass the onion and carrot through a coarse sieve (as the gravy is more like a sauce it should be thick), season it nicely, and thicken with browned flour or roux. Boil it well, and pour it round the goose. The giblets will make a separate dish. This is a very good recipe, but it may be varied in many ways. Some sliced tomatoes may be used instead of the carrots; and, if liked, some apple sauce may be sent to table as well as that made as above described.

If the goose be very old it may require nearly five hours' cooking.

Goose, to Truss for Roasting.—Pluck the goose carefully, singe off the hairs, cut off the feet and pinions at the first joint, then cut the neck close to the back, leaving the skin long enough to turn over; remove the liver, &c., very carefully, then make a slit between the vent and the rump, draw it, wash and wipe it well, and beat the backbone. Pass a skewer through the under-part of one wing, then through the body and the other wing. Draw the legs up closely, skewer the first joint, pass the skewer through the body, and secure the other leg in the same way. After stuffing, cut off the end of the vent, and make a hole in the skin large enough to pull the rump through. If properly done, this will prevent the escape of the stuffing. (*See* Goose Lard.)

It may be noticed that both here and under Duck no directions for beating the breast-bones are given. The advisability of the method is much questioned by many experienced cooks and trussers. Personally, we think that those who fail to give the bird a good shape by leaving the breast whole, will not be more likely to do so by breaking it; indeed, some say that the trussing is thereby rendered more difficult. By breaking the backbone, the bird rests firmer on the dish. It is, however, quite optional whether that be broken, as it is sometimes objected to.

Goose with Chestnuts (a French recipe).—Required: a goose, stuffing as under, gravy, and a purée of chestnuts. Cost, variable, according to size of bird or the season.

Roast forty or fifty chestnuts; skin half of them; add them to half a pound of sausage-meat, a morsel of garlic, sage, salt and pepper to taste, a grate or two of nutmeg, and the liver of the goose, chopped finely. Mix this well; see that the chestnuts are well mashed and free from lumps. Skin the rest of the nuts, and put them in whole. Roast the goose, and serve with gravy and a purée of chestnuts.

Goose with Cranberry Sauce.—Required: a goose, cranberry sauce, gravy, and stuffing as below. Cost, variable. This is a popular dish in America. The stuffing consists of fat pork in small pieces, bread-crumbs, cream, and beaten egg to moisten, and a seasoning of salt and pepper; no herbs. The breast is covered with a flour and water paste (like English venison), which must be removed in time for the browning.

Serve with thin brown gravy and cranberry sauce.

The author of this writes, "If you begrudge the trouble of making the paste, use lots of paper; but those who may try the plan, or rather the goose so cooked, will not again grumble at the method."

Geese, Strasburg. — The fat livers of these geese are known the world over, in the form of *pâté de foie gras* and *foie gras entire*. The first is, perhaps, the better known; it is composed of the fat livers, truffles, and a rich forcemeat; while the second is the liver of a goose, whole, in rich fat. Both may be said to be luxuries; they are costly, and a little goes a long way. They have many uses, and no cook worthy of the name need ever waste a portion, however small, for the fag-ends may be used up in scores of ways, some of which are given in the recipes of several chapters.

Cost of the pâté, from half-a-crown upwards; and for the whole livers, from 5s.

Grouse.—These birds should hang as long as possible; if cooked too soon, their peculiar flavour will be wanting. Young birds only should be cooked whole; old ones are fit only for the stock-pot. They may be tested by holding them up by the beak, which will break if the bird be young. They want very careful plucking to avoid breaking the skin, and the breast-feathers are sometimes left on until the bird is trussed to prevent this. The term grouse includes several species. The red grouse is a native of the mountainous districts of the North of England and Scotland. The white grouse, or ptarmigan, is very good if nicely cooked; it is sent from Norway in large quantities. Then there are the black grouse and cock of the wood. "Black cock" and "grey hen" are other names given to black grouse, and the cock of the wood is best known as the "capercailzie." Cost, about 5s. or 6s. per brace, but very uncertain.

Grouse, Cream of.—(*See* PARTRIDGE, CREAM OF.)

Grouse, Roasted.—Squeeze out the interior, and wipe the bird well; if washed, it must be done quickly. Finish off, and cook and serve like a pheasant; or only bread sauce and gravy, as for roasted fowls, need go to table with them. In no case omit the bacon on the breast, and baste them well, particularly at starting. Time, from twenty to forty minutes.

Grouse, Salmi of.—Required: a grouse, some sauce, croûtons, olives, &c., as below. Cost, on an average, from 4s. 6d. to 5s., but variable. For a very superior dish take a semi-roasted bird; skin and joint it, and heat the pieces in wine, just to moisten. Make a good sauce (*see* recipes), and pour it boiling over the grouse in a stewpan. Cover for a time to impregnate the meat with the flavour of the sauce. Fry a good-sized ring of bread, and dish the salmi in it. Make some little oval croûtons, and spread them with a purée of game livers. Use them, with some olives, for garnishing the dish.

Grouse, Terrine of.—Required: grouse, pork, liver, seasoning, wine, a truffle, and an egg. Cost, from 4s. to 5s., on an average. Take the meat from a grouse, or a brace, if needed large; for a small terrine, one will do; skin and bone it, and cut it up. Weigh it, and for twelve ounces allow two ounces of lean pork, two ounces of calf's liver, in addition to that of the bird, a little salt and cayenne, a pinch of nutmeg and savoury seasoning herbs, a glass of good Madeira, and a good-sized truffle, the white of a raw egg, and a tablespoonful or two of cold water.

Pound all the meat, mix it with the seasoning, and sieve it; mix in the wine, white of egg, and moisten with the water; slice the truffle thinly. Fill up a terrine, or a small clean jar with a lid, with the mixture, putting in the truffle here and there. Press it in

very firmly, moistening the hand or spoon with cold water. Put a thin slice of bacon on the top and a greased paper over. Put the lid on, and lute it down. (*See* LUTING PASTE.) Cook this in boiling water, jugged hare fashion, for an hour, if small. For one made from a brace of birds, give nearly two hours. Do not remove the lid until cold, then cover the surface with clarified butter, like ordinary potted meat.

When required pin a serviette round, or encase the jar in a paper frill, and set it on a dish covered with a lace paper or serviette.

Grouse, to Carve.—If there be ample for all, a grouse may be cut in halves by putting the point of the knife downwards, near the leg end of the breast, and splitting the breastbone in two along the keel, and cutting through the back. If small portions only are to be served, carve like a fowl, or take some slices from the breast, cutting well up to the wing, then take off the leg and wing. Try to serve a portion of the back with each piece, the back part being so much esteemed.

Grouse, to Make Tender.—"In the event of having on hand a supply of old, tough birds, sprinkle them inside and out, after drawing and cleaning, with allspice, ginger, wood charcoal, and pepper—equal quantities. Then sew them in canvas, and bury them three feet deep in the ground. The tendering process will be complete in four to six days; but watching is needed to prevent even incipient putrefaction. Putrid grouse should never be tolerated, for if most temptingly concocted, the dish will be disagreeable. Young, fresh grouse are incomparably more toothsome than those which have undergone even that slight degree of decay known as 'high.' The reason that high game got to be an institution in this country was simply that old, tough birds were thus made tender; the thing was afterwards done, and grew into fashion."

These remarks are quoted to show that fresh game is preferred to that which has been hung in some instances, while the making of tough birds tender may be useful to know.

Grouse, Various Dishes of.—Some of the recipes for pheasant are equally suitable for GROUSE, and for many of the dishes under GAME grouse is particularly suited. (*See* also SALADS.)

Guinea Fowl.—The flesh of this fowl is very good, being both savoury and digestible. It forms a good substitute for game when out of season. When well kept, it is not unlike the pheasant, and in preparing it for table it is just a matter of choice whether it shall imitate game in the way it is served, or whether it shall appear as an ordinary fowl. It may, therefore, be prepared and served as a pheasant; any of the recipes under that head may be followed. When cooked poultry fashion, egg sauce is frequently served with it; indeed, that is sometimes sent to table as well as brown gravy, when the bird is dished game fashion. In no case should larding or barding (*i.e.* putting slitted bacon on the breast) be omitted, for no bird stands more in need of one or other. Some writers say that Guinea fowl is the driest meat sent to table unless it *is* larded or barded. Cost, from 3s. 6d. to 4s. on an average.

Hare.—The hare is an almost universal favourite. Its flesh is, however, rich, and disagrees with some people; it is also rather dry, and is improved by larding; when this is objected to, bacon is used in other ways; hare minus bacon and good gravy or sauce is often voted poor eating. A hare should hang for a week or ten days before cooking if the weather permits. It is better if not paunched for a few days after killing. When it is ready to be paunched, the liver and heart should be taken out and the inside wiped dry; it requires careful watching, as it is the part that soon turns musty: a

sudden change in the weather will cause it to become high very quickly. A little powdered charcoal put inside helps to keep it; pepper is used for the same purpose. Should it become too high to be pleasant, wash it in a solution of permanganate of potash, or in vinegar and water. An authority says that old hares are improved by soaking for a few days in butter-milk.

In a freshly-killed hare the flesh will be stiff. The ears may be torn readily, and the jaw-bone easily broken if the hare be young. Sharp claws also denote youth; as age creeps on, they become blunt and rough. Cost, about 3s. 6d. to 6s.

In addition to the following dishes, recipes for hare cookery will be found in various chapters. (*See* INDEX.) A special hint respecting hare livers is necessary. Never use them in any dish if the least decomposed, as they are then very unwholesome.

Hare, Baron of (a German recipe).—In Germany a hare is frequently made up into two dishes, and may be served at different times, which, when the family is small, is often a convenience. The baron, which consists of the back and thighs (the legs are cut off), is the superior dish, and it is this to which the present recipe refers. Divide the hare into two parts, cutting close to the shoulder-blades. Leave the kidneys in the loins, and remove the thin skin from the back. Rub the hare over with moist sugar, and leave it for three or four hours, then put it into a deep dish with a finely-minced onion, a bay leaf, a dozen juniper berries, and a quarter of a pint of vinegar. Let it remain in this marinade for two days, turning and basting it frequently. Drain it and lard it in neat rows with thin strips of bacon. Put it down before a clear fire until it is nicely browned, then put it into a stewpan with the marinade, a teaspoonful of salt, half a teaspoonful of pepper, and the contents of the dripping-pan taken from under it. Cover the saucepan closely, and let the meat steam until tender, basting frequently during the process. Put the hare into a hot dish, squeeze the juice of a lemon over it, and send the sauce in which it was stewed to table in a tureen, after having strained and thickened it, and added a large tablespoonful of red currant jelly, and a wineglassful of claret. Time, three-quarters of an hour to roast, three-quarters of an hour to steam. Cost of hare, from 3s. 6d. to 6s.

Hare, Blood of.—Modern taste is somewhat opposed to the use of blood in soups, stews, &c. When it *is* liked, one rule must be observed—the liquid must not boil after the blood is stirred in, or it will curdle.

Hare, Boned and Roasted.—A hare may be made more plump in appearance, and easier to carve by taking the bones out of the back and thighs; a good knife is wanted, and great care needed to prevent cutting through the skin just over the spine, as it adheres very closely to the bone. Nearly double the usual quantity of forcemeat will be wanted; the legs must be filled, so as to restore the original shape, and the body should be lined with thin slices of good bacon, from which the edges and rind have been trimmed away. After stuffing, sew up, and truss as usual, and serve in either of the ordinary ways. It can be larded if liked, then the inside bacon is not wanted.

To remove the backbone, first clear it from the inside flesh; lay this back on both sides, and work the knife on the upper side, quite to the spine. When the whole is detached, except the skin which adheres to it, separate the bone, at the first joint from the neck-bone, and pass the knife cautiously under the skin down the middle of the back. The thighs can be treated like those of a fowl. (*See* directions on page 400.)

The cooking of a boned hare must be slow, and more time must be allowed than for an unboned one.

Hare, Braised.—Required: a

hare, bacon, stuffing, stock, seasoning, wine, vegetables, &c., as below. Cost of hare, 3s. 6d. to 6s.

There are few better ways of cooking a hare than this. (*See* BRAISING, page 5.) The hare may be stuffed with a good forcemeat, and larded on the back and thighs; or this may be omitted if covered with bacon. In either case put a buttered paper over, after placing the hare on a bed of minced bacon (a couple or three ounces) with some sliced vegetables—say carrot, celery, onion, or leek, or a shalot or two, with a teaspoonful of peppercorns, allspice berries, and cloves; of the latter, two will suffice. When nice and brown, in twenty minutes or so, put in stock to half the depth of the hare; this may be such as No. 4 or 5, or for a very good dish No. 16 or 17 is to be preferred; either of the stocks given for clear, brown soups will also answer; for, in many instances, the sort of soup to be served at a dinner must regulate, to some extent, the precise kind of stock that is available for other purposes. Now put the cover on the pan—an ordinary stewpan does very well—and braise on the hot plate, or in the oven for two to three hours, according to the age of the hare. Season to taste, and strain the gravy, adding as much more stock as may be required. Glaze the hare, and after flavouring the gravy with port or other wine, strain a little round it, and serve the rest in a boat.

If a slightly-thickened gravy only is desired, use a teaspoonful of arrow-root for each pint. For a browner, thicker gravy use roux; or, if liked quite thick, pass some of the vegetables through the strainer.

Many ways of varying the foregoing might be given; reference to other braised dishes will suggest some of them. Mushrooms are generally liked; they can be cooked in the gravy; small tomatoes may also be used. Fruit jelly can be sent to table, and some nicely-cooked vegetables must not be forgotten.

Hare, Braised, with Ham and Tomatoes.—Required: a hare, ham, tomatoes, seasoning, &c., as below. Cost of hare, 3s. 6d. to 6s.

Braise as in the foregoing recipe, and leave the gravy quite thin. Grill or broil some slices of tomato; cut them into dice, and prepare some ham by cutting slices of it from a previously cooked piece, then divide into dice; toss these in a small saucepan with a little gravy from the hare and a spoonful of sherry. When hot, and the moisture evaporated, mix in the tomatoes, equal in bulk, about half a pint altogether. Add some herbaceous mixture, a little carmine to colour, and a teaspoonful of lemon juice off the fire; chop the cooked liver small, add it, and put little piles about the dish. All the gravy must be served in a tureen.

Hare, Civet of.—Required: a young hare, half a pound of streaky bacon, stock, wine, thickening, seasoning, and vegetables as below. Cost, about 5s. or 6s.

Cut the hare in neat joints. Soak the bacon for a short time in cold water, then cut it up and fry it lightly; fry the hare also, then stir in a couple of ounces of browned flour, and a glass of port. Pour in about three gills of good brown stock—No. 4 or 5 will do—but richer stock will be wanted for a very good civet. Next add a dozen button onions, the same number of button mushrooms, the juice of a Seville orange, a clove or two, some black peppercorns, a bunch of herbs, and a grain of cayenne. Cover closely, and cook gently until tender, adding more stock as it boils away. A quarter of an hour before serving put in some brown roux, salt to taste, and a glass more wine; let the sauce thicken, and then serve. Time, about three hours—more if the hare is old; but the younger the better for this. A civet is literally a dark, rich stew. Many additions and variations may be made. Some would like a spoonful of black or red currant jelly stirred in; claret may be preferred to port; and

when Seville oranges cannot be had, use lemon or lime juice—the latter in moderation. A fruit salad or sweet pickle may be served with it.

Hare Collops.—Collops are prepared by mincing the meat of a portion of hare, either cooked or raw. For the preparation, *see* BEEF COLLOPS. After frying the hare a good brown, add the gravy (*see* HARE, ESCALOPES), and if the hare be raw, simmer it until done; if old, although the pieces are small, it will take some time; let it be as tender as possible without getting raggy. If the meat is cooked, simply heat it through; boil the gravy up first, then let the hare remain in it for half an hour to become well flavoured, but do not boil the gravy a second time. This may be served as it is, or used for patties, little vol-au-vents, and other dishes. If cold hare be used, some of the forcemeat can be added.

Hare Cutlets.—Required: hare, seasoning, vegetables, &c., as below. Cost, variable.

Braise the back of a hare until nearly done, and let it get cold. Then cut it in nice slices, and dip them in beaten egg, then into bread-crumbs, to a quarter-pint of which a little salt and white pepper, a saltspoonful each of grated lemon peel, mushroom powder, chopped bay leaf, thyme, and parsley should be added. Fry in hot fat to cover, and serve in a ring with a purée of vegetables in the centre; and send jelly to table; gravy also if liked. The hare for this is best larded; if that is not done, it must be quite covered with bacon; or, after slicing the hare, a mixture of chopped bacon and herbs may be spread between two slices, which must then be fried together, sandwich fashion; but this is not so good as larding in the first instance.

Another way.—This is very superior. Cut the meat from a raw hare, and lard the cutlets in the same way as fillets of beef. Cook them in a sauté pan for a few minutes in a little butter, then finish them off by stewing in gravy or sauce for half an hour, or until tender. Drain and lay them on a hot dish; brush over with glaze, and crisp the surface; pour the gravy round.

For the gravy, *see* HARE, BRAISED, HARE, CIVET OF, and other dishes. Rabbit can be similarly cooked. The meat may be seasoned with mixed herbs before larding.

Hare Escalopes, or Scallops.—Required: hare, gravy, or sauce, wine, garnish, &c., as below. Cost varies with the season and the adjuncts. These must be cut according to the purpose for which they are required, as they have various uses. In any case, they should be thin and round; but for little dishes they must be made small. Supposing they are to be served separately, as an entrée, cut them as large as possible from the back, make them even, and fry them in a sauté pan in hot butter to a light brown. Pour the butter off, wipe the pan out, and put the hare back, with brown sauce to cover; or use Madeira sauce; if the former, flavour it with port or claret, and stew until tender. Gravy can be used instead; either of those given for game, or one made from stock No. 16 or 17, well flavoured with herbs, wine, &c., and thickened slightly. Or tomato pulp, with an equal measure of gravy may be used; a little glaze and wine being added towards the end. Serve in a croustade of bread or rice, and, if convenient, garnish with quenelles, unless the latter method is followed, then small braised tomatoes answer equally well. If mushrooms are liked, the gravy may be flavoured with mushroom essence, and little braised mushrooms used for garnishing; or tiny croûtons, spread with a brown mushroom purée, can be put on the top in a pattern.

Supposing though that the hare is to be served in shells—of china, or the plated ones—then the meat must be cut in very small slices. The shells must be prepared by greasing, and coating with fried crumbs, then filled with the hare and gravy, coated with

crumbs, and made hot. Instead of crumbs, brown macaroni can be used; it is a very agreeable change; or nicely mashed potatoes may be utilised for plain dishes of the sort—then it is not important that the meat be in round slices; just an ordinary mince can be used, the meat being cut into dice, or passed through a mincer. For these, cooked hare can be used, the bones being stewed for the gravy, which should be rather thick. In preparing escalopes for an entrée from raw hare, the bones will make excellent soup, if cooked with the inferior portions; the shoulders and legs will make a civet, or other dish, unless plenty of soup be required, in which case add them to the rest. (*See* HARE SOUP.)

Hare, Gâteau of.—Required: a hare, veal, pork, bacon, eggs, and seasoning as below. Cost, from 2s. to 2s. 6d., exclusive of the hare.

Prepare a hare as if for roasting. Cut it into joints. The best parts—the back, thighs, and shoulders—may be used for the gâteau, and the remainder for soup, &c. Take the meat from the skin and sinews, cut it up, and pound it in a mortar, with one pound of the neck or loin of veal, half a pound of fresh, lean pork, and a quarter of a pound of unsmoked fat bacon. A gill of good brown stock may be added while pounding, so as to make the meat into a smooth paste. Add pepper, salt, and cayenne to taste, together with two or three small onions, finely minced, and a teaspoonful of chopped parsley. Beat half a dozen raw eggs, and add them one at a time. Line the bottom and sides of an oval jar with slices of fat bacon, cut very thinly. Spread the chopped meat over it, about an inch and a half in thickness, and place two or three more slices upon it. Repeat until all the meat is used, letting bacon be uppermost. Place a coarse crust of flour and water on the top to keep in the juices, and bake in a moderate oven. If the oven were hot, the meat would be hard and dry. When cool, dip the dish into hot water, turn out the cake, place on a napkin, and garnish according to taste. This dish is good for breakfast or luncheon, and will keep for some days. It should be eaten cold. Time, about four hours to bake.

By stewing down the bones and other portions of the hare, as directed for fumet of game, and adding the liquid to the gâteau, a very superior dish may be had, but naturally the cost is considerably increased. But when hares are plentiful, or expense not an object, the luxury may be indulged in.

Hare, Gâteau of (made with cold dressed hare). — Required: cold hare, bread, bacon, eggs, &c., as below. Cost, 1s. or 1s. 2d., exclusive of the hare.

Take the flesh from the bones of a cold roast hare, remove the skin and sinews, cut it small, and pound it in a mortar with the liver of the hare. Take half the weight of the meat in finely-grated bread-crumbs, soak them in as much good broth as they will absorb, and mix them with the pounded meat. Season with salt, pepper, and spices according to taste, together with a finely-minced shalot and a teaspoonful of chopped parsley. Add two well-beaten eggs, supposing about half a hare to be used. Cover the inside of a mould with slices of bacon. Put in the pounded meat, lay some more slices on the top, and bake in a moderate oven, or put it into a saucepan of boiling water, and let it simmer gently for an hour. Take away the bacon that surrounds it, and strew finely-grated bread-crumbs over it. This dish may be eaten either hot or cold. If eaten hot, a sauce should be sent to table with it, made of the bones and trimmings of the hare. (*See* STOCK No. 5.)

Hare, Jugged. — Required: a hare, a pound of beefsteak, half a pound of bacon, from half to a pound of plain herb stuffing, gravy, seasoning, tomatoes, and a glass of claret. Cost, from 6s. to 7s.

This is a very plain way, but

will be found good. It is a suitable method of cooking a hare that is rather too old for roasting or for better-class dishes of any kind. (*See* recipes under RABBIT.)

Cut the hare up in the usual way (*see* next recipe); slice the steak, and cut the bacon in strips. Put them in alternate layers in a jar. Pour over half a tin of tomatoes—the cheap broken kind answer very well—and plain stock to cover; put in the claret, it will help to make the hare tender; season with herbs and spices, but no salt. Cover, and cook in a water bath or a gentle oven until done. Half an hour before dishing, strain the gravy (after putting the joints on a hot dish); add salt and more seasoning if needed, thicken with browned flour, and colour with a little browning. The forcemeat should have been made into little balls or cakes, and fried. They should be put back in the gravy with the hare, to finish the cooking, and the whole served very hot.

If more convenient, the forcemeat may be baked in a jar, and then turned out into the middle of the dish. (*See* FORCEMEATS.)

Hare, Jugged, Rich. — Required: a hare, seasoning, wine, vegetables, stock, and adjuncts as undermentioned. Cost, from 7s. upwards on an average for a large hare.

Cut the hare in pieces not larger than an egg; season them with pepper, and fry them brown in bacon fat or butter. Drain them, and put them in a stone jar with a quarter of a pint of port and a spice bag, made by tying up in muslin a strip of lemon rind, two bay leaves, four cloves, a dozen peppercorns, a few allspice berries, a sprig of thyme, and a couple of shalots, chopped. The spices should be bruised, and the bag tied loosely. Squeeze the juice of a lemon over, tie the jar over, and set it in a warm place for half an hour. A morsel of stick cinnamon is an improvement to jugged hare, unless, as often happens, it is objected to. Untie the jar, and pour in a pint or more of good stock, well flavoured with vegetables; a pinch of celery seed should go in the bag if no celery has been used in the stock. No. 4 or 5 will be found suitable, and the dish will be all the better if the neck and other inferior parts be used for the gravy, which should then be made the day beforehand. Then tie the jar closely, and set it up to its neck in a saucepan of boiling water. Cover, and keep the water boiling, replenishing it as it boils away, for two to three hours; the latter is enough for an old hare. Finish by straining the gravy—give the bag a good squeeze to get out the flavour; place the joints nicely on a hot dish, and brush them with a little thin glaze; add a morsel of glaze or extract of meat to the gravy, and season it to taste. The thickening may be arrowroot or brown roux; it is a matter of opinion which is the nicer. Boil the gravy until as thick as good cream, and pour it over the hare. Garnish the dish with small forcemeat balls, fried a rich brown; if a forcemeat containing suet be used for them, they must be stewed for about an hour after frying; but the sausage meat, or other hare stuffing, minus suet, is preferable. Extra gravy should be sent to table, and some fruit jelly, melted, should be served in a boat; currant is, perhaps, the best known, but gooseberry or tomato jelly will be found equally good.

This dish will be found of better flavour than one to which the wine is added last thing, as usually directed.

If more convenient, the jar may be placed in a tin of water in the oven, but it takes longer (*See* recipes under RABBIT.)

Hare Quenelles. (*See* QUENELLES OF HARE under ENTRÉES.)—Should the supply of hare run short, rabbit can be used to eke it out, but it is necessary that it be well seasoned, and is all the better if moistened with a little port and strong stock, made from hare or rabbit bones, before pounding. (*See* also GAME QUENELLES.)

Hare, Ragoût of.—Required: a hare, a marinade as below, gravy, jelly, wine, and garnish. Cost, from 5s. 6d. to 6s.

The hare for this is marinaded, and a very excellent dish is the result. Put all the best parts of a hare into an earthen vessel. Put in a chopped onion, two bay leaves, a dozen bruised peppercorns, half a dozen bruised cloves, a gill of claret, and the same of vinegar—three kinds, viz., French, English, and tomato vinegar—turn the pieces about, and leave them for twelve hours. Meanwhile, make a gravy from the other portions of hare; this should be well seasoned, and as thick as cream. When ready to cook take up the joints, dry them, and put them in the gravy. Put the marinade in a saucepan, and boil it down to less than half; add it to the rest, and cook gently. Remember in making the gravy from the bones, &c., to rub through some of the meat; the gravy will then want no other thickening (the rest will come in for other dishes, as hare toast or some patties). When nearly done, season the gravy rather highly—the vinegar flavour must not predominate, and stir in a dessert-spoonful of black currant jelly and a glass of good port. Cover again, and serve very hot. Put some croûtons round the dish, or, if liked, some little quenelles; *see* recipe.

Hare, Roasted.—An old hare should not be roasted. Take one, therefore, not more than three-parts grown. When it is wished to hang a hare for the full time before paunching, tie up the vent and mouth. As soon as it is paunched scald the liver and heart; wipe the inside, and pepper it well, and hang the hare head down, until ready to cook it. Should it become limp, cook it at once. Skin, and wash the hare well inside; dry it, and if there are any parts where the blood has settled, pierce the skin with a sharp knife, and hold the parts in warm water to draw out the blood. Fill with good forcemeat, and sew it up. Brush it over with warm dripping or butter, and wrap thin slices of fat bacon about it. The back and thighs are most important, but it is well to cover it entirely. Baste often, almost incessantly, with dripping until nearly done, then flour it, and baste with butter: sometimes cream is used, a bit of butter being dissolved in it; either will produce a good froth. The hare should be a nice brown. If the bacon is not to be sent to table, take it off before the final basting and frothing. If to be sent to table, leave on the back portion only; it should be cut rather thicker at first than the rest, and some slits made in a slanting direction across the middle. Send gravy or sauce to table, and some red currant or other fruit jelly, both hot and cold.

A batter for basting hare was at one time much used, and is still liked by some people. It is made by mixing a pint of milk with half a gill of salad oil, two or three ounces of flour, the yolks of two eggs, and the white of one. This dries on the hare, and becomes stiff, and care is needed to prevent burning; it is only used towards the end of the roasting, after the dripping. Remove all the skewers and trussing strings, and garnish the hare with plain salad, or with small forcemeat balls, if the hare be unstuffed. Little rolls of bacon may be used if it is known that bacon is liked.

Time, about an hour and a quarter to an hour and three-quarters for a medium-sized hare, two hours for a fine one, may be given as the average; but there is a very wide difference of opinion on this point. Some authorities, who favour the under-cooking of winged game to the fullest extent, consider that hare ought to be well done; while others go so far as to say that thirty or forty minutes is ample time for a well-grown hare. Tastes differ, but we think that few people, comparatively, will care for hare cooked much less than the time above stated; and the cooking must always be gradual from the very start; the fierce heat generally necessary to close

the pores of animal food would harden a hare. Then it must be borne in mind that a stuffed hare takes longer (and the cooking must be slower) than an unstuffed one; not only on account of the increased weight, but because a solid mass like forcemeat is a bad conductor of heat.

Hare, Roasted (German way).—Put a quarter of a pint of vinegar and a quarter of a pint of water into a saucepan, with a sliced onion, two bay leaves, half a dozen peppercorns, a teaspoonful of parsley and thyme, and three cloves. Boil the marinade, and when cold pour it over a young hare, trussed for roasting, but not stuffed. Let it remain for twenty-four hours, and baste it frequently. Lard it, and put it down before a clear fire, or bake it in a moderate oven. Baste it with the liquid and a little butter or dripping. A little while before it is done baste it with new milk. Squeeze the juice of a lemon over it before serving, and garnish the dish with sliced lemon. An hour and a quarter to roast.

We once heard a German cook say, that by basting a hare with buttermilk very thoroughly before cooking, and leaving it to soak in it for a few hours, then basting it in the same way for the first half-hour after putting it to roast, even if quite old, it would turn out as tender as a leveret; but we cannot answer for the truth of the statement. We would add that, in the event of a hare being baked instead of roasted, the best way to treat it is to give it a thorough coating of dripping, melted, then to wrap it in bacon, afterwards in well-greased paper. Extra time must be allowed to make up the loss caused by the opening of the oven door for the purpose of basting; and as this must be very often, a baked hare is a good deal of trouble.

Hare, Roasted, to Carve.—Insert the point of the knife under the shoulder, and cut from that down to the rump, along the sides of the backbone. The slices should be moderately thick. Another way of carving hare is to remove the shoulders and legs, and cut the back crosswise into four or five pieces. This, however, can only be done when the hare is very young, or when it has been boned. To separate the leg, put the knife between the leg and the back, and give it a little turn inwards at the joint, which you must try to hit and not to break by force. The shoulders must be taken off by cutting in a circular line round them. These last are known as the sportsman's pieces; some prefer them, but sometimes they are thought little of, and are served only when the other portions of the hare are exhausted. The most delicate part is the back; after that come the thighs. When everyone is helped, take off the head. The upper and lower jaw should be divided by inserting the knife between them; this will enable you to lay the upper part of the head conveniently on the dish. That being done, cut it in two. The ears and brains are highly prized by connoisseurs. With each slice of hare some of the stuffing should be served, and some of the gravy should accompany it. A bit of bacon must be put on each plate, and a forcemeat ball, if sent to table with it.

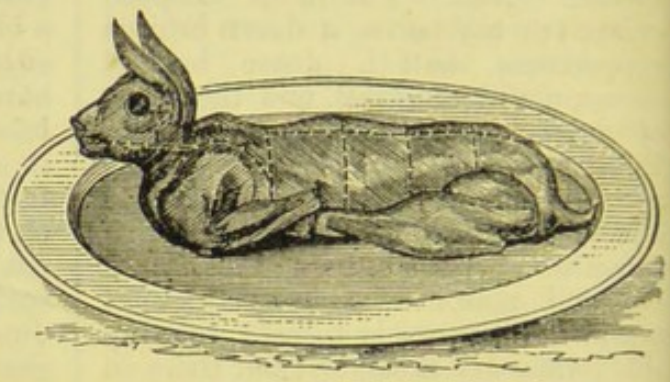


Fig. 100.—Roast Hare.

Hare, Roasted, to Truss.—The engraving shows how this is done, so far as the placing of the legs goes: cut the sinews underneath before placing them. Keep the head back by means of a skewer down the

throat, and another passed through the shoulders. Skin the ears, and leave them whole, then put string round the body from skewer to skewer, fastening it over the back. Leave the tail on, but be sure to remove the eyes.

Hare, Stewed in Port.—Required: the back, legs, and shoulders of a young hare, slices of bacon, wine to cover, seasoning and ham, roux and glaze. Cost, about 6s. to 6s. 6d.

Cut the back into neat pieces, and each leg in two; cut the bacon in strips, and lay them (a strip or two) on each joint. Take a large sauté pan, and put the joints in in a single layer; a frying-pan will do if it can be tightly covered. Sprinkle over a teaspoonful of black pepper; the same of sweet herbs, a tablespoonful of chopped shalot, a saltspoonful of grated cloves and nutmeg mixed, a few drops of essence of celery and two tablespoonfuls of grated ham. Pour port and claret in equal parts just to cover, then lay a sheet of paper, greased on the top side over, and put the lid on. Place a weight on, and bring the contents gently to the boil. Cook, with an occasional shake, for an hour and a quarter, then put in a glass of very good port, a dessertspoonful of brown roux, and half an ounce of glaze. Stir to the boil, and put in salt to taste. Pile very neatly on a hot dish, and serve with any garnish that may be preferred. Small quenelles or forcemeat balls, or little croûtons spread with a liver purée, are suitable; or some potato chips or ribbons can be used.

Nothing by way of recommendation need be added; we will simply say that as the sauce is not to be skimmed—the bacon being left in—unless served very hot it is not so inviting, either in taste or appearance. Those who favour hare dishes into which some of the blood enters, will use some in the above, remembering that it must not afterwards boil for a moment. For this and similar dishes a copper pan is the best—the heat is more evenly distributed; next to that we advise a steel one. Iron pans do not answer for this sort of cookery.

Landrail, or Corn Crake, to Roast.—This delicious bird, which is in full season at the end of August and the beginning of September, should be trussed like a snipe, with the head under the wing, and a skewer passed through the thigh and the body, to keep the legs straight. Fasten two or three slices of bacon over the breast, and roast before a clear fire. Dish it on fried bread-crumbs, or, if preferred, omit these, and serve with brown gravy only, or with bread sauce in addition. Time, from fifteen to twenty minutes. Cost, uncertain, the birds being seldom offered for sale.

Larks, Roasted.—Pick and cleanse the larks, and pick out the gizzards with the point of a knife. Season them with a little salt and pepper, a grate of nutmeg, and some chopped parsley. Brush them with beaten yolk of egg, and coat them with crumbs, then run a long skewer through them; fasten each end of this to the spit, and roast briskly. Baste well, and put more crumbs on until within five minutes of dishing, then leave them to brown. They will take ten to twelve minutes. Dish on fried crumbs, and garnish with slices of lemon. If liked, the trail may be left in. Instead of egging and crumbing the birds, wrap each in a slice of fat bacon, and see that they do not touch each other on the skewer. Roast as above, and garnish with watercress.

These, and other small birds, may be laid in a tin before the fire, after skewering; or they can be baked. They are also nice grilled.

Larks, Stewed, are very good eating (*see* recipe for Birds, Small, Braised). "A lark stewed," says a writer, "is passable, but roasted, no; the very sight is pitiable, so miserable does it look upon one's plate;" not

that the stewing increases the size, but it obviates the tendency to shrivel into comparative nothingness. Any sort of brown stock may be used; there should be a garnish to the dish; fried potatoes are very good.

Leveret.—This is a young hare. It may be cooked by any of the recipes given for hare, and is prepared in the same way. The flesh is more tender and delicate, and less time is required for cooking. A milder seasoning, both in gravy and forcemeat, is also preferred by many than for an old hare. Leverets, from their tenderness, are well adapted for pies and other dishes in which a tender hare is a desideratum.

Ortolans.—These birds are small and rare, but much esteemed for the delicacy of their flesh. They are prepared for roasting as a quail, but the trail is always left in. Instead of a vine leaf, a bay leaf is used sometimes. They need basting all the time they are cooking. Cost, very uncertain. Ten minutes or less will cook them.

Ortolans, Stewed with Truffles.—Required: half a dozen birds, half a dozen truffles, sauce, &c., as under. Cost, very uncertain.

Cut off heads and feet, take out crops, and season with pepper, salt, and a bit of grated nutmeg. Put the sliced truffles in a stewpan with the birds on; pour over some Madeira and stock, equal measures, and lay a slice or two of bacon on. Stew softly for twenty minutes; then dish the birds high, with the truffles, on a large croûton laid on a dish. Strain the gravy; boil and skim well; then put in a little brown sauce; boil again, it should become thick, then pour it over all, and serve hot.

If liked, the ortolans may be stuffed and trussed, then longer must be given them. Any nice clear stock does; the best is from game, or a mixture of game and meat, made as strong as given in the recipe for stock No. 6 or 7.

Partridges.—These, like other game, should be hung. In the fresh state they are not good. Young ones should be chosen for roasting; old birds are only good for the stock-pot, for soup, &c. To test them, notice the under-feathers of the wing; they are pointed in a young partridge; the legs are yellowish, and the bill dark. In older birds the legs are greyer. If taken up by the beak, the lower one will snap if the bird be very young. If the vent be stiff it is a sign of freshness. If it is limp and discoloured, it proves staleness. The red-legged partridge is most esteemed in France, but it is inferior to the English, being of a drier nature, and having less flavour. They must be hung as long as possible, and well cooked, or will be dry and hard; with care, they are nice eating. Cost, about 3s. per brace for English birds; the red-legged ones are very uncertain, and English birds vary considerably; they *may* reach from 2s. to 2s. 6d. each.

The season for Russian partridges follows that of English birds.

Partridges, à la Ragley.—Required: a brace of young birds, a glass of good sherry, a gill and a half of stock No. 16, two tablespoonfuls of salad oil, the same measure of tomato pulp, a pinch of salt and cayenne, a dozen crushed white peppercorns, a sprig of parsley, two cloves well bruised, and eight diamond-shaped croûtons; a liver purée as below. Cost, from 4s. 6d. to 5s.

Truss the birds like chickens for boiling; put them in a stewpan with the oil and herbs; turn about for a few minutes, add all the rest, and stir to the boil. Cover, and cook, with an occasional shake, until done. Cook the livers of the birds in the stock for a short time, and make a purée with a little minced ham, some tomato pulp, and seasoning; add a few drops of carmine, and put a portion on each croûton. Place the birds on a hot dish; skim and strain the sauce, and pour it over them; garnish with the

croûtons, and send more gravy to table, made from the stock used above and flavoured with sherry. Do not put much seasoning in the gravy; it should be delicately flavoured.

Partridges à la Verrey.—Required: a brace of partridges, stuffing as below, crumbs and seasoning. Cost, from 4s. 6d. to 5s.

Take the livers of the partridges and those of a couple of fowls; chop and pound them with a slice of butter. Slice some truffles that have been cooked in a little wine; add them to the livers and stuff the birds. Roast them, after covering with a vine leaf and a buttered paper, until done. Put on a dish a layer of fried crumbs; put the birds on, and sprinkle more crumbs down the breasts; these should be mixed with chopped parsley and grated lemon peel. To the wine in which the truffles were cooked add good stock to make up half a pint; put in a little lemon juice and seasoning to taste, and send to table in a tureen. A dish very similar to the above is made by dishing the birds on a croûton, and serving the browned crumbs separately, seasoning them as above directed. Put a few bunches of watercress or endive on the dish.

The stock for the above is preferably made from beef and veal (*see* Stocks for Clear Soups), with a fumet of game; or a game bone or two may be cooked in the stock. It may be very slightly thickened.

Partridges, Baked (an Italian dish).—Required: a brace of partridges, a good forcemeat, mushroom is usually preferred (*see* recipes in Forcemeats), brown sauce, and a seasoning as below. Cost, from 7s. upwards, inclusive.

Pluck and truss as for roasting; stuff the birds, then prepare two sheets of white paper by coating them on both sides with salad oil. Peel and chop a mushroom or two, grate a carrot, and chop a truffle; scald an onion and mince it with a few parsley leaves; season with salt and pepper and lemon juice; blend, and spread over the papers; place the birds on, cover the breasts with a slice of bacon, then secure the paper, and bake in a good oven, breasts uppermost. The pan should be deep and the birds covered; baste often. Remove the paper and the bacon, and pour the sauce over. Brown mushroom sauce is excellent. Time, from twenty-five to forty minutes, according to size of birds.

Partridges, Braised. — The breasts should be finely and evenly larded, and the birds laid in a pan (a stewpan does) on a little bed of sliced vegetables. Stock to half the depth should then be added (*see* recipe for Partridges à la Verrey), and the birds cooked as long as may be necessary; if old they may be made tender, though young ones are preferable. A little sherry may be added shortly before serving. Finish off in the usual way, and dish on a croûton; serve the gravy in a boat. A few olives, mushrooms, or truffles may be used for garnishing. Cost, from 4s. to 5s. per brace.

Partridges, Broiled.—Choose young birds; cut the heads off, split them up the back, and flatten the breast bones a little. Wipe with a cloth both inside and out; season with salt and cayenne, and dip into oil or clarified butter. Put the cut side to the fire first, and turn in a minute. Give a quarter of an hour, turning often; spread a little more butter over just before dishing. No sauce is needed; some prefer a salad; others a dish of crisply fried potatoes; mush rooms or tomatoes will the better suit others. A nice liver purée, spread on toast or croûtons, may be served on the same dish. Tomato butter, either hot or cold, is a nice relish with broiled birds of almost any sort; and although we have said that no sauce is needed, many ask for it. Little and good should then be the motto, and whatever the sauce, it ought to be flavoured with a fumet of game. In the case of a large party, when a number of birds are cooked, it is worth

while to stew one down for the sauce if no game bones are available. Cost, from 4s. to 5s. per brace.

Partridges, to Carve. — The method depends upon the quantity of birds at the disposal of the carver, and the nature of the meal. If there is enough, and the birds are small, they should be cut right through, and half a bird given to each, supposing the occasion to be a bachelors' supper or a game dinner. When the party is a large one, and small helpings only are possible, carve like a fowl, but give some breast meat with each portion, the breast being so highly and deservedly esteemed.

Partridges, Cold, to Serve. —A cold partridge is much enjoyed, generally speaking. It should be neatly dished, and garnished with lemons and fresh parsley, or with aspic jelly for more elaborate service. A nice plain salad should be served with it (*see* SALADS). Sauce may be sent to table; mayonnaise or tartare is generally liked; and amongst COLD SAUCES are some of a more piquant nature that are equally suitable for partridges and other birds. Tomato aspic is an excellent jelly to put on the dish with cold game; it is as nice to eat as to look at—no small desideratum in garnish of any sort.

Pheasants may be served in the same ways.

Partridges with Cranberries, American. — Send as many partridges, nicely roasted, to table as may be required, and, in addition to gravy and fried crumbs, let there be a generous supply of cranberry sauce and currant jelly. Some of your guests may like one, and some the other. If once tried this is likely to become popular, and the sauce and jelly will be as acceptable with other sorts of game as with partridge. Cost of birds, from 1s. 6d. each when plentiful.

Partridge, Cream of. — Required: partridge, cream, and seasoning, as below. Cost, about 2s. 6d., for a cream made from the best part of a bird. This may be made from the remains of cooked partridges. Cut off all the meat, and pound it well, then pass it through a wire sieve. Boil the remnants for a fumet; for half a pound of meat, a half-gill of fumet will be enough; add also enough thick cream to make a paste; season nicely, and put in a pinch of herbs in powder —not enough to kill the flavour of the partridge, only to assist it. Press the paste into a well-buttered tin, and cover it with a sheet of buttered paper, and make it hot through in the oven, then turn out on a hot dish.

This is nice for invalids or old people, but by almost anyone it will be welcomed. Pheasant may be prepared in the same way, and grouse is excellent. In setting the tin in the oven, a second tin should be set underneath. For a very delicate dish of the sort, the game cream may be steamed, but the tin must be tightly covered to keep in the flavour.

Partridges, Roasted. — Let the birds hang as long as possible to attain perfection. In cool weather they should be kept fully a fortnight before they are put down to the fire. They may be trussed either with or without the head, though the latter mode is at present more generally preferred. Pluck, singe, and draw the birds, and wipe them carefully inside and out; cut off the heads, and leave enough skin on the neck to skewer them securely. Draw the legs close to the breast, pass the trussing-needle and string through the pinions and the middle joints of the thighs, and tie and skewer the legs. If the heads are left on, they should be brought round, and turned under the wing, with the bill laid on the breast. To give the birds a plump appearance, pass the needle through the back below the thighs, then again through the body and legs, and tie the strings firmly. Put the birds down before a clear fire, baste liberally with butter (a quarter of

a pound will be required for a brace), and a few minutes before they are taken up flour them well, so that they may brown nicely. The birds may be dished upon fried bread-crumbs, or upon a slice of buttered toast, which has been soaked in the pan under the birds, or they may be put on a hot dish, and garnished with watercress. Brown gravy and bread-sauce should be sent to table with them; two or three thin slices of fat bacon, tied round the birds before they are put down to the fire, will greatly improve their flavour; when obtainable, a large vine leaf may be laid on the breasts under the bacon. (*See* recipe for GRAVY FOR ROASTED PHEASANT.) The same may be served with partridges. For a rich gravy, *see* STOCK No. 17. A little very good sherry or Madeira may be added, and a slight thickening of arrowroot or roux, with a small quantity of good game stock or fumet of game. Be sure not to over-flavour partridge gravy; one that would go well with coarse, strong game would overpower the flavour of a partridge.

A stock made from veal and beef, like those given for clear soups, may also be converted into very good gravy for partridges.

Time, about twenty or twenty-five minutes for young birds; thirty minutes or more for older ones. Cost, from 3s. to 5s. per brace.

Partridges, Salmi à la Chasseur.—Take some cold roasted partridges—all the better if underdone; cut them into joints, and take away the skin and sinew. Put into a saucepan ingredients in the following proportions, regulating the quantity according to that of the partridges:—Four tablespoonfuls of pure salad oil, six tablespoonfuls of good claret, the juice of a lemon and the grated rind, a pinch each of salt, cayenne, and white pepper. Coat the joints with the mixture, and let them lie in it, then heat them gently. When boiling-point is reached, serve at once. Cost of birds, about 1s. 6d. to 2s. 6d. each.

Partridges, Salmi of, à la Française.—Required: a brace of partridges and a sauce made as below. Cost, about 6s.

Roast a brace of well-hung young partridges, baste them liberally, and take them down when they are only three-parts cooked. Let them get cold; then cut them into neat joints, remove the skin, fat, and sinew, and put the good parts aside, being careful to cover them, and keep them in a cool place to prevent their becoming hard. Melt three ounces of fresh butter in a saucepan. Put with it a dozen small mushrooms, a scraped carrot, two sliced shalots, half a blade of mace, a bay leaf, a handful of parsley leaves, a medium-sized onion, stuck with two cloves, a small sprig of thyme, and four ounces of undressed lean ham, cut into small pieces. Stir these over a gentle fire until they are lightly browned, sprinkle over them a tablespoonful of flour, let it brown slightly, and then stir in, very gradually, a pint of good veal gravy and a glassful of sherry. Add the bones and trimmings of the birds, and boil the sauce gently until it is reduced to half; then strain it, let it boil up once more, put in the pieces of partridge, and when they are quite hot, dish the salmi, and serve immediately. Garnish the dish with croûtons. When mushrooms cannot be obtained, their place may be supplied by a tablespoonful of mushroom ketchup.

Partridges, Salmi of, with Truffles. — Required: partridges, butter, bacon, fowls' livers, truffles, wine, sauce, and garnish as below. Cost, about 7s. to 7s. 6d.

Semi-cook a brace of young birds in a sauté pan, with two ounces of butter and a slice of bacon, cut in dice; add the livers, and those of a couple of fowls. When half-done, put by to get cold. Make a fumet of the remnants, and add it to the livers; pound well, and put in a few truffle trimmings, cut up small. Slice half a dozen truffles, and heat them in Madeira; stir in a morsel of glaze and a spoonful of the fumet, just

to coat the truffles. Finish off the birds in good brown sauce, to which add some wine, truffle essence, and fumet; dish in a pile, and put the sliced truffles round the joints and some on the top. Make some tiny rings by cutting the centres from small round croûtons; put in each a bit of the liver purée, and shake fried crumbs over, so as to coat the interior. In the middle of each, lay a bit of truffle, and arrange them about the dish in any desired form.

Many other birds are equally delicious thus prepared. If more convenient, semi-roast them. In finishing off the birds, they may be cut into five parts: the backs being used for stock. For other larger birds the division must be regulated by their size. The skin is to be taken off as usual.

Peacock. — This beautiful bird makes a showy and ornamental dish; but, in spite of its lovely plumage, the flesh is rather poor. The tail-feathers are generally stuck in when roasted. The hen is, however, more frequently served than the cock. Cost, very uncertain.

Peafowl, Trussing. —Peafowls should be trussed in the same way as pheasants, excepting that the head should be left attached to the skin of the breast unplucked. It should be carefully covered with buttered paper, and fastened under the wing.

If larding be omitted, the legs of the birds, as well as the bodies, should be bound with slices of bacon.

Peafowl, Larded and Roasted. — Choose a young bird, and lard it closely over the breast and legs. Fill it with a good forcemeat, or it can be omitted; it is a matter of taste; truss it firmly, and roast before a clear fire for an hour or an hour and a half, according to the size of the bird. When done enough, take off the buttered paper which was round the head (*see* PEAFOWL, TRUSSING), trim the feathers, glaze the larding, and serve the bird on a hot dish, with a little clear brown gravy under it. Garnish the dish with watercress, and send bread sauce to table in a tureen.

Penguin.—The common penguin is the size of a duck; the great penguin is as large as a goose. It is only used as food in rare circumstances. Pennant describes the Patagonian penguin as follows:—"They are very fat, but taste fishy, not unlike our puffins. As they are very full of blood their heads must be cut off as soon as killed, that it may run out. They must also be flayed, or the flesh is scarcely eatable. When salted, it is good food, and takes the place of salt beef or pork for long voyages and in times of scarcity.

Pheasant.—The pheasant, almost more than any other bird, requires to be hung as long as it possibly can be with safety. When this is done, the flesh acquires a delicious flavour, peculiar to itself; when it is not done, the flesh is tough and flavourless. The length of time that the bird should be kept depends, of course, upon the state of the weather. In cold, frosty weather three weeks may be safely permitted; in warm, damp weather four or five days will probably be found sufficient. As a general rule, the bird is ready for the spit when it begins to smell slightly, and to change colour; certainly it should never be cooked until the blood begins to drop from the bill. The hen pheasant is more delicate in flavour than the cock. The old birds may be known by the length and sharpness of the spurs, which in the young ones are short and round. Young pheasants are, of course, to be preferred.

Some writers of note declare that an English dish of pheasant is never so perfect as it ought to be, the damp of the climate preventing the birds hanging long enough to attain the flavour which they otherwise would.

Cost, about 6s. per brace, but are often higher.

Pheasant, to Truss.—Pheasants may be trussed either with or

without the head; modern fashion is in favour of the latter plan. The thighs of the bird are brought close under the wings, a skewer is then passed through the pinion, body, and leg; the other side being fastened in the same way. The legs are then tied firmly down. If it is preferred to retain the head (though there is nothing to recommend the custom), it must be brought round under the wing, and fixed on the point of a skewer, with the bill laid across the breast. A slit must be made in the back of the neck for the removal of the crop. When the head is taken off leave plenty of skin on the neck to skewer back.

Pheasant à la Bonne Femme.—Pick, draw, and singe a well-hung pheasant, and put it into a buttered stewpan with three ounces of good beef dripping and six ounces of ham, fat and lean together, cut into inch squares. Fry over a gentle fire until the pheasant is equally and lightly browned all over, then add a tablespoonful of chutney and three or four large Spanish onions cut into thin slices. Cover the saucepan closely, and simmer gently until the pheasant is done enough, and the onions are quite soft. Put the bird on a hot dish. Beat the onions over the fire for eight or ten minutes, season with pepper and salt, and put them round the bird. Serve immediately. Time, about an hour to stew the pheasant, longer for an old bird, for the cooking of which this homely dish is to be recommended. Cost, about 3s. 6d. to 4s.

Pheasant à la Sainte Alliance.—Required: a pheasant, and a stuffing as below, gravy, sauce, &c. Cost, very variable. This dish has been declared by its originator to be fit for beings better than men. Take a well-hung pheasant (cock), draw and truss it for roasting. Mince the flesh and intestines of two woodcocks or snipes; add two ounces of fresh butter, a teaspoonful each of salt and pepper, a good pinch of cayenne, a small bunch of savoury herbs, finely powdered, and as many chopped truffles as will be required. Stuff the bird with this, and truss it firmly; roast before a clear fire, basting liberally with fresh butter. Lay under it in the pan a round of toasted bread, upon which spread a little of the stuffing. Serve the bird on this, and send brown gravy and bread sauce to table separately. Time, from three-quarters of an hour to an hour and a quarter, according to size.

Many variations of this recipe are in existence; in some a little anchovy paste with the other ingredients for the stuffing is given. In others, anchovy on the toast only is said to be good; and by a few writers, shalots or onions are favoured.

Pheasant à la Steinway.—Required: a pheasant, larding bacon, truffles and seasoning, stock, glaze, gravy, sherry, and a croûton. Cost of bird, about 3s.

Truss a nice bird, lard the breast, and put it in a stewpan with an ounce of butter, a small bunch of herbs, a few peppercorns, and some slices of truffle, carrot, and celery, with a morsel of onion. Cover with a sheet of buttered paper, and in ten minutes, when the pheasant has browned a little, put in a gill and a half of stock, No. 17; cover, and cook for half an hour or so, basting a time or two, and adding a little more stock if needed. When done, dish the bird and crisp the breast; glaze it a little and add more gravy to that in the pan. Boil it up, and put in a tablespoonful of truffles in fine shreds. Put a few whole truffles on the dish; they should be equal in size, and braised first in a little sherry. Stick some of the tail feathers in, and place the pheasant on an oval croûton, cut with a crimped cutter, and glazed after frying. Time to cook the pheasant, nearly an hour. In dishes of this description a few minutes more than the necessary time is of less importance than in the case of a roasted bird, the gravy-preventing

dryness. Still it is not desirable to actually overcook it.

Pheasant, Boiled.—Sometimes invalids find a boiled pheasant an agreeable dish; it can hardly be called an epicure's relish. The bird should be nicely prepared, trussed for boiling, and wrapped in a sheet of buttered paper, then a cloth, and put in hot or nearly boiling water, with a few game bones, and slices of fresh vegetables; the boiling must be gentle; an hour will be wanted for an old bird; half an hour to forty minutes will cook a young one. Celery sauce, oyster, soubise, and white sauces of various kinds may be served with it.

Pheasant, Braised, and Rump Steak.—Required: a pheasant, bacon, forcemeat as under, seasoning and vegetables, stock and beef steak. Cost, from 6s. 6d. to 7s. 6d. on an average.

Pick, draw, and singe a pheasant, and truss it as for boiling. Put into it a little forcemeat made with three ounces of finely-grated bread-crumbs, two ounces of fresh butter, the eighth part of a nutmeg grated, a few drops of anchovy essence, and a little salt, pepper, and cayenne. Cover the breast with slices of fat bacon, and fasten them on securely with twine. Take two pounds of good rump-steak, three-quarters of an inch thick. Lay two or three slices of fat bacon on this. Rub the inside of a good-sized saucepan with a clove of garlic. Dissolve two ounces of fresh butter in it, put in the beef, and round it a dozen chestnuts which have been skinned and scalded. Lay the pheasant upon it, breast uppermost, add a scraped carrot, three or four of the outer sticks of a head of celery cut into small pieces, four shalots, a good-sized lump of sugar, a small teaspoonful of pepper, half a teaspoonful of mustard, a teaspoonful of anchovy sauce, a teaspoonful of soy, and a dessertspoonful of mushroom ketchup. Pour over these rather less than a pint of hot stock, good; No. 5 is suitable. Cover closely, bring the contents to a boil, then draw the pan to the side, and let them simmer as gently as possible for quite three hours. Serve the beef and the pheasant on separate dishes, and as hot as possible, with a little of the gravy strained over the pheasant, and the rest in a tureen. The nuts should be used to garnish the beef. If an acid flavour is liked, the juice of half a lemon may be added to the gravy, and a little salt put in if necessary, but this will depend upon the quality of the bacon. Glaze the breast of the pheasant before serving, remove the bacon, and take care to skim the gravy well. If the breast be larded, the sliced bacon can be dispensed with.

Pheasant, Cold, with Fruit Salad.—Cut a cold bird into joints, and trim them nicely. Make a fumet of any remnants, and put in a little strong aspic, just to set it; it should be poured over the pieces when on the point of setting, just to give them a bright appearance. Put some sprigs of watercress about the dish, and send cherry salad to table separately. Any other fruit salad may be substituted as preferred. Cost, from 4s. to 5s.

Pheasant, Cold, with French Plums. — Required: a pheasant, French plums, and salad, &c., as below. Cost, from 4s. 6d. upwards.

Prepare the meat as above directed, but put the joints in the centre of a dish, and place stewed French plums round the base (*see* FRUIT). On the top of the meat, which should be dished in a pile, put a few more plums, with any green salad round; tarragon and chervil look nice, and if nothing else is handy, use fresh parsley. A few fancy slices of beetroot look bright amongst it; they should be seasoned with oil and a few drops of vinegar or lemon juice. For other dishes *see* SALADS.

A pheasant, plainly roasted, nicely glazed and dished, accompanied by watercress, or some equally simple garnish, is declared by some authorities

to be one of the nicest breakfast dishes ever sent to table.

Pheasant, Cream of (*see* PARTRIDGE, CREAM OF).

Pheasant, Curried.—Required: a fine pheasant, a quart of good stock, as No. 5, a heaping teaspoonful of good curry paste, an ounce of fine rice flour, a large onion, a bay leaf, some thyme, and a sprig of marjoram and basil, a teaspoonful of raw, grated carrot, the same measure of preserved tamarinds, the juice of half a lemon, and some butter, or curry fat. By the latter is meant the fat which rises to the top of curry sauce; it should be taken off, and left to get cold; it then comes in for the next curry, and is better than plain butter. Cost, 4s. to 4s. 6d.

Joint the pheasant, trim the pieces, and put the odds and ends on to boil with the stock. Fry the joints with the onion and herbs; when brown, put them with the rest, except the rice flour. When done, pass all through a hair sieve, after piling the meat on a dish; return to the pan, and skim well; add the thickening and boil up; put in salt to taste, and pour over the pheasant. Put a border of rice on the dish. For a better curry, use stock No. 16. Curried pheasant is excellent when cold. A large tomato may be added to the above with advantage, and if the curry paste is not fresh, a good pinch of coriander seed will improve it. A little sherry is sometimes put in game curries.

Pheasant with Macaroni.—Required: the meat from a cooked bird, or the remains of one; about half a pound, after freeing it from skin and sinews. Put it aside after cutting it small, and boil down the bones with a pint of water, and some vegetables and herbs, until only a gill is left; rub any meat through a strainer with the gravy to thicken it. Then mix in the pheasant, re-heat it, and add a gill or less of boiling cream. Serve with a border of good macaroni, cooked in either of the ways given in a later chapter. Sprinkle with coralline pepper just before serving. Cost, from 3s. 6d. to 4s.

Pheasant, Roasted.—Pluck, draw, and singe a brace of pheasants. Wipe them with a dry cloth, truss them firmly, and either lard them or tie round the breasts a slice of fat bacon. Flour them well, put them before a clear fire, and baste liberally the whole time. Serve the birds on a hot dish, and garnish with watercress. Send good brown gravy and bread sauce to table with them. If the fashion is liked, half a dozen of the best of the tail feathers may be stuck into the bird when it is dished. Time, three quarters of an hour to roast a good-sized pheasant; half an hour for a small bird. Cost, from 6s. per brace on an average.

To carve the bird, stick the fork in the centre of the breast, and take slices from both sides. Should there be more guests than can be thus served, take off legs and wings as from a fowl. Cut off the merry-thought by passing the knife under it; this, and the wings and breast are most highly prized, but the legs have a superior flavour. Some portions of the back should be served with the breast, wings, and merry-thought; the white meat alone, without this, is rather tasteless, comparatively speaking. The bacon may be removed or not (when larded) just as preferred.

Pheasant, Stuffed and Roasted.—Pick, draw, and singe the pheasant, truss it as for roasting, and fill it with a forcemeat (*see* FORCEMEATS). Cover the breast of the bird with thin slices of fat bacon tied on securely with twine, and roast before a clear fire. When it is done enough, serve the pheasant on a hot dish, with brown sauce, or with brown mushroom or Italian sauce. Or a nice purée of tomatoes, mixed with good gravy and sherry, equal parts of each, is excellent with it. Cost, from 4s. 6d. upwards.

Pigeons.—Tame pigeons should be cooked in a fresh condition; they quickly lose flavour. Wood pigeons are larger; these may hang a day or two. Rock pigeons are inferior to both these. Young birds are the best. They may be tested by the wings, which will not be fully fledged inside; the feet will be smooth, and the beak soft. Rough feet prove age. Dark-coloured birds are the fullest in flavour; light ones are the most delicate.

Cost, from 9d. to 1s. on an average; may sometimes be bought for 6d. each.

Pigeons, Trussing.—Pigeons need to be very carefully plucked and cleaned, and they should, if possible, be

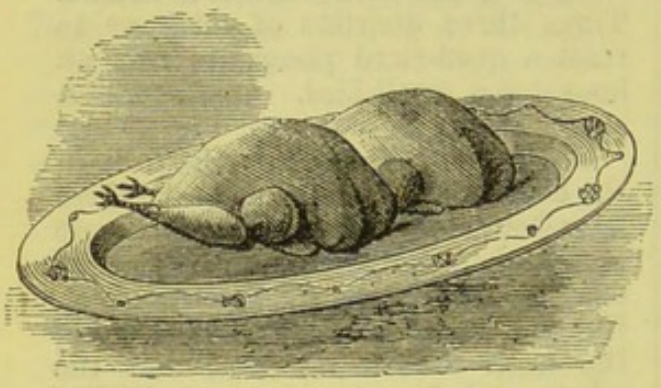


Fig. 101.—Pigeons, Trussed.

drawn as soon as they are killed. To truss for roasting:—Cut off the head and neck, cut off the toes at the first joint, and wash the birds well. Dry them carefully, truss the wings over the back, and pass a skewer through the wings and body. The gizzard may be cleaned, and put under one of the wings. To truss for boiling:—Cut off the legs at the first joint, put the legs into the body, and skewer the pinions back.

To carve a pigeon, cut through the breast and back-bone; or make three portions of one bird, by taking the leg and wing from each side, the breast making a third serving, by no means to be despised if plump.

Pigeons, Boiled.—Truss like a fowl, and boil in the same way. Serve a nice sauce with them, and some vegetables, or macaroni, or any other Italian paste. Time, from fifteen to twenty-five minutes, according to size. The cooking must be slow; and, if possible, veal stock, or the liquor from boiled veal, should be used for the boiling.

Pigeons, Broiled.—Pigeons may be broiled whole, or split open and flattened. They are more easily cooked when flattened, but retain their juice better if left whole. Pluck, draw, singe, and wash the birds. Dip in some oil or clarified butter, season with pepper and salt, and broil over a clear fire until nicely browned. Baste once or twice; and, in order to do this, put the pigeons on a plate, and brush them over rather liberally with oil or butter; and when done serve as hot as possible. Mushroom sauce or purée, piquant sauce, and many others, may be served. If cold sauce is liked, maître d'hôtel, tartare, and others, may be served; tomato butter is excellent with broiled birds generally.

To be worth the trouble of broiling, pigeons must be well grown and well fed. Fried bread-crumbs or croûtons may be used for garnish.

Another way.—Truss the birds for boiling, and put in each a bit of butter, seasoning, and a teaspoonful of gravy and tomato pulp mixed. Secure both ends, and broil or grill carefully; when half done dip in butter, and coat with crumbs. Thus prepared they bring their sauce to table; but if liked, a little gravy and tomato pulp may be heated together, and poured on a hot dish before the birds are put on. Or a croûton may be spread with the pulp only. Put sprigs of cress about the dish.

Pigeons with Chestnuts.—The birds should be filled with chestnut forcemeat, and sent to table with brown gravy. Or the usual way of roasting without stuffing may be adopted; then they should be dished on a chestnut purée, or served with sauce. Cost, about 1s. 3d. each, inclusive.

Pigeons, Curried.—Follow the directions given for rabbit, fowl, &c., either for raw or cooked pigeons.

Pigeons, Fricasseed, Brown.—Required: pigeons, seasoning, butter, stock, claret, and garnish as below. Cost, about 3s. 9d., exclusive of the garnish.

Take three plump young pigeons; make them ready for boiling, and season with a little pepper, salt, and powdered mace. Put them into a stewpan with three ounces of clarified butter, and turn them about until they are brightly browned all over. Take them up, drain them well, and put them into a clean saucepan with half a pint of nicely-seasoned stock, No. 6, 7, or 8, and a glass of claret. Add a bunch of parsley, a small sprig of thyme, three inches of thin lemon rind, five or six small onions, a little pepper and salt, and a few grains of cayenne. Cover the saucepan closely, and let the pigeons stew gently for half an hour; take them up, thicken the liquor with brown thickening, and add a few small mushrooms and a tablespoonful of lemon juice. When the sauce is smooth, heat the birds in it again, dish them, and pour the gravy over them. This dish may be varied in several ways. A few veal forcemeat balls may be boiled in the gravy, or a dozen oysters may be fried and laid over the birds, and the dish may be garnished with sliced lemon croûtons, or curled bacon. Cost, about 3s. 9d.

For a white fricassee, proceed as for fowl or veal.

Pigeons, Fried in Batter.—If to be served whole, truss for boiling; if not, split them through, and turn them about in a little hot fat for ten or fifteen minutes, first seasoning them; or they may be stewed for a short time in a little stock. Then drain them, and dredge with flour; dip them into frying batter (*see* recipes), and plunge them into hot fat to cover them. The moment they are brown and crisp, serve, and garnish with fried parsley, or crisped bacon and lemons.

Pigeons are very good fried plainly. They should be tossed in hot fat as above described, until done; or they may be partly cooked by stewing, then left to cool, and finally egged and crumbed, and finished off as above. Tartare sauce is very good with them. Cost, 9d. to 1s. each.

Pigeons, Grilled, à la Crepaudine.—Required: two pigeons, an ounce of butter, a saltspoonful of pepper, a pinch of nutmeg or cayenne, a teaspoonful of chopped bay leaf, the same of parsley, a few drops of lemon juice, bread-crumbs, and adjuncts as below. Cost, about 2s. 6d. to 2s. 9d. without sauce.

Split down the back but do not divide the birds. Wash and dry them well, then flatten them. Heat the butter and the above seasonings together, and brush over, then dredge with fine crumbs. Grill over a very clear fire, then dish on a hot dish with a pat of *maître d'hôtel* butter on each. The garnish may be fried or grilled button mushrooms, or tomatoes, or potato ribbons or chips. If for a breakfast dish, no sauce or gravy is required, but for other meals should be served. This is a good emergency dish, as the time required is only about twenty minutes. If care be taken to baste well, the birds may be cooked in a good oven, or they are very nice broiled. When cold, they are excellent with tartare or other sharp sauce, or with tomato butter and any nice salad.

Pigeons en Macédoines.—Required: three pigeons, a tin of macédoines, or, what is still nicer, the same amount of mixed fresh vegetables, a tablespoonful of cooked button mushrooms, cut in dice shapes, two or three tablespoonfuls of cooked macaroni in half-inch lengths, a little good brown sauce or gravy, and some dice-shaped croûtons. Cost, about 4s. 9d. to 5s.

The birds are to be roasted and glazed, then jointed nicely. There should be a ring of fried or toasted bread on the dish. The joints should be neatly piled in this. The other

materials are to be mixed, and put as an outer border, and the croûtons in little heaps about the dish. The gravy is served separately. A potato border can be used if preferred; and, to vary the mode of serving, some of the macédoines can be put in the centre, with joints of pigeon round; the macaroni, with a sprinkling of parsley, should come next, the rest of the pigeons and macédoines forming the outer border.

Pigeons en Papillotes.— Required: pigeons, seasoning, and bacon as below. Cost, from 2s. 3d. to 2s. 6d.

Prepare in the usual way two young, freshly-killed pigeons, and split them in two down the back. Season rather highly with pepper, and cover them with a mixture made of the liver finely minced, two shalots, chopped small, half a dozen sliced button mushrooms, a tablespoonful of chopped parsley, and a pinch of powdered thyme. Lay thin slices of fat bacon over the mixture, and wrap each half in a sheet of thick paper, oiled on both sides; twist the ends as shown in the engraving. Broil or grill for about twenty minutes, and serve in the papers. They will require no sauce.

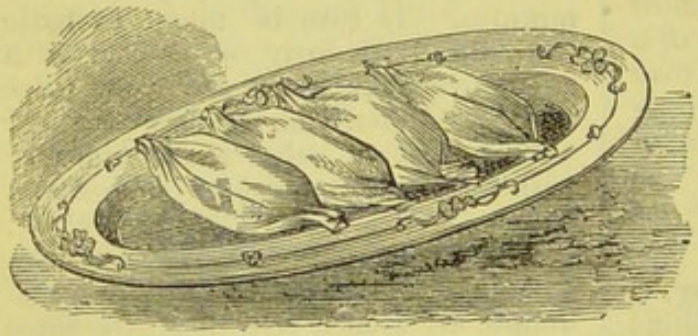


Fig. 102.—Pigeons en Papillotes.

If preferred the bacon may be in dice, and mixed with the liver, &c.

Pigeons, Piquant.—Required: two pigeons, vinegar, seasoning, bacon, wine, an onion, thickening, stock, &c., as below. Cost, about 2s. 6d. to 2s. 9d.

Slice a large onion, and put it into a shallow dish with two bay leaves, twenty juniper berries, half a teaspoonful of peppercorns, and a quarter of a pint of vinegar. Lay two pigeons in this marinade, and turn and baste them twice a day for two days. If the birds are old, they will need to remain in the marinade a day or two longer. Take them up, wipe them dry, and lard the breasts evenly, then put them into a saucepan with an ounce of butter, and turn them about over a moderate fire until they are brightly and equally browned. Lift them out, stir a spoonful of flour in with the butter, and mix it briskly with a wooden spoon until it begins to colour, then add four ounces of fat bacon cut into small pieces, the liver of the birds, a cupful of stock or water, the strained juice of half a lemon with an inch or two of the rind, and a little pepper, salt, and grated nutmeg. Let this sauce boil, then put in the pigeons, cover them closely, and let them stew for half an hour. Serve the birds on a hot dish with the sauce poured round them. Time to stew, about an hour. This is a German dish.

Pigeons, Piquant, with Salad. — Required: a couple of pigeons, some piquant sauce, salad, and garnish, seasoning as under. Cost, from 2s. 6d. to 3s. Divide each bird into three by removing the leg and wing of each side, then the breast. Put the backbones on with water, &c., to boil for stock, with which make a pint or so of piquant sauce, selecting the recipe which best suits the palate. (*See* Sauces.) Sprinkle the birds with pepper, herbs, a grate of lemon peel and some lemon juice; leave them for half an hour, then grill or broil, and put them in the sauce for ten minutes to heat. Just before serving, colour the sauce with a few drops of carmine, and dish neatly. Put little tomatoes round (cooked in any piquant way), and send plain salad to table.

Pigeons with Rice and Parmesan.—For this the birds may be stewed until done, then dished on rice,

boiled and flavoured with grated Parmesan; recipes will be found in a later chapter. More rice is to be put over, and brushed with raw egg, then dredged with crumbs and cheese, and browned in a good oven. Macaroni, sparghetti, &c., are also used in this way. Cost, about 1s. 3d. each, inclusive.

Pigeons, Roasted. — Pluck, singe, and draw the birds, as many as are required; wash them well, or they are very objectionable, and dry them thoroughly. They may be stuffed, or not (*see* recipes for FORCEMEAT); if they are, extra time must be given. They may be larded, or a slice of fat bacon can be tied over the breasts. They want a clear sharp fire; from twenty to thirty minutes must be allowed. For a small unstuffed pigeon fifteen minutes will be enough. Unless briskly roasted they will eat very differently; for, although they should be well cooked, they should yield gravy when cut. Dish on a toast or croûton, and if the pigeons are not brown enough, brush them with glaze. Brown gravy is generally served, and bread sauce is still liked by many. Brown sauce, or any other that would go to table with fowls, will go equally well with pigeons. Gravy can be made as for fowl, using the gizzard, &c., if not required for any other dish. (*See* also recipes under RABBIT.) For a very superior dish, use any good brown stock for the gravy, as No. 16 or 17, seasoning and thickening to the desired consistency, and flavouring with a little wine, sherry, or Madeira. Cost, 9d. to 1s. each for the birds. A vine leaf is sometimes put under the bacon previous to roasting.

Pigeons, Stewed.— Required: two pigeons, stock, butter, thickening, &c., as below. Cost, from 2s. 6d. upwards.

Pluck and prepare the birds, and divide into quarters. Put them in a saucepan with plain brown stock to nearly cover them; add a sprig of parsley and thyme, and a morsel of onion, if liked, and stew gently. When nearly done, add brown roux to make the gravy as thick as cream. Serve with the gravy strained round them. Potato chips are a good addition.

Another way.—Add a little cheese to the gravy, and serve with a border of rice cooked in stock. (*See* recipes under RICE.)

For a white stew, use white stock, and thicken with white roux, or a little cream or the yolk of an egg.

Pigeons Stewed with Vegetables.—Required: four plump young pigeons, white stock, bacon, vegetables, and a croustade as below. Cost, about 5s.

Truss for boiling, and tie a slice of bacon over the breasts. Cook in white stock according to the directions given above, and while the birds are stewing prepare a mixture of vegetables, such as carrots, turnips, beans, and cauliflower, and so arrange that they shall be done by the time the pigeons are. Take a square piece of bread, and cut it in a slanting direction, so that the top is two and a half and the bottom four inches square. It should be about three inches high. Then fry it and set it in the middle of the dish. Place one of the birds against each of the four sides of the bread. Arrange the vegetables so as to hide the bread entirely. The top should be ornamented with the best sprigs of the cauliflower, or a few sprouts. Any good white sauce may be poured over the birds, and more served in a tureen. This is a very nice dish, and for a change the same recipe may be carried out with brown stock, and brown sauce of any kind suitable for serving with game or poultry. Many variations can be made in the matter of the vegetables—artichokes, celery, and others can be added.

Pigeons, Stewed, à la Beale.—Required: three pigeons, butter, roux, wine, stock, vegetables and bacon, herbs, &c. Cost, about 4s. to 4s. 6d.

For each pigeon allow half an ounce of butter, mixed with a little salt, pepper, ground cloves, and nutmeg, a pinch of

thyme and bay leaf in the finest powder, and a morsel of freshly-chopped parsley. Put this inside the birds, then truss and brown them in a stewpan with a slice of minced bacon. Drain off the fat, cover the birds with light wine and stock, No. 6 or 7, stew for a few minutes, then thicken to the consistency of good cream. Put in a dozen button mushrooms (if tinned, add some of the liquor), and continue the cooking. Have ready some button onions, braised. (*See* DRESSED VEGETABLES.) Have also in readiness a large oval croûton, cut with a crimped cutter, such as is used for vol-au-vents. Put it on a dish, put two pigeons on, and the other on the top, with the vegetables piled up round it. Reduce the gravy, season, and pour it over the birds. Round the dish put some more of the same vegetables used at the top, together with little heaps of fried potatoes—chips or ribbons. Time to stew, about forty minutes.

The livers of the birds may be cooked in the gravy, and sieved or minced, and added with the butter. The latter will be more generally liked.

Pigeons, Stuffed and Stewed.—Required: pigeons, stuffing, stock, seasoning, &c., as below. Cost, about 2s. 6d. to 2s. 9d.

Pluck and draw two plump, freshly-killed young pigeons, and bone the bodies and thighs; leave the legs. Fill them with a liver, or other good stuffing. Lay them breast downwards in a small stewpan, and barely cover them with veal stock. Let them stew gently until they are done enough, then take them up, strain the gravy, thicken with two tablespoonfuls of flour mixed smoothly with two tablespoonfuls of cream, and season with a little pepper, salt, and powdered mace. Stir the sauce over the fire until it boils, then thicken with two raw eggs, yolks only. Put the birds in to heat again. Time, nearly fifty minutes. Serve with the sauce over them. In order that the birds may look nice, they must be firmly trussed. If more convenient, the thighs can be left, and only the bodies boned.

Pigeons en Surprise.—Required: a couple of pigeons, two fine large lettuces, a forcemeat as under, stock, seasoning, and thickening. Cost, about 2s. 6d.

Pick, draw, and truss the birds as for boiling. Put them in boiling water for five minutes, then take them out, and put in their place the lettuces; let them boil for five to eight minutes. While they are cooking make a forcemeat with the livers of the birds, a slice of bacon, two or three leaves of tarragon, two shalots, a teaspoonful of parsley, salt and pepper, and the yolk of an egg. Take up the lettuces, drain, and press them, open them without taking off the leaves, and line them with the forcemeat, then put a pigeon in each so as to be hidden. Tie with thread, and stew in enough stock to cover. Herbs, a little carrot and onion, and a morsel of mace, as well as salt and peppercorns, should be used to flavour the gravy. When done, drain, and remove the thread. Keep hot, while the sauce is strained and thickened with brown roux, then serve with the sauce round. Time, about three-quarters of an hour.

A mushroom forcemeat may be used, and the gravy flavoured with mushrooms.

Pigeons with Watercress.—Lard the breasts, and roast the birds. Make a little good brown gravy. Put some watercress on a dish, and lay the pigeons on it, then pour a little of the gravy over. Or put the cress round, after dishing the pigeons on separate croûtons.

Whenever the breasts of pigeons are neither larded nor bound with bacon, the insides should be moistened with a lump of butter, or they will eat dry; this is applicable to unstuffed birds. When forcemeat is used into which ham and bacon enters, the fat takes the place of the butter. Cost, about 1s. 3d. each, inclusive.

Pintail, or Sea Pheasant.—This bird, though highly esteemed where it is known, is not common. It is considered best when roasted, and is cooked like an ordinary pheasant, great care being taken to baste it constantly. It should be sent to table with good brown gravy and a piquant sauce. It will of itself yield a good gravy if it is taken down when it has been roasted for about twenty-five minutes, dished, laid in front of the fire for a few minutes, and then served immediately. Cost, uncertain, sea-pheasants being seldom offered for sale. A very good salmi may be made from this bird.

Plover.—This bird is somewhat smaller than the woodcock; the golden plover is the commoner, and the grey the larger of the two. Birds that are hard at the vent will be fat and good. The feet are dry when stale. Plovers have a peculiar flavour, much liked by some; others find them very distasteful. They are best treated like woodcocks for roasting, and will take about fifteen minutes only at a brisk fire. They want constant basting. The toast on which they are served should be saturated with the bastings and trail. Instead of brown gravy, some prefer an accompaniment of lemon juice mixed with a little good melted butter: or melted butter, sherry, and lemon juice, about a gill of the first to half a gill of the latter, mixed, is often liked.

The eggs of the plover are very much esteemed, and are considered a luxury; *see* a later chapter for their treatment.

Cost, about 1s. to 1s. 6d. each, but variable.

Plovers with Truffles.—Required: a brace of plovers, two ounces of butter, stock and seasoning as below, and three or four truffles. Cost, about 3s. 6d. or 3s. 9d.

Truss the birds, and put them breast down in a stewpan, with the truffles cut into thin slices; add the butter, a clove, a bay leaf, and a dust of cayenne; stir and fry for ten minutes, then pour in some stock from poultry bones or from poultry and meat mixed, with a glass of sherry. Cook slowly, and when done add brown roux to thicken, with a little seasoning, and a squeeze of orange or lemon juice. Time, about half an hour. Dish with a garnish of croûtons and watercress, and serve with lemons. If liked, stuff the birds and mince the trails with the stuffing (*see* recipes for FORCEMEAT FOR GAME, &c.). For other dishes from plovers, *see* recipes under WOODCOCK and SNIPE.

Plovers with truffles, as in the above recipe, are liked very much, generally speaking, though others think that a roasted plover is perfection. "Assuming," says one writer, "that redness, not blueness, is visible when cut, and that plenty of lemon juice be served, then no gravy is wanted; the drippings from the bird are enough in this direction." But on this point much difference of opinion exists.

Poultry, Basting of.—We have called attention to the necessity of pure, sweet dripping for basting purposes generally, in an early part of this work; but we would again impress upon the inexperienced cook the fact that if it be burnt, or of bad flavour, it will completely spoil poultry. In some works lard is recommended for basting; we would strongly urge, *don't* use it so long as you can get anything else. Good clarified fat is far preferable, and when butter is used for the frothing at the end, let that be sweet, or it is better dispensed with. If rancid, and only half an ounce be used, by coming in contact with the heated surface, a most disagreeable taste will be imparted; such tastes "repeat" all through a meal. Margarine is better than inferior butter.

Poultry, to Bone.—This operation is more difficult than boning a joint. The first requirement is a strong knife, broad and thick, with a sharp point, and by no means flexible.

A knife which can be readily bent is apt to slip; indeed, such a knife would be useless, even to just split a fowl down the back for grilling. The next thing is a steady hand. Boning is an art that cannot be acquired in any other way than by repeated trials; it is seldom that success crowns one's first effort; but even if the bird be spoiled, *i.e.* supposing the flesh gets cut, no great harm is done, as it will make an excellent stew for a home dinner, and the bones will yield nutriment, both in the form of gravy and soup. Indeed, if any sceptical person wishes to prove the truth of the oft-repeated assertion that there is a great deal of goodness in bones, a few experiments with those of a fowl will result in conviction. Again, after a first or second attempt at boning a fowl, however hacked may be the flesh, it will make an excellent pie. For details we refer the reader to page 400. Some writers say that written details for boning are useless. We agree that one practical lesson is of greater value than pages of written description; but as it is not in everyone's power to obtain this, we have made our directions as explicit as possible, in the hope that they will be found practicable.

Poultry, to Joint and Bone. — It often happens that a fowl or turkey is required boned for a rich dish, as a curry, fricassee, or pie; it must then be very nicely jointed, as described on page 405, then boned carefully. The main thing is to begin at the head of the large bones. Take the legs, cut the skin round the first joints, and pull them out; then work the point of the knife round the thigh bones; loosen the flesh, and go on until the bone comes out. Cut the pinions off the wings, bone the upper joints, and then take off the breast meat, either in fillets, or cut the bone through, and remove the flesh in larger pieces. Keep the back for gravy or stock; also the giblets. In boning a rabbit, the neck should be stewed for use in the same way. The legs, shoulders, and back may be boned with ease in the case of a young, fleshy animal; if old and tough the process is difficult.

Poultry, to Sweeten. — A popular method across the "herring pond" is to add to the last water in which a fowl, turkey, or goose is washed, a teaspoonful of carbonate of soda. It is particularly recommended for birds which may have been kept full long before drawing, and for removing any unpleasant odour which may "hang around the hind-quarters." This remedy deserves trial on account of its simplicity; but we would say that few things surpass, or even equal, a little permanganate of potash—a bird rinsed through with this must be very foul should it fail to acquire sweetness and purity. The best way to perform the operation, so as not to soak and discolour the outer flesh, is to add enough of the potash to cold water to give a deep pink tinge: then to pour it through the bird, rinsing in every part. Finally, plenty of clear water must be poured through, and the interior well dried. If to be stuffed this should be done some time beforehand.

More than one writer declares emphatically that the custom of bringing poultry to market undrawn ruins the flavour of the flesh; others assert that poultry drawn as soon as killed would not keep, and that the flesh would become dry. One thing is certain, viz., that the entrails are often left in the bird much longer than they ought to be.

Poultry, Boiled.—If youth be guaranteed, the turkey, fowl, or rabbit should go into boiling water at first. If any fear of toughness, owing to age, warm, or even tepid water only must be used, that the muscles may be relaxed, and tenderness brought about by the gradual heating. Here there will be some loss of nutriment and flavour naturally, consequently the pot liquor should always be used. Very old poultry should not be boiled

at all, for the simple reason that to make it eatable, cold water would have to be used. In such cases other methods are preferable, as will be shown. Stock, in place of water, is to be recommended — suitable stock, of course; for instance, if a bit of veal were boiled one day, and the next a boiled rabbit were on the bill of fare, the veal stock would come in nicely for the rabbit. A dark, strong stock, on the other hand, would spoil a spring chicken, as in all dishes of this sort colour is a desideratum. Skimming is necessary, and very frequent skimming, too; and the cleanest of clean pots must go hand in hand with this. The water, if water only be used, should be flavoured a little by the addition of a bit of celery and the inside of an onion. To assist in keeping the meat white, a rub over with a piece of lemon should not be forgotten, and by wrapping a sheet of buttered paper or muslin round the bird or rabbit, moisture and good colour are ensured. Some recommend that a cloth be used also; others condemn it; and our own opinion is that a cloth is not calculated to improve the flavour of the pot liquor, to say the very least; and with reference to some cloths, it is not too much to say that they would spoil it entirely. Where thin, delicately-clean cloths are kept for the purpose, there is nothing to be said against their use. Perhaps the best thing is a buttered paper and a piece of muslin tied over that; the kind known as "butter muslin" does very well, and is cheap enough to discard after a few times using; it will then come in for making bags to hold herbs and spices.

If the poultry is intended for a cold dish, leave it in the liquor until cool, and enable it to re-absorb moisture and flavour. If bones have been cooked with it (as in the case of a boned bird), it must not be left until quite cold, or it would become a jelly.

Poultry, Minced and Rolled. —This dish is excellent, and particularly recommended as a good way to use an old fowl or part of a turkey. Required: the flesh of the legs, wings, and breast, two or three ounces of bacon for each pound, or fat pork will answer, an egg, a couple or three tablespoonfuls of bread-crumbs, stock and seasoning as below. Cost, variable.

Some hours beforehand, put the bones on for stock, with the giblets and some herbs and vegetables to flavour, and a little spice: add a couple of quarts of water, and boil until reduced to rather less than a quart. Chop the meat, and mix with the crumbs, eggs, salt, and pepper, and some herbs, grated lemon peel, and the juice of half a lemon, as the latter helps to make it tender; use pepper freely and salt sparingly. Form a bolster-shaped roll, and brush it with the white of the egg, then coat with crumbs. Brown it for a few minutes in a little hot fat, then drain and put it in the stock, and stew for three hours or thereabouts. When done, flavour and thicken some of the stock for gravy and pour round the roll. Add more water to the bones and cook for some hours; with the stock from the roll, the basis of a tureen of good soup will be at hand, or it will make good gravies, &c.

Note.—The above is a very good way of cooking an old rabbit. A little thick onion or celery sauce may be used in the roll, then fewer crumbs will be needed. Parsley and other herbs are to be added to taste. Flavoured vinegar may replace the lemon juice.

Poultry, Minced, with Eggs. —Required: poultry, eggs, ham, seasoning, milk, stock, cream, &c., as below. Cost, variable.

This is a first-rate dish for breakfast or luncheon. The recipe hails from Chicago. To every pound of cooked fowl, rabbit, or turkey, allow a pint of sauce made as follows, and two or three ounces of cooked ham. First mince the meat; let no skin or gristly bits remain, then the meat may be white or brown;

cover it (after seasoning it with pepper, herbs, and spice at discretion). For the sauce, stew down any bones with the skin and gristle; strain it, and put equal measures of that and milk into a saucepan. For a pint, stir in, when it boils, bit by bit, two ounces of butter and two ounces of flour, mixed to a paste with cream; a little of each alternately. Then mix in a teaspoonful each of chopped parsley and bruised capers, first drawing the pan aside. Next press the yolks of three hard-boiled eggs through a coarse sieve, and stir the sauce to them, in a large bowl, very gradually; add the minced poultry and the cooked ham; the latter should be passed through a mincing machine. Stir, and if not flavoured sufficiently, a few drops of anchovy essence may be mixed in. Chop the whites of the eggs rather coarsely; then set the bowl over boiling water; put a plate over, and let the contents get hot; pour into a deep, well-heated dish, and shake the chopped whites over in little pieces, after moistening them with hot cream. Put parsley here and there, and garnish the base of the dish with chopped pickles or cut lemons, or with tiny balls made of stuffing or sausage meat; or in any other way according to fancy. Little egg balls or sausages have a pretty effect, and are very suitable.

Poultry, Ragoût of (American). —Required: poultry, gravy, jelly, thickening, &c., as below. Cost, variable.

This is a nice dish for breakfast; it also makes very tasty little patties, &c. Take any of the meat, brown or white, from poultry of any sort, that has been roasted or baked; cut it in nice even dice, or strips. For each pound, allow from two to three gills of brown gravy, or stock from poultry bones; put it in a saucepan, and make it thick with browned flour, about an ounce; stir in a little pungent store sauce, and salt to taste, and a good tablespoonful of cranberry jelly; or currant, tomato, or other sort does equally well. If liked, put in a spoonful of wine, but it is very good without it. Stir the meat in, and leave covered for a short time, then serve hot, with bits of toast stuck round the dish, and slices of grilled tomato in between them, if their flavour be approved.

The foregoing may be scalloped. First grease a deep dish, and cover with cracker-crumbs that have been moistened with milk or gravy to form a paste; add the mince (the gravy should be made thick enough to bind it), and then put more crumbs on the top; these should be soaked like the lower layer, but are preferably mixed with a beaten egg. Put a few bits of butter over, and bake brown in a sharp oven. Any plain biscuits will serve for the crumbs. Veal is excellent as above; so is a mixture of ham, with veal or poultry.

Prairie Hen.—Prairie hens are sent from America, and may be treated like a fowl, or as a pheasant. The insides must be washed, and a rinse with soda or potash is a good sweetener. (*See* POULTRY, TO SWEETEN.) If prepared like a fowl, the usual adjuncts are required; if like a pheasant, a brown sauce, with a little claret, and enough orange or lemon juice to suit the palate, is one of the best. The bird is improved by larding; it wants well basting, and will take an hour or more, according to size. Cost, very uncertain.

Ptarmigan. — This is found in cold, bleak situations, and is keenly sought by many sportsmen. Its flesh has a peculiar flavour, much relished by some, and disliked by others. It should be hung as long as possible. Ptarmigan is nearly the same size as red grouse. Roast, and serve the same as grouse; baste liberally, and send to table hot. Cost, uncertain; from 1s. to 1s. 6d. is the average when plentiful.

Quails. — These little birds are great favourites with many people. They form the foundation of many rich dishes, but simply roasted are an

excellent dish. They are less rare than formerly, vast quantities being imported by English poulterers. They may be kept for a few days after killing. When plentiful, the cost is from 1s. to 1s. 6d. each.

In the opinion of M. Ude and others, quails are popular because somewhat rare.

Quails, Boned.—It is, perhaps, only possible to give a general idea of this process, by describing it as working the knife to the bone in such a way that the birds may be literally turned inside out. One practical lesson in the matter of boning any small birds is worth much written description. To bone without opening is the most difficult; but by starting from the neck, first using the fingers to "ease" the flesh, and with care, it is quite possible to avoid cutting through the outer flesh; though few will succeed in the first attempt. The pinions should be cut off, and the leg-bones may be left in; the thigh-bones must be removed. If to be served in halves, the birds may be split through before boning them.

Quails, Boned and Stuffed, Cold.—Required; three birds, some liver forcemeat (*see* FORCEMEATS), sauce, and garnish as below. Cost, variable, about 5s. 6d. to 6s. 6d., or more.

Bone the birds without opening—that is, work the knife from the neck; do not split them down the back; fill them from a forcing bag. Roll them in buttered paper after trussing, and bake on a buttered tin in a brisk oven. Let them get cold, and cut them through, then mask the outsides with brown chaudfroid sauce, and sprinkle it over with chopped French gherkin and hard-boiled white of egg. Spread the flat sides with white chaudfroid, and sprinkle with the yolks of the eggs, sieved; put a bit of truffle in the centre. Have a plain aspic border; put five halves round it, *en couronne*, and fill the border with a cooked macédoine of vegetables. Half a bird should go underneath. Mask the top with good mayonnaise, and garnish with the same materials used for the birds. The outside of the border may be decorated either with salad or chopped aspic, or with plovers' eggs in aspic if they are to be had. This is a very nice dish; it may be served as an entrée.

Quails, Boned and Stuffed, Hot.—Cook the birds as above, and dish them whole on a rice block or border. Mask them with good brown sauce, flavoured with sherry, and put watercress about the dish. Or cut them through with a sharp knife, smoothing them nicely; dish in a pile, and pour sauce or gravy over. For dishing, a croûton or a ring of fried bread should be used, and some truffles are a nice garnish. Cost, about 1s. 9d. each, inclusive. For other methods of serving, *see* PIGEONS.

Quails, Braised.—Required: quails, stuffing, sherry, stock, &c., as below. Cost, about 1s. 9d. each.

Remove the trails and livers of as many birds as are needed; chop them with half their bulk of fat bacon; add a tablespoonful of fine bread-crumbs for four birds, season with fine herbs and pepper; moisten with a teaspoonful of sherry for each. Take out the bones (leave the wings untouched), and fill the birds; sew them up, and brush with butter; cook before a sharp fire until half done; then lay them in a stewpan, and pour good sherry and clear stock mixed to half their depth. Finish the cooking, and add a morsel of glaze and roux to the gravy, to thicken it very slightly. Serve with the gravy round, and fried crumbs in a boat.

A morsel of shalot or onion, *scalded*, may be pounded and mixed with the stuffing.

Quails, Broiled or Grilled.—The birds should be split down the back, and well flattened, then seasoned with white pepper and salt and a little lemon juice, and moistened with a teaspoonful of warmed butter for each bird. If time permits they should be left for a time before cooking. Then cook over or before a very clear fire.

Turn every half minute, and do not let them get dry. When done rub more butter over the breast, and sprinkle with lemon juice. Serve breasts upwards on pieces of toast or fried bread, and garnish with watercress. Slices of lemon should be laid about the dish. Birds so cooked within an hour of being killed are thought by some to be better than those that have been kept.

Quails, Fried.—Required: quail, bread, batter, frying fat, seasoning, &c., as below. Cost, very variable.

The birds are to be split, and prepared as for roasting. Then season some flour with a little salt and a hint of cayenne, and dip the halves of quail in melted butter, then in the flour, and shake off all that does not adhere. Cook in a frying-pan in a little hot fat, which may be butter, oil, or good clarified fat. After the first minute, reduce the heat, that the birds may cook through without burning.

Another way.—The birds should be roasted until half done, then left to cool, and be coated with seasoned frying batter, and plunged into enough hot fat to cover, and removed when a golden brown. Serve with a garnish of fried parsley and sliced lemons.

Another way.—Let the birds marinade in a mixture of oil, salt, chopped parsley, lemon juice, and a dust of cayenne, with just a suspicion of shalot or onion. Then coat with beaten egg and fine bread-crumbs, and fry in fat to cover. They should be first roasted or baked until partly done, and left to cool.

Quails, Roasted.—It is optional whether the trail be left in or not. In the opinion of many, a quail without its trail is worthless. Pluck and singe, take the head off, and the neck-bone and crop out. Truss by pressing the legs to the body, pass a skewer through the thighs and pinions, but first cut the latter off at the first joint. Rub them over with clarified butter, and tie a vine leaf on the breast; cover this with a slice of fat bacon, then roast for ten or twelve minutes; fifteen minutes if liked well done. When several are cooked at once, a large skewer may be passed through, but space must be left between. This may be laid in a tin before a brisk fire, or arranged as most convenient, so that the birds get evenly cooked. Dish each on a piece of toast or fried bread; if the birds have not been drawn, toast is most suitable. It should be laid under them to catch the trail. Remove skewers, but leave the vine leaves and bacon; send gravy to table in a boat, also a dish of fried crumbs. Lemon and watercress may be used for garnishing.

Another way.—In drawing, take out the trail and livers; cook these in a little pan with a morsel of butter; pound them, and season with salt and pepper; spread on toast just before dishing the birds.

Rabbit.—There are two sorts—the tame and the wild. Tame rabbits are the larger of the two, with the flesh white and delicate. Of these the Ostend rabbits are most highly valued, but tame rabbits are very distasteful to some. Rabbits are highly esteemed for food, and are valuable because they can be served in so many ways. As the meat is rather dry, bacon is generally served with them. When used for the table they should be young, and should not have been kept more than a day or two. M. Ude gives some additional particulars on this head:—"It is to be observed," he says, "that warren rabbits only ought to be sent up to a good table, tame rabbits in general having no flavour but that of cabbage; and you must be particular in using for table only young rabbits. Whether they are so may be ascertained by breaking the jaw between the thumb and finger; if they are old, they resist the pressure. Also by feeling in the joint of the paw for a little nut; if it is gone, the rabbit is old, and not fit for fine cookery. In such cases use them to make rabbit puddings or pies."

In all our recipes we shall assume

the use of wild rabbits; they may be followed for tame ones—but we advise that if any difference be made, the seasoning may with advantage be increased; for to disguise, rather than bring out, the flavour, will the better suit the majority. Cost, from 1s. to 1s. 9d. (*See* RABBIT, LIVER OF.)

Rabbit, Baked.—Required: a rabbit, bacon, forcemeat, gravy, thickening, &c., as below. Cost, about 2s. 6d., exclusive of jelly.

The rabbit should be plump and young. Skin, empty, and wash it, and line the inside with a thin slice or two of fat bacon, then fill with any plain herb or veal stuffing. Sew it up and truss firmly (*see* page 456), and lay a slice or two of bacon on the back. Lay it in a deep baking tin, to prevent dryness, and cook in a moderate oven. Baste often with a little bacon fat or dripping, and when almost done, flour and baste the rabbit, and brown it nicely. Take out the thread and skewers, and put it on a hot dish, pour a little brown gravy or sauce over, and send more to table in a tureen. Red currant or other fruit jelly is a great improvement, and the dish may be garnished with sliced bacon. A large, old rabbit is not good this way; only a tender one will give satisfaction.

Another way.—Instead of stuffing the rabbit, bake it plainly, and serve some sausages with it. Time, if stuffed, from three-quarters to an hour; for an unstuffed one, a trifle less.

NOTE.—Many vegetable purées and sauces are very nice with the rabbit; celery, onion, and carrot may be instanced; bread sauce with brown gravy also affords a pleasant change. If no bacon, use plenty of dripping.

Rabbit, Barbecued—Required: a very young rabbit (if old this dish is a positive failure), seasoning, garnish, &c., as below. Cost, about 2s.

Open the rabbit all down, cut its head off, and wash it again and again until clean, then lay it, back down, in cold water, with a bit of salt, for an hour. Dry it thoroughly, and leave it for an hour or two; then cut it several times across the back, and once in the thick part of each leg. Then dip it entirely in hot fat, and cook it before the fire, or on a gridiron. It must be turned frequently, and well brushed with fat during the cooking, and will take from twenty to thirty minutes. It should be peppered before cooking. When brown and tender, put it on a hot dish with plenty of seasoning, and some clarified butter; put a cover over, and set it in a hot oven for a few minutes. Mix together a teaspoonful of French mustard, a tablespoonful of lemon juice, and a *small* quantity of gravy, made from the head, put on early in the day. Heat this, and pour it over the rabbit. Put it on a clean hot dish, with slices of lemon, sprigs of fried parsley and little croûtons round it. Send fruit jelly to table in a dish. Anyone tired of ordinary dishes of rabbit may try this with confidence.

Rabbit, Boiled.—Wash the rabbit, taking care to get any blood from the head and neck; plenty of water and long soaking are wanted. The head and neck should be left in the water longer than the rest of the body; it is easy to effect this by suspending the rabbit. Put it in boiling water, and flavour it in the usual way. (*See* POULTRY, TO BOIL.) If the rabbit be soaked in warm milk for a short time, after washing, its flesh is improved. This is not wasteful—the milk can be used for the sauce; mushroom, parsley, celery, onion, liver, or plain white sauce are suitable; tomato is less common, but equally good. Boiled bacon or pickled pork should be served with the rabbit.

Time, for a very young one, thirty minutes; for a medium-sized one, forty to fifty minutes; an hour or more for a fully-grown rabbit.

To carve a boiled rabbit, the legs and shoulders should be separated from the body, which is then cut through the back into two or three pieces. The head and neck should be served only to those to whom it is first ascertained that they will be acceptable; for while many

enjoy the picking of a rabbit's head, others regard it as a most unsavoury morsel. (*See* RABBIT, TO TRUSS.)

Rabbit, Boned and Roasted.—*See* the directions given on page 424 for HARE. If preferred without bacon inside, it can be omitted, but the back of the rabbit must be covered with slices of bacon; the legs, too, are all the nicer for this treatment. Brown gravy should be sent to table, and little rolls of bacon, with some small sausages, may be put about the dish; or forcemeat balls can be used. The rabbit must be a fine one; poor, skinny ones are not worth the trouble entailed by this method.

Another way.—Bone the back only, and instead of forcemeat, fill the rabbit with tiny mushrooms, lightly cooked in butter, and seasoned with salt, pepper, grated lemon peel, and a little nutmeg. Sew up, and bake or roast, using the butter from the mushrooms for the basting. Make brown gravy, and flavour it with good mushroom ketchup, or add some pickled mushrooms to it.

Rabbit, Braised.—The method is described under HARE, BRAISED, and if expense be no object that recipe may be followed with certainty of satisfaction. For a cheaper dish, stock No. 1 or 2 will do, or second stock No. 3, which is very good for many braised dishes. A purée of red haricots is excellent with this; it should be moistened with the gravy from the rabbit. (*See* recipes and remarks in the chapter on VEGETABLES.) If second stock be used, a little colouring will be wanted; if common stock, a morsel of gelatine, or gelatinous meat is an improvement. Small sausages of pork or beef may be put about the dish; or rolls of bacon if preferred. A piquant gravy is very good with this; the ingredients required are the same as given for piquant sauces.

Rabbit, Broiled (or Grilled).—The legs of a cooked rabbit are very nice for a breakfast dish, if scored and nicely seasoned, then brushed over with warm butter, and broiled or grilled; a rabbit which has been boiled or steamed may be very successfully used up in this way. The recipes given under FOWL and TURKEY can be followed. Another nice dish is to be had by boning the legs, and filling them with a little tomato or mushroom purée, made firm by the addition of bread-crumbs; a few stitches will be required to hold the flesh together. The legs may then be broiled or grilled, or heated in devil sauce. A small quantity of cold sausage or minced meat, may be mixed in the purée. The legs should be dished on a croûton, or served with a border of fried or mashed potatoes. Tartare sauce is an excellent accompaniment.

Another way.—Required: the legs of a rabbit, a seasoning of mushroom powder, mustard, chopped shalot, herbs, and salt and pepper, stock or gravy, and mashed potatoes, with one of the adjuncts under-mentioned. Cost, about 6d., exclusive of the rabbit. The rabbit legs are to be heated in the stock or gravy, then gashed and seasoned, and covered with the mashed potato, or a little potato pastry (*see* VEGETABLES). Then brown before the fire, or fry if preferred. Serve with grilled tomatoes, or fried onions, or a little cooked rice, &c. The shoulders and back of a rabbit are equally good in any of the above ways, but we refer to legs as they are more often left over.

Rabbit, Dry Curry of.—Required: a rabbit, cream, butter, rice, and seasoning as below. Cost, from 2s. to 2s. 6d.

Take some slices from the legs and back of a fine rabbit, which has been steamed or boiled until done, and left to get cold; dip them into cream, seasoned with cayenne and hot chutney, and a suspicion of dried bay leaf in fine powder. Melt in a pan from one to two ounces of fresh butter—in proportion to the quantity of meat—and add to it a

dessertspoonful of curry paste for eight to twelve ounces of rabbit. When well blended, put in the rabbit, and stir all the time until it is well heated through, then put in salt to taste, a teaspoonful of onion juice, the same of hot mango chutney (the liquid portion only), and a little almond-milk or cocoa-nut milk. Go on stirring until the rabbit is coated with the compound, no liquid remaining in the pan. Have some boiled rice on a dish, hollow the centre, and put the rabbit in. Send mango chutney, cayenne, and lemon juice to table, and sprinkle a few chillies and sultanas over the rice.

With reference to the above, it is hardly necessary to say that it is excellent; we wish to point out that if a very young rabbit be used, or a young chicken is equally suitable, the preliminary cooking is not needed; but the tossing process has to be prolonged; therefore care is wanted, or the meat will burn. This is a good luncheon dish.

Rabbit, Fricandeau of.—Required: a rabbit, bacon, stock, and tomatoes as below. Cost, about 2s. 6d.

For this, take the fleshy portion of a large, fat rabbit—that is, the hind quarters and the loins cut off close to the shoulder-blades. Lard the flesh evenly and closely, and lay it in a deep baking-dish. Pour upon it as much nicely-flavoured stock (No. 4 or 5) as will cover it, fasten a piece of buttered paper over the dish, and bake the rabbit in a moderate oven until it is quite tender, being careful to baste it frequently, and to add a little more stock if required. Lift the rabbit out of the gravy and keep it hot. Boil the liquor in which it was baked till well reduced. Have ready a teacupful of rich tomato purée. Spread this on a hot dish. Lay the rabbit upon it, pass a red hot shovel over the larding, to make it crisp, and pour the gravy over all. Serve very hot.

The rabbit may be cooked in a stew-pan if more convenient. Time, about an hour and a half. Serve a purée of green vegetables in a separate dish, or put this under the rabbit, and send the tomato purée to table in a sauce boat.

Rabbit Galantine.—Required: rabbits, forcemeat, bacon, &c., as under. Cost, about 4s.

This is a good dish for any meal, and an excellent substitute for Fowl Galantine; it is, of course, much cheaper. Two rabbits are wanted; one should be large and the other small. Bone both; they should be plump. Lay the large one flat on a board; cut up the other; mix it with about half its bulk of forcemeat (*see* recipes), and spread it over the other; or make a roll of it. Sew up in a roll, or the original shape may be restored; if the first method be followed, draw the legs in to the body. Tie a few slices of bacon round, and sew up in a clean cloth, then follow the directions given for galantines of Fowls, garnishing according to taste and requirements.

Another way.—If only one rabbit be procurable, use veal for the filling, or young, tender pork; or increase the forcemeat; unless well filled, it is not worth the trouble.

Rabbit, Hashed.—Required: cooked rabbit, sausages, bacon, vegetables, gravy, &c., as under. Cost, variable.

Take the remains of a rabbit that has been boiled, and some bacon or pickled pork, together with any sauce that may have been served with it. Slice the rabbit and bacon, a fourth of the latter will be enough, and heat them in the sauce; or if none is at hand, a little can be made, or some white stock can be flavoured and thickened for the purpose. Supposing half a pound of rabbit to be used, take the same weight of pork sausages; twist them up to make each into two; boil them, or, better still, steam them. Serve the hash on a hot dish, with the sausages round, together with little potato balls or cakes. Hard-boiled eggs are sometimes used.

Another way.—Mince the bacon or pork, instead of slicing it, and re-

warm it between two plates; put it in little piles round the rabbit, omitting the sausages. Rabbit may also be hashed or minced in the same way as veal (*see* recipes under POULTRY also). For a brown hash, use rabbit gravy, or make some piquant sauce; re-heat the meat, and garnish the dish with croûtons, or put a border of cooked vegetables round. A bit of jelly improves the gravy; a pint will be wanted for half to three-quarters of a pound of rabbit. Put fried forcemeat balls about the dish if liked. Stew down the bones for the gravy. (*See* recipes under HARE and other sorts of game for superior dishes of this description.)

Rabbit, Liver of.—With reference to the livers of rabbits, a writer says that "as a rule, domestic rabbits, and particularly those from Ostend, abound in internal parasites. Wild rabbits are not so abundantly pestered, yet scarcely one out of every hundred is free from worms in or about the region of the liver. These resemble little bags of white of egg, each with a denser, opaque, milk-white spot upon it, altogether about the size of a pea seed. In fact, these little blebs of albumen are nothing more nor less than undeveloped tape-worms, waiting to be swallowed by some other warm-blooded animal, to grow in the intestines of the latter into the active agents of wasting disease; and their presence within the human economy cannot be pictured with any feeling short of abhorrence." These remarks may enforce the necessity of examining all liver before using it, and of throwing it away if it looks the least suspicious. To submit it to the action of fast-boiling water for a minute or two, though not always needful, is certainly a wise precaution, and should be remembered when to be used in forcemeat, &c.

Rabbit Pâté. — Required: a boned rabbit, four ounces each of raw fat pork and lean veal, two ounces of cooked ham, a bay leaf, a shalot, a teaspoonful of parsley, fresh, half as much of powdered thyme, a teaspoonful of salt, half as much pepper, a pinch each of grated nutmeg, cayenne, and cloves, a glass of sherry, and a few slices of fat bacon. Cost, about 3s. 4d.

Line a jar with the bacon; powder the bay leaf, chop the shalot; make all into a compact mass, just as directed for TERRINE OF GROUSE. Fill the jar, and put more bacon on the top. Cook in a water bath for two hours and a half, and serve cold, with a garnish of salad or parsley. This is a good breakfast dish; it also makes very nice sandwiches. It is for immediate use only.

Rabbit, Roasted.—*See* the recipe for RABBIT, BAKED, and prepare it similarly, or fill it with chestnut forcemeat. Baste often, and cover with bacon, unless the rabbit be larded, which is a great improvement. If liked, it may be roasted minus any stuffing; a good piquant sauce is then suitably served with it, and there should be plenty of garnish, in the shape of herb or sausage meat cakes. Time, an hour for a good rabbit. For better recipes, *see* HARE, ROASTED. If tenderness is doubtful, partly cook by stewing, steaming, or boiling first. (*See* RABBIT, TO TRUSS.)

Rabbit, Spanish way of Cooking.—Required: rabbit, onions, bacon, and seasoning. Cost, about 2s. 3d. to 2s. 6d.

A stewpan or earthenware pipkin is taken, having a tightly-fitting cover, and of sufficient size to hold a couple of rabbits when cut up into small pieces; also four moderate-sized Spanish onions in thin slices. A layer of sliced onion and bacon is placed on the bottom of the pan; then a layer of the pieces of rabbit previously seasoned with salt, pepper, and whatever other seasoning may be desired. This is covered with a second layer of onion, then rabbit, and so on alternately, until the whole of the rabbit is used up. A few thin slices of bacon or ham are put over

the last layer of rabbit, and all the remaining pieces of onion are placed on the top. The cover is then put on, and the whole stewed at a moderate heat for three hours. A slack oven, a hot plate, or a water bath answers admirably. Almost needless to say, that, as no water is added, the jar must not be subject to fierce, *dry* heat, whether on a stove or in an oven. When turned out, if nicely cooked, it will be found a tender, succulent, gravy-teeming dish; differing from the dry, stringy, and insipid dishes of rabbit often served. English onions answer very well, if scalded; and if a slightly thickened gravy is preferred, a dessertspoonful of flour may be added to the seasoning which is rubbed over the rabbit. A dish similar to this, and liked better sometimes, is made by adding to the rabbit, twenty minutes or so before removing it from the jar, about half a pint of WHITE SAUCE made with milk. The liquid from the rabbit is added to it gradually, and the whole boiled up; and those who favour cheese dishes will appreciate a rabbit to which half a pint of CHEESE SAUCE is added in the same way.

Another change may be effected by using some celery in place of half the onions.

Rabbit, Stewed, Brown.—Required: a rabbit, an onion, a few celery stalks, stock, thickening and seasoning as below. Cost, about 2s. to 2s. 3d.

This is a plain dish. Wash and dry and cut up the rabbit, dividing the legs if large, then brown the joints in a little hot fat; this makes the dish more savoury, though it may be dispensed with. Add any plain stock, such as No. 1 or 2, or the liquor from boiled meat, and the vegetables cut up; a little carrot may be used, and the onion can be fried if approved. A bunch of herbs, and some peppercorns with a clove or two should be added. Cook very slowly for an hour to two hours, according to the age and size of the rabbit. Thicken with browned flour, and add a little colouring, or if additional flavour be imparted by means of store sauce or ketchup, the colouring will not be required. A little lemon juice or vinegar, either of the flavoured kinds, adds to the flavour and increases the tenderness. There should be a good supply of gravy, and the vegetables may be served or removed with the herbs and spices. A little bacon or pickled pork may be cooked separately and served on another dish, or a few slices of ham or bacon may be fried and put round the rabbit. Remember to remove the neck, &c., before the other joints; or put the thin joints in after the others. If all go in together they will not be evenly cooked.

Various adjuncts may be used; mushrooms are an excellent addition, so are tomatoes, and either may be cooked with the rabbit or separately and used as garnish. Savoury preparations of rice, &c., may be put round the rabbit, and sausages are often served. For richer stews the recipes under HARE should be followed, and many hints may be gathered by reference to stews of poultry and meats, both for plain and rich dishes.

Rabbit, Stewed, à la Française.—Required: a nice young rabbit, two ounces each of bacon, butter, and lean ham; a pint of stock, No. 1 or 2 (or for a better dish, No. 4), half a pound of small onions, a sprig each of thyme, parsley, marjoram, and a bay leaf; a glass of light wine, and a tablespoonful of French vinegar; roux and seasoning. Cost, about 2s. 4d.

Wash, dry, and joint the rabbit; put it in a stewpan, with the onions in slices, the butter, first melted, the bacon in dice, and herbs, tied together. Cook until brown, turning and shaking now and again, then add the ham in strips, the stock, wine, vinegar, and some white peppercorns and a clove or two; no salt until it is nearly done. Cover, and leave for an hour and a quarter to two hours; the age of the rabbit affects the length of time required; stir a time or two, and when

tender thicken with a spoonful of roux, and add more stock if plenty of gravy is wanted; keep the rabbit hot; it should be dished on a round of bread, fried or toasted; then pass the gravy, onions, and liver through a sieve; remove the spices, re-heat, and pour over the rabbit.

In the case of an old rabbit, much longer time must be allowed. It may be steamed for a short time before cooking, and will be more likely to turn out tender if the preliminary browning be omitted, although the stew will be less appetising. This is a very good dish.

Rabbit, Stewed, White.—For a white stew or fricassee, *see* the INDEX for dishes of veal, fowl, &c.

Rabbit, Tinned.—These are amongst the best of the many excellent tinned meats, and their cheapness is no small point in their favour. They are thoroughly cooked, the meat easily falls from the bones, and may be used in minces, &c., and for potted meats. Eaten cold, just as they are turned from the tins, with a nice salad, they are very appetising. They may be converted into curries, fricassees, and all like dishes, at little cost and trouble, or re-heated, and served with any sauce such as would accompany a freshly-boiled rabbit. For pies they are very good (*see* PASTRY); also for many other dishes for which fresh rabbit is employed. The recipe below illustrates the principle which should govern the re-heating.

Required: a tin of rabbit, a pint of onion sauce, made with milk, from six to eight ounces of cooked ham or bacon, hot. Cost, about 1s. 9d.

Take the rabbit from the tin; separate the pieces; cut up the bacon into little slices, then put alternate layers of all in a jar, having sauce top and bottom. Cover this, and set it in a saucepan of boiling water, until the rabbit has become heated; then turn out on to a hot dish. This is very little more trouble than it would be to heat the rabbit, and just pour the sauce over, and garnish with the bacon. The difference will be at once apparent upon trial of both methods.

Rabbit, to Truss.—If not already skinned and paunched, this must be done first. Cut the rabbit open and take out the intestines, liver, lungs, and heart. Leave the kidneys. Wash the liver and heart, and at once throw the rest away. Be careful in removing the liver to avoid breaking the gall bladder, or the flesh will be made bitter. Loosen the skin on both sides, towards the hind legs, then draw the skin off, inside out. Chop the first joint of the legs off. Go on skinning the body until the fore-legs (shoulders) are reached; skin and chop them similarly. Cut off the ears, and peel round the nose, then skin the head, and take the eyes out with the point of a knife. Rub with salt any parts where the blood has clotted, then wash and dry the rabbit. It is best to leave it under a running tap for a time; it saves a good deal of trouble. If for boiling, thread a needle, pass it through the end of a hind leg, pushed forward, then through the end of the fore-leg, drawn backward; pass it through the body, and secure the other legs in the same way. Bring the needle through again to the starting point, and pass it through the jaws, after twisting the neck, so that the animal is, so to speak, looking backwards. Tie the two ends firmly. When done, the string is readily withdrawn. Skewers are always better dispensed with in trussing for boiling.

If for baking or roasting, proceed in the same way, but fasten the head by means of a skewer passed through the shoulders and neck; or by skewering through the mouth. The head must be kept upright. A roasted rabbit looks nicer if the ears be left on (*see* ROAST HARE). A slit should be made in each thigh, close to the body, about an inch long, that the legs may be more easily turned, and fastened close to the body; and in

the case of a boiled rabbit this way is sometimes preferred. After the cuts are made, the tail end should have an almost V-shaped appearance. Not only does this give the rabbit a neater appearance, but it facilitates the cooking.

Rook.—The meat of the rook is rather dry and coarse, though in the opinion of some there is a resemblance between the flavour of the young rook and the pigeon. Perhaps rook pie is the best dish that can be made from the birds (*see* PASTRY); but rooks can be mixed with other birds if cut up for a stew, or other dish, with plenty of gravy.

Note.—*See* ROOK PIE for the preparation of the birds.

Ruffs and Reeves.—These little birds, of which the ruff is the male and the reeve is the female, take their name from the long feathers which stand round the neck of the male bird. Ruffs are birds of passage, and are caught in traps, and when fattened on meal and milk are esteemed a great delicacy. They should not be drawn, and should be trussed like woodcock. To prepare them, run a small skewer through the thighs and pinions, lay over the bodies of the birds a slice of fat bacon and a vine leaf, run them on a skewer, and put them down before a clear fire. Baste well with butter, and put a slice of toast in the tin under the birds to receive the drippings from the trail. When done enough, dish them on the same toast with a little brown gravy round them, and more in a tureen. Garnish the dish with watercress, and send bread sauce or melted butter flavoured with lemon to table. They will take from ten to fifteen minutes. Cost, uncertain.

Snipe.—The snipe is a migratory bird. Like woodcock, snipes, after being plucked and singed, and the head skinned, are not emptied, but are roasted with everything in them as they succumbed to fate. The thigh is more highly esteemed than any other part. They are most abundant and fattest in frosty weather. They frequent marshy meadows, and, during frost, the edges of rushy hills, and feed on worms and insects. The snipe is decidedly inferior to the woodcock. Mr. Galton advises that when rank birds are shot, they should be skinned, not plucked, as much of the rankness lies in the skin: if unskinned, they should be buried for some hours, because the earth absorbs the oil that makes them rank. The breast and wings are the least objectionable parts, and, if there is abundance of food, should alone be cooked.

If old, the feet will be thick and hard; when these are soft and tender, the birds are young and freshly killed. When the throats are muddy, and the bills very moist, they have been too long killed. Cost, about 2s. 6d. or 3s. per brace, but variable.

Snipe, Curried.—"The snipe should be plucked and cut through, not drawn, since the entrails afford a most delicious morsel. It may be considered a sacrifice to curry snipe, but one trial would at once abolish all such scruples, for a more delectable dish upon the tables of the opulent it would be difficult to discover." The snipe is worthy of the best curry sauce that can be concocted, the nicest gravy or stock being used for its foundation; and not a moment longer than is necessary for the cooking should it remain on the fire; neither should the pan be uncovered, or the aroma and flavour will suffer.

Snipe and other game can be reheated in curry sauce, but the dish will not be so good as one from fresh birds. In making the sauce, the worst parts of the birds should be stewed for stock; that and some good brown sauce, or game gravy, may form the foundation; or brown stock No. 5 makes a good basis for these curries. Should a little fumet of game be in the larder it will greatly improve the curry. Plenty of rice should be served with it.

Snipes, Roasted.—Pluck the birds very carefully so as not to tear the tender skin, and singe and truss without drawing them (*see* SNIPES, TO TRUSS). Put them to a clear fire, and baste frequently with butter or dripping. When they have been down five minutes, put under them slices of the crumb of bread toasted and buttered on both sides. This toast is intended to catch the droppings of the trail, and is considered by epicures a greater delicacy than the bird itself. A slice should be allowed for each snipe. After the toast is put under the birds, a dish should be held under them when they are basted. When they are done enough, flour and brown them. Take them up, dish them with a slice of toast under each, and serve without any sauce in the dish with them. If liked, a slice of lemon may accompany the birds, or a little plain melted butter may be sent to table in a tureen. Snipes should be served very hot, or they will be comparatively worthless. They should not be *over*-roasted. The thigh is considered the best part. Time, about twenty to twenty-five minutes; or twelve to eighteen minutes if liked much underdone. The snipes are all the better if barded.

Snipes, Roasted (another way).—Pluck, singe, and draw the snipes, remove the gizzards, and carefully preserve the trails. Truss the birds, cover them with thin slices of fat bacon, and tie these on securely with twine. Put them down before a clear fire. Take a slice of the crumb of bread for each bird, and toast and butter it on both sides. Chop the trail, spread it on the toast, and put the slices in a brisk oven. Take the birds up, and dish them on the slices of toast in a hot dish.

Snipes, Superlative. — Required: snipe, forcemeat, purée, sauce, and a garnish as below. Cost, from 6s. or 7s. upwards.

Partly roast two or three birds; take them down, and split them down the back. Have some game forcemeat ready—liver forcemeat is best for this; make a ring of it on a dish; and spread the snipe on the cut sides with some of the same forcemeat. Lay them in the ring, and make them high in the centre. Spread a game purée over the top, and finish the cooking in a hot oven. The dish should be covered. Then pour away any fat from the forcemeat, and dredge fried crumbs over the top; garnish with croûtons, and mushrooms or truffles; serve a truffle purée separately, or a good truffle sauce.

Snipes, to Truss.—Follow the directions given for WOODCOCK; or truss them by cutting the first joints of the wings off, and pressing the legs to the body, then passing the bill of the bird through the legs and body. This method has almost supplanted the other one referred to, as it facilitates the carving.

Teal.—The flesh of this beautiful and delicate little waterfowl is highly prized. It is thought to be better in flavour in frosty weather, though it is to be had from September to February. It can be cooked like wild duck, though less time will be required. Cost, about 1s. 6d., but is uncertain.

Teal, Filleted.—This is a nice dish. The birds are half roasted, then taken down, cut into fillets from the breasts and legs, and stewed for ten minutes in brown gravy or sauce, well-flavoured with port or claret, and a little lemon or orange juice. With this some mushroom sauce should also be sent to table. The gravy should be poured over the birds. Make stock of the rest not used for the dish. If for an entrée, garnish with orange salad and watercress, or with glazed mushrooms and croûtons. The fillets should be in a pyramid.

For a more economical dish, joint the birds when half done, having boned them to commence with, then cut the joints into even sizes. Cost, for a dish of three birds, about 6s. to 7s. on an average.

Turkey.—The turkey is highly esteemed, and usually commands a high figure, especially at Christmas, when most extravagant prices are often demanded and obtained for large, well-fed birds. Turkeys are at their best in December and January. If the weather is suitable, they should be hung fully a week before being dressed. In very cold weather, care must be taken that they are not frozen in hanging, and if this is the case they should be brought into a warm place for some hours before being cooked, or they will be spoilt. Brillat Savarin says:—"The turkey is the largest, and if not the most delicate, at least the most savoury of domestic poultry. It enjoys the singular advantage of assembling round it every class of society. When our farmers and wine-growers regale themselves on a winter's evening, what do we see roasting before the kitchen fire, close to which the white-clothed table is set? A turkey. When the useful tradesman or the hard-worked artist invites a few friends to an occasional treat, what dish is he expected to set before them? A nice roast turkey stuffed with sausage meat and Lyons chestnuts. And in our highest gastronomical society, when politics are obliged to give way to dissertations on matters of taste, what is desired, what is awaited, what is looked out for at the second course? A truffled turkey."

Hen turkeys are considered the best, especially for boiling; one of moderate size is preferable to a large one for this mode of dressing. In young birds of both sexes the skin is soft and even; in old ones it is coarse, hard, and wrinkled. While hanging, the bird should be watched; if kept too long the head will become discoloured, and a greenish mark will be seen up the neck. The legs should look smooth; and in a cock turkey the length of the spur indicates age; a long spur, with rough, pale legs, are certain signs that the best days are over from a culinary point of view. Cost, about 7s. to 21s. on an average, or from 1s. per pound upwards.

For other dishes of turkey follow the recipes given for Fowl.

Turkey, Carving of.—The breast of a turkey is so large, that slices taken neatly from it and from the wings generally suffice for all the company. They should be taken from each side alternately, beginning close to the wings, and a little forcemeat and a small portion of liver should be served to each guest. When it is necessary for the legs to be used, they should be separated from the body with a sharp knife, and cut in slices; but it should be remembered that they, with the gizzard, will make an excellent devil. The dotted lines in the illustration show clearly the method, and render further explanation unnecessary.

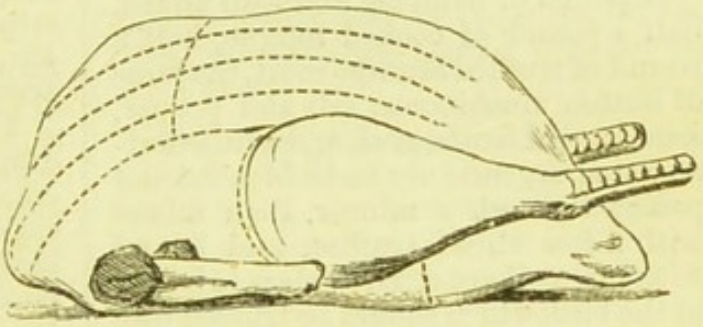


Fig. 103.—Turkey, Roast, to Carve.

Turkey, Drawing.—Lay the bird on its breast, push back the skin of the neck, and cut the neck itself off close to the body, but leave the skin long that it may be securely turned over. Remove the windpipe and loosen the inside of the throat with the finger. Make an incision under the tail an inch and a half long, with the fingers remove the crop and the intestines, and be particularly careful not to break the gall-bladder, which is fastened to the liver, nor to let any of the gall touch the bird, as it will impart a bitter taste which cannot afterwards be removed. Wash the inside with a soft rag, pour water through it, and dry it carefully.

Turkey à la Brockleigh (a cold dish).—Required: a boned turkey of moderate size, forcemeat as below, aspic, brown and white sauces, a tin of macédoines, salad, sliced tongue, quenelles, &c., as undermentioned. Cost, from 15s. to 18s. on an average, but may cost 20s.

A pound of ham, fat and lean mixed, half a pound of cooked tongue, half a pound of truffled sausage meat, the same of button mushrooms, salt and pepper, some grated lemon peel, and a little nutmeg and cayenne are to be blended and passed through a mincer, then mixed with a few sliced truffles, and bound with raw yolks of eggs. This is to be put in the bird, which should be trussed into its original shape. The bird is then to be nicely braised. (*See* page 461.) When done let it cool, then mask it with white chaudfroid, and when that is cold with brown chaudfroid. Some rings or stars of truffles and cooked white of egg are to be laid on to form a pattern, together with pickled gherkins and savoury custard, cut into fancy shapes. Then pour pale aspic over to set the garnish. Garnish the dish with some little moulds of macédoines in aspic. (*See* GARNISHES.) Here and there lay some slices of tongue, cut with a crimped cutter, and the quenelles, and little piles of salad of various colours.

This is a good dish for any festive occasion. Time, about three to four hours. In estimating it, remember that the stuffing alone weighs about three pounds. The bones should be braised with the turkey, then added to the stock-pot; or the liquor from the braise may be made into very delicious soup, gravy, or sauce; the bones being simmered in it until the goodness is extracted. Dishes of this kind are needlessly increased in cost, unless full benefit in some way is obtained from the residue.

Turkey à la Chipolata.—Roast a turkey, and let it become nicely browned; glaze it if necessary; decorate with chipolata garnish (*see* GARNISHES), and send nice sauce to table; a good brown sauce is suitable; or make gravy from stock No. 16 or 17, thickening with roux and glaze. The bird may be stuffed with pork sausage meat, or with good veal forcemeat. Cost, variable.

Turkey, Baked, American.—Required: a young turkey, oysters, cream, seasoning, gravy, sauce, wine, &c., as below. Cost, from 8s. to 12s., according to size and season.

The oysters are to be bearded and dipped in cream, then in a mixture of cracker crumbs, pepper, nutmeg, and cayenne. Put a lump of butter in the bird, and pack the oysters in well, then truss, and give the bird a good shape. Roast or bake with frequent basting, and while it is cooking make a gravy from the giblets and oyster liquor; it can be made white by adding milk or cream, and a little flour and butter or white roux; or if liked brown, use brown thickening, and a glass of sherry or other wine. Send a dish of cranberry sauce to table if convenient. The bird is to be wrapped in buttered paper, and requires careful cooking, and only one that will be sure to be tender should be chosen, as it is not desirable to cook the oysters longer than is necessary.

Another way.—Stuff the bird, both breast and body, with a good oyster forcemeat, and cook by roasting or baking. When done, dredge with fried crumbs. Make a gravy from the giblets, and add some oysters and the liquor, with roux to thicken, and a glass of wine with a dash of anchovy essence. Fried oysters should be used to garnish. A fine fowl may be cooked in either of the above ways.

Turkey, Baked, Italian Recipe.—Required: a turkey, a glass of Marsala, some French plums, bacon, chestnuts, sausages, butter, seasoning, &c. Cost, about 2s., exclusive of the bird.

Cut from six to eight ounces of sausages in pieces; stone the French plums—two or three ounces only; cut them up, put them in a pan with some butter, add the chopped liver of the

bird, and a couple of dozen chestnuts that have been boiled and peeled. Fry altogether for a few minutes. Make into a forcemeat with the wine, and fill the turkey's breast. Cover with the bacon, and bake in a gentle oven with frequent basting. A gravy made in the pan is served with this, and some nicely-dressed macaroni or sparghetti is a fitting adjunct.

Turkey, Baked, Plain Method.—Supposing the bird to be rather old, it is well to steam it until three-parts done; or if this is not practicable, to boil it until the same point is reached, and leave it to cool in the liquor. After it has been dried and floured, wrap it in greased paper, and bake slowly. Just before serving, baste with butter, and flour it, to froth nicely, and serve with gravy and sausages, or with a chestnut purée. By this means the bird will be tender and of good flavour. The trouble is, of course, very slight, compared to that of roasting a turkey.

Turkey, Boiled.—An old couplet has it that "turkey boiled is turkey spoiled," but in this there is more rhyme than reason. A boiled turkey is a very dainty dish, agreeable to those who find a roasted one too rich, and a pleasant change to those who, during Christmas festivities, may tire of roast turkey. Choose a plump hen bird, and truss it like a boiled fowl. Veal forcemeat, or one of oyster or chestnuts, is often used. Bind it well that it may retain its good shape. Then follow the directions given under Poultry. *Skim well.* Take the turkey up when done, and drain it, then dish it, and pour over some white sauce. Some in harmony with the stuffing should also be sent to table in a tureen. Parsley or egg sauce is much liked; so is good celery sauce; they are suitable when veal forcemeat, sausage meat, or plain herb farce is used. Good mushroom sauce or purée is also excellent. A small ham, boiled; a tongue, or a nice piece of bacon, or a pig's cheek, is a suitable accompaniment; and the garnish may consist of lemons in slices, parsley, boiled sausages—small ones look nicer—or sausage cakes. Bread sauce is old-fashioned, but is still first favourite with many in connection with this dish. Time, about the same, weight for weight, as fowls. The turkey will rest flatter on the dish if the backbone be broken. The necessity for breaking the breast-bone is a disputed point. (*See* Goose, to Truss.)

Turkey, Boned.—Turkey may be boned without opening, or it can be cut down the back first, just according to the purpose for which it is required. If to be served in its original shape, the first mode must be followed. For actual details, *see* directions for Fowl, Boned. We would just add a note of warning with respect to the breast; it is easy enough to bone until the part is reached just where the breast-bone is most prominent; there the difficulty consists in removing the flesh without tearing the skin, and it is sometimes easier to leave a bit of this bone in the meat, as it can be better removed afterwards. Then, as to the wings: if the turkey be small, leave the bones, except the chief bone; but if large, leave only the third, thin bone. As to the legs: the thigh bone and leg bone, half-way down the drumstick bone, should be sawn off; the rest may be left, and will help to keep the bird in shape after filling and trussing.

Supposing the turkey is to be filled with a tongue, that must be boiled and nicely trimmed first, then placed so that the bend of the tongue comes under the prominent part of the breast. The vacant places are then filled with forcemeat, and it is necessary that no hollows are left, or the skin of the turkey is more likely to burst in the cooking.

Turkey, Braised.—An old bird will not be so good as a young one, but it will be better braised than roasted. Pluck the turkey, and prepare it by trussing as for boiling. Put some slices of bacon on the breast, and lay the bird in a braising pan, on a bed of

sliced vegetables, with a few strips of fat ham, and the giblets, cleaned, and cut up; add a few cloves and peppercorns, and a good bunch of herbs. Put in a glass of sherry, and lay a sheet of buttered paper over. Cover, and leave for nearly half an hour; the pan must be often shaken. Then put in stock to half cover the turkey. This can be No. 3, or for a better dish No. 9. Cook for two or three, to four or five hours; the size and age of the bird will serve as a guide. When done, glaze the breast, after taking the bacon off, and finish off in the usual way. If cinders have been used (or if an ordinary stewpan has been substituted, and the bird cooked in a moderate oven), it ought to be brown enough; if not, use a salamander before glazing. Skim and reduce the gravy and thicken it with roux. It can be poured off before taking up the bird, if the pan be drawn back from the fire, as it takes some little time to finish off. Pour a little on the dish, unless some garnish is prepared separately, then serve all in a tureen. The giblets may be added to the stock-pot, if not wanted for another dish.

Turkey, Braised, Plain.—Omit the wine, and add to the bird any plain stock, as No. 1 or 2, or No. 10 will do, if coloured and enriched with a morsel of beef extract. Proceed as directed until the turkey is done, then dish it—no glazing is required—and pass all the gravy and vegetables through a sieve; boil up, and season, and put in a little brown thickening; pour some over the turkey, and serve the rest separately. Prepare some carrots and onions, with celery if obtainable, by stewing or braising; place these about the dish, with the giblets cut up small, in little heaps between; or the latter will make another dish; then little piles of cooked ham, or tiny sausages, may be substituted.

Turkey, Braised, Served Cold.—If possible, let the turkey get cool in the liquor; it will then be of much better flavour, and retain more moisture. It should be wiped and put on a clean dish for serving, and left until cold before the finishing touches are given. It may be coated with white sauce, and treated like a boiled turkey; or may be glazed and nicely garnished or masked in any of the ways usual for roasted turkey.

Turkey Giblets, Fricasseed.—Required: giblets, butter, seasoning, stock, &c., as below. Cost, exclusive of giblets, about 8d. or 9d.

Take one set of turkey giblets; these consist of the wings, the feet, the gizzard, the liver, the head, and the neck. Clean them all carefully, skin and trim the feet, skin the gizzard and divide it into quarters, cut the neck into four pieces, and the wings and legs each into two pieces; skin, split, and clean the head, and slice the liver. Dissolve two ounces of butter in a stewpan and put in the giblets, together with a small bunch of parsley, a sprig of thyme, another of basil, an onion stuck with two cloves, and a little pepper and salt. Fry these ingredients gently till they are lightly browned. Pour over them a pint of stock, and let them simmer gently until done enough. Lift them out, skim, and strain the gravy, and thicken it with a small quantity of brown roux. Put back the giblets for a few minutes' further simmering; arrange them neatly in the centre of a dish, and pour the gravy over. Any sort of vegetables may be served with this dish. Time, about two hours. Ordinary stock, as No. 1 or 2, does for a plain dish, but No. 4 will make it very superior.

Turkey Giblets with Turnips and Onions. — Required: giblets, bacon, gravy, turnips, onions, seasoning, &c., as below. Cost, about 1s., exclusive of giblets.

Prepare the giblets as above. Take half a pound of streaky bacon, and cut it into convenient-sized pieces. Fry these until they are lightly browned. Lift them out, then put in the giblets, and fry them lightly. Pour gravy over them, and simmer gently as in the last recipe.

Cut three or four large turnips to the shape of corks, and peel six or eight button onions. Put them into boiling water for five minutes, drain and dry them, fry them in one ounce of butter till they are lightly browned, and put them aside. Skim, strain, and thicken the gravy in which the giblets are stewed, and put in with the bacon the fried vegetables soon enough for them to be sufficiently dressed at the same time as the meat. They will require from fifteen minutes to half an hour, according to age and size. Arrange the giblets neatly in the centre of a hot dish, put the vegetables round them, pour the gravy over, and serve very hot. The wings only of turkeys are often stewed in this way. Potatoes may be served with this dish; or a border of macaroni or rice; a purée of carrots is also suitable.

Turkey, Hashed, à la Delaville. — Required: the legs of a turkey, a purée as below, gravy, wine, rice, and croûtons as under. Cost, about 1s. 3d., exclusive of the turkey.

Skin and cut the meat of the legs into slices; put between them some slices of cooked forcemeat; place in the form of a roll, and lay in a baking tin to just hold it; cover with a buttered paper after moistening with stock, and heat in the oven, over a tin of hot water. For the purée, put two ounces of butter, two tomatoes, half a glass of sherry, a teaspoonful of white vinegar, a chopped shalot, and a pinch each of salt, sugar, and pepper into a saucepan. Boil to a pulp, sieve, and return to the pan with a teaspoonful of rice flour. Boil up, and then beat in a raw egg, yolk only. Have a long croûton, hollowed in the centre; put the turkey roll on it, and pour the purée over. Garnish with a few fancy croûtons. Put some boiled rice on both sides the dish, and pour the gravy from the turkey over; reduce it well, only a little is wanted. Then sprinkle with chopped parsley, and serve as an entrée for a plain dinner.

The legs of a couple of fowls may be served in the same way, and the meat from the back of a nicely-cooked rabbit is equally nice. (*See* recipes under Fowl.)

Turkey, Minced. — Supposing the best of the bird to have been eaten, take any flesh that may be left, and cut it in little dice. Any that cannot be so cut may be scraped from the bones. If the giblets be left from the gravy, they will probably yield further flavour by stewing them in stock or water with the bones. In any case, a nice gravy must form the foundation (*see* recipes); the bits of skin and gristle from the meat will help. If any sauce, as celery or oyster, be left over, put it in the gravy, making a brown or white mince, according to the materials at hand. Thicken the gravy with the meat that was scraped off, and some roux; put in the dice-shaped pieces, and let them heat through. Flavour with nice store sauce, ketchup, or herbs. If a very good mince be required, a little wine, with a morsel of extract of meat or glaze will be wanted. A little cooked ham or bacon will improve it for most tastes. If liked, pass all the meat through a mincer. A hash may be made as above, but the meat is then to be sliced evenly, both with regard to size and thickness. Garnish the dish nicely with croûtons, lemons, or little sausages. Cost, variable.

Turkey, Potted.—Required: a pound and a quarter of raw turkey, ten ounces of cooked, lean ham and fat bacon mixed, a teaspoonful of fresh parsley, chopped small, half as much thyme, and a pinch of cayenne, ground mace, and powdered bay leaf, pepper to taste, two ounces of butter, half a glass of white wine, a tablespoonful of lemon juice, and a little strong white stock, and some slices of bacon in addition to the above. Cost, about 3s.

Prepare the meat as directed for Potted Meat. Add the liquid ingredients last; of the stock made from the bones, not more than a

gill will be wanted. Line a buttered jar with raw bacon, all fat, and in the thinnest possible slices; fill up with the mixture, and finish off as directed for TERRINE OF GROUSE, p. 422, allowing about an hour and a half for the cooking. This is good for breakfast, a picnic, or other outdoor festivities—fowl taking the place of turkey—or for making a pile of sandwiches for a Christmas party. For a very superior dish of the sort, the meat may be put in the jar in alternate layers with truffled sausage meat; the latter layers half an inch, and the former an inch in thickness. Or in place of the truffled sausage meat, pork, veal, or beef can be used, according to the kind of dish required: veal produces a delicate dish; pork or beef is more savoury.

Turkey Poult, to Roast.—The turkey poult or young turkey is an excellent substitute for the fully-grown bird, as it is most easily obtained in summer and autumn, when the large turkeys are out of season. The young ones may be said to be in season whenever they are large enough to be used. They may be roasted in the same way as a fully-grown bird. It is not usual to fill them with forcemeat, though some epicures, regardless of expense, are partial to them when truffled. Tongue, bacon, or sausages are generally sent to table with them. Turkey poults are sometimes trussed with the head tucked under the wing, and the legs twisted under like a duck. Unlike the grown bird, the feet may be left on, though the claws must be cut off. A turkey poult should be put down to a clear fire, liberally basted, and when done enough should be served on a dish garnished with watercress. Brown gravy and bread sauce should be sent to table with it. A turkey poult braised is an excellent dish. If boiled, serve in the same way as a fowl. Time, according to size. To roast, about an hour and a half; more or less as required.

Turkey, Roasted.—There are several methods of preparing a turkey for roasting. The bird may be simply trussed like a fowl, and roasted without being stuffed at all, and will be found excellent, the pure flavour of the bird being then presented unmixed with any taste that does not belong to it. When dressed in this way it should be served on a dish garnished with watercress, and sent to table with gravy. The usual way of serving roast turkey, however, is to stuff it either with veal forcemeat, chestnuts, or sausage meat, and to send it to table accompanied by a string of sausages, bread sauce, and brown gravy, or chestnut sauce. Pluck, draw, singe, and truss the turkey. Tie a buttered paper over the breast, and hang the bird before a clear fire. Baste frequently whilst it is being roasted. Unless this point is attended to the meat will be dry and tasteless. A quarter of an hour before the bird is taken down, remove the paper, dredge a little flour over the breast, and baste it well with butter. This will make the froth stronger than if dripping is used. Let it brown brightly. Garnish with lemon and sausages, or forcemeat balls. Serve very hot. Time, for a turkey of ten or eleven pounds, about three hours, or rather less. For larger or smaller, more or less in proportion, not only to weight, but age. A stuffed turkey would take longer than an unstuffed one, even if both weighed the same. This is an important point in the cooking of poultry generally.

Turkey, Roasted (No. 2).—For this, take two sorts of forcemeat; one for the breast, and the other for the body. For instance, they may be of sausage meat and chestnuts; or of plain herb forcemeat, with either of the others named; or a good ham or veal stuffing, with one of mushrooms, can be used. The crop is stuffed in the usual way, and the body may be filled in the way ducks and geese are stuffed, or a roll of the stuffing may

go in. At one time, one sort of stuffing was usual in the breast; now two or three are sometimes employed. The idea is that those who do not care for one, may like the other—supposing two distinct kinds, one of a mild nature like chestnut, the other well flavoured with herbs; but the flavours become more or less blended in the cooking, and the argument has little weight. It is more likely that the elaborate customs of the day, and the craving for something new, gave rise to the fashion. The recipe which follows is a good one of this kind.

Turkey, Roasted (No. 3).—This is a very rich dish. A fine bird should be chosen, and the breast-bone taken out, excepting just at the point. Fill the body with veal sausage meat mixed with oysters (*see* recipe under Forcemeats), and stuff the breast with a creamy chestnut forcemeat. Use strings and skewers to make the bird a good shape, and cover it entirely with greased paper; also lay sliced bacon on the breast. When the bird is cooked dish it, and garnish with fried oysters and small sausages (made from the farce used for the filling). Send good oyster sauce to table, or a nice brown gravy, just as preferred. Brown sauce is also suitable.

Turkey, Rolled.—Required: a turkey, forcemeat, bacon, sauce, &c., as below. Cost, about 1s. per lb. inclusive.

This may be described as a simplified galantine, and many may succeed in making it who would fail in the attempt to bone a whole turkey. Cut a young turkey down the middle into two parts, remove the bones without injuring the skin, lay the pieces flat on the table—skin downwards—and spread over each a layer of good forcemeat or sausage meat an inch thick. Roll them up like a sausage, cover with thin slices of fat bacon, and tie this on with twine. Cook the rolls in stock to half cover them. Rolled turkey may be eaten hot or cold. If it is to be eaten hot, put the rolls on a hot dish, remove the twine, strain and thicken the sauce, pour part of it over the meat, and send the rest to table in a tureen. If cold, it may be just glazed and garnished plainly, or it can be finished like a Galantine. With regard to the treatment of the wings in the above recipe, remove the large bone only (cutting the rest off at starting); do the same with the legs; then draw the rest inside. Cut off then as much as possible from the legs and wings that were removed, and put the bits of meat about amongst the forcemeat. Should those parts look unsightly when cooked, *i.e.* where drawn in, endeavour to hide them with the garnish. If by chance they get torn, draw them together with a needle and thread. Time, according to size. The cooking should be gentle.

Turkey, Stewed.—Required: a young turkey, stock, and seasoning, sausage meat, bacon, butter, wine, sauce as below, and a vegetable purée; celery, haricots, &c. Cost, about 10s.

Mix the sausage meat, about two pounds, with a couple of shalots chopped, a little nutmeg, and a spoonful or two of stock; this helps it to cut firmly when cooked. Brown the bird in a stewpan (that just takes it) in the butter and slice of bacon cut up; add a bunch of herbs, some sliced vegetables of the usual sort, a teaspoonful of white peppercorns, and some liquor from boiled white meat or poultry; a calf's foot is a good addition, that and the liquor will make good soup next day. Simmer slowly for two hours, or more. A short time before serving, take some of the pot liquor; cool it rapidly by plunging the vessel into cold water; put a pint and a half in a saucepan, with a good spoonful each of sherry and mushroom catsup, thicken with brown roux, and add salt to taste. Boil up, and pour some over the turkey; serve the rest in a boat. The giblets may be stewed with the bird, and served as a separate dish, or left in the soup. (*See* Giblet Soup.) Serve the vegetable purée in a separate dish.

This is inexpensive, and will be liked by those who find braised or roasted turkey somewhat rich, and yet complain that a boiled one is insipid, as many people do.

If only the breast be stuffed, less sausage meat is wanted; the above is intended for the body also.

Turkey, Stuffed with Chicken.—Required; a turkey, a chicken, sausage meat, &c., as below. Cost, from 1s. per pound upwards.

Bone a young chicken without injuring the skin. Draw the legs and wings inside, fill the body with freshly-made nicely-seasoned sausage meat, and make it round and compact in form. Put it inside a boned turkey; fill all the empty spaces with sausage meat, and truss the turkey firmly, restoring it as nearly as possible to its original form. Cover with buttered paper, and put it down before a clear fire, though at some distance from it. Baste liberally, and roast very slowly, or the outside of the turkey will be done enough before the heat has penetrated to the interior of the chicken. In carving the turkey slices should be cut *across* the breast, so that each guest may have a share of turkey, chicken, and forcemeat. Time, three hours or more.

Another way.—Let the chicken be boned, and put inside it a calf's tongue, salted, boiled, and skinned. See that it is nicely trimmed about the root before it is used; fill up the vacant spaces with forcemeat, and use forcemeat also between the chicken and turkey. Leave no gaps anywhere. This may be served hot, with the usual sauces and gravies. It makes, too, a famous cold dish for a large party. It is excellent if covered with good white sauce, thick béchamel, or chaudfroid, then coated with aspic, and nicely garnished. (*See* also recipes for Iced Sauces.) Many excellent varieties of garnish may be evolved from them. Instead of roasting, boil the turkey, or braise it. If the former, the stock must not be quite boiling when it goes in, and it should be tied in a clean cloth, after the buttered paper is wrapped round. Do not take it up until the stock is cool.

Turkey, Stuffed with Tongue.—Required: a turkey, forcemeat, a tongue and adjuncts as below. Cost, about 1s. per pound, inclusive.

This is a favourite supper dish and is very handsome in appearance; it is also easily carved. A plump turkey must be boned, and the empty spaces, legs, &c., filled with forcemeat. The tongue is then put in. (*See* Turkey, Boned; also Turkey, Stuffed with Chicken, in which directions for cooking are given.) The time for this varies, but only enough to cook the turkey, and heat the tongue through is required, as that is in every case to be *first cooked* until done. We mention this, because we have known instances where a large *raw* tongue has been put in, and the bird cooked for an hour and a half or two hours, with the result which may readily be imagined on a moment's thought. Now, the exact sort of stuffing depends upon circumstances. If expense is no object, and the garnish is to be of an elaborate nature, truffled forcemeat, or some other rich one should be chosen. But for ordinary occasions, sausage meat, or a veal stuffing, without suet, will answer the purpose; and if the dish be simply masked with white sauce, and garnished with lemons and parsley, and a few fancy shapes of cooked vegetables (not forgetting beetroot), it will taste good, and give satisfaction. For all such dishes a little aspic jelly should, however, be used when obtainable. (*See* recipes for Galantines of Fowl and Veal.)

Turkey, Truffled.—There is no dish more highly esteemed than a truffled turkey. The easiest, and perhaps in the end the most satisfactory, way of getting one, is to procure it from France (through a first-class poulterer), ready fattened, stuffed with truffles, and ready for the spit. It will be all the better for the winter's

journey, as birds so stuffed are always kept for several days after, to allow the perfume of the truffles to penetrate the flesh. The cost of a turkey thus prepared will vary from two or three guineas to five guineas. Fine fresh truffles are, however, so expensive, that mushrooms or chestnuts are often substituted for them, pounded with bacon in exactly the same way, and a turkey thus prepared will prove to most people quite as acceptable as if really truffled. When it is preferred, however, that the turkey should be stuffed with truffles at home, procure a young, plump, freshly-killed hen turkey. Take a pound and a half of truffles for a moderate-sized bird, and two pounds for a large one. Smell them, and reject any that are mouldy. Wash them carefully, and scrub with a soft brush till not a particle of earth or grit remains upon them. Cut about a pound of the truffles into balls an inch and a half in diameter. Pound the rest with the trimmings to a smooth paste, adding an equal weight of fat bacon. The bacon should be rasped and pounded separately, then mixed with the pounded truffles, and the forcemeat seasoned with salt and pepper only. When the forcemeat is quite smooth, mix the whole truffles with it, and put the preparation into the body of the turkey. Let it hang for five or six days after it is stuffed, and when it is to be roasted, lay a slice of fat bacon upon the breast, and a piece of buttered paper over that, and baste liberally whilst it is before the fire. If it is wished that truffle sauce should accompany this dish, a few may be put aside for the purpose. Truffled turkey is so rich that it is often served with no accompaniment in the way of sauces. Bread sauce is liked by some, but, properly speaking, no rival flavour should approach the truffle. When fresh truffles are not to be had, use bottled ones. Truffled capons may be had from a guinea; these are useful for small families. The dealers in high-class comestibles, as well as poulterers, in London and elsewhere, do a large trade in them during the Christmas festivities.

Turkey, Truffled Economically.—Required: a turkey, truffles, chestnuts, and veal forcemeat as below. Cost, exclusive of truffles, about 1s. per pound.

Take a freshly-killed, plump young turkey. If large, half a pound of fine fresh truffles will be required for it; if small, a quarter or a third of a pound will be sufficient. Wash and scrub the truffles carefully, as in the preceding recipe, drain and dry them, and cut them into thin slices without peeling them. Boil or roast some fine, sound chestnuts; the quantity must be regulated by the size of the turkey. There must be sufficient with the truffles to fill the *body* of the bird. Before boiling them, make a little cut in the outer skin of each nut to keep it from bursting. Let them boil until quite tender. Skim them, mix the sliced truffles with them; then fill the body of the bird with the mixture, and let the turkey hang for two or three days in a cool, airy situation. On the day that it is to be dressed fill the *crop* of the bird with good veal forcemeat, truss it firmly, tie a buttered paper over the breast, and roast it before a clear fire. A turkey prepared as above will be sufficiently flavoured with truffles to satisfy most people; indeed, all but those who are excessively fond of truffles. Time, an hour and a half to two hours and a half, according to size. (*See* recipes in FORCEMEATS.)

Turkey, to Truss for Roasting.—Pluck, singe, and draw the bird; mind that the gall bladder is not broken; a hook is useful for the purpose. A little care will enable the operator to take out the entrails in a cleanly manner. Wash and dry the liver and gizzard, the latter being prepared as for GIBLET PIE. Cut the feet off, and draw the strings or sinews from the legs. To do this sometimes is difficult. The best way is to hang the bird by the thin end of each leg, separately, to a hook in the ceiling, then

to pull hard, holding the leg firmly. Next cut off the head and neck close to the body; leave plenty of skin to turn over the back. Put the legs in boiling water, then peel off the rough skin. Next put in the forcemeat, and sew the neck over the back, or use small skewers. Press the legs close to the body, turn the points of the wings over the back; put the liver through one pinion, and the gizzard through the other. Cut a slit in the apron, and put the nose through. Truss the bird very firmly; one skewer is wanted through the legs; another through the middle to confine the wings; and a third near the end of the merry-thought, under the wings. These will prevent the weight of the stuffing, &c., making it turn irregularly on the spit. Cover the breast, also the liver and gizzard, with plenty of well-buttered paper. Pass string across the back of the turkey, twisting it round the points of the skewers in a crossed direction. In a very large bird, put a fourth skewer through the ends of the legs, and put in the first and second skewers before stuffing it. The backbone should be beaten flat; and if the breastbone be so treated, place a thick cloth first over it, then use a stout rolling-pin. (*See* remarks on this subject under GOOSE, TO TRUSS.)

Wheatears. — These should be cooked the day they are killed. Pick, singe, and draw them, and cook by passing a skewer through. Then bake or roast, broil or grill; they will take but ten minutes if well basted with butter. They are sometimes coated with egg and bread-crumbs before cooking. Gravy improves them, and bread sauce and fried crumbs are often served with them. They may be mixed with other birds for a pie or pâté.

Widgeon.—The common widgeon is plentiful in Britain during winter. The flesh is good for the table. The American widgeon forms also an esteemed food. It breeds chiefly in the northern parts of America, and is common in winter on the coasts of the United States, and in the rice-grounds.

Widgeon, Roasted.—Rub the breast of the widgeon with the liver till it is red. Truss it securely, and put it down before a clear fire. Flour it, and baste frequently till done. Serve on toast in a dish, and send the gravy to table with it. It is generally preferred that a widgeon should be underdressed. If liked, it may be stuffed with the liver pounded and mixed with a few bread-crumbs, a little pepper, salt, and grated lemon rind, and bound together with the yolk of an egg. Time to roast the widgeon, a quarter of an hour; if liked well done, twenty to twenty-five minutes.

Widgeon are often treated just like wild ducks and teal, orange gravy being served with them. A very good hash may be made from a roasted widgeon; the gravy should be flavoured with sherry and orange juice, or a salmi of the usual kind may be prepared. Cost from a shilling each, but very uncertain.

Wild Duck, Fillets of.—Required: the fillets from the breast and sides of a wild duck, toast, gravy, or sauce, and an orange salad and garnish as below. Cost, about 3s.

When it is known that the breast only is eaten at table, this is a very good way of serving the duck. The fillets should be nicely arranged on the toast, and a garnish of lemons or oranges put on the dish. Orange gravy or brown sauce should be served in a boat, and an orange salad is always a suitable addition, though it may be dispensed with.

Wild Duck, Hashed. — Required: the remains of a duck, gravy, or sauce, and adjuncts as below. Cost, about 2s., or rather more.

Supposing the fillets to have been served as above detailed, take the rest of the bird and joint it, then heat it in any sauce or gravy that may be left over, or make a little of a suitable sort

for the purpose. Claret or port is a suitable addition to such gravies and sauces. Wild duck makes a good salmi.

Wild Duck, with Oranges.—Required: wild duck, orange salad, brown gravy, port, orange juice, roux, glaze, and other adjuncts as below. Cost, variable.

An orange salad is one of the best adjuncts to a wild duck when nicely roasted. A good brown gravy should be served also, well flavoured with orange juice and port, about half a gill of each to a pint of gravy; a thickening of roux should be added, and a bit of glaze. Stock such as No. 5 may form the foundation. Better still is good brown sauce with a flavouring of orange, or lemon or lime juice will serve equally well, and some good port; or claret, with a morsel of currant jelly, may be substituted. Wild ducks are objected to by many, on account of their fishiness. Their cost is uncertain; about 3s. per brace is an average price when very plentiful, but they are often much higher in scarce seasons.

Wild Duck, Roasted.—The main points to be observed are to keep the gravy well in the breast, and not to over-cook the bird. It must be most carefully plucked and drawn. The inside should be wiped out, the head and neck cut off; the feet scalded, and placed like a tame duck's; or by some they are trussed like the feet of a fowl. The duck is put close to a sharp fire for a few minutes, that the gravy may be kept in; it is then to be basted plentifully with butter until done. Froth it well, and serve with gravy or sauce. (*See* recipes.) A lemon cut through should be sent to table. The carver often likes to dip one half into salt, and the other into cayenne, and squeeze the two portions together into the breast, after scoring it in a few places. A glass of port is next poured in, and the breast becomes a perfect *bonne-bouche*. A caution respecting this process may be given. Take care in squeezing the lemon to hold it close to the bird, and mind that none is "squirted" into the eyes, or, owing to the pepper, it will cause a good deal of suffering. Time, from fifteen to twenty minutes on an average to roast a wild duck. Cost, from 2s. each on an average.

Wild Duck (American way).—The bird is well seasoned inside and out with salt and pepper, and stuffed with bread well buttered, and soaked until soft in hot water. It is basted for a few minutes with slightly salted water, in which an onion has been soaked, to take away the fishy flavour. It is finished off by basting with butter. The gravy is made from the giblets, thickened and flavoured with black currant jelly, port, and cayenne. The fishy taste can also be taken away as directed for Wild Fowl, Roasted.

Wild Duck, Stewed.—Required: a duck, vegetables, seasoning, butter, stock, cream, milk, thickening, &c., as under. Cost, about 3s.

Parboil the duck for ten minutes, with a bit of carrot and onion in its body, then drain, and remove the vegetables; lay the duck in cold water for a short time. Then joint it, and season with pepper. Flour well, and fry pale brown in hot butter. Put it in a saucepan, and cover with stock that has been made from the giblets and a bit of veal, with vegetables and herbs; it need not be a strong stock. Stew until done, from twenty to forty minutes. Skim the gravy, then pour it off, and add to half a pint a gill of hot cream (or half milk) and a little thickening. Boil up, stir in the yolk of a raw egg, and beat hard for a minute. Then put in the juice of half an orange or lemon, last thing; either should be mixed with hot stock, and put in gradually to the rest, or it will curdle. This is a very good way of treating wild ducks, or tame ones either, if they are strong in flavour, as they often are.

Wild Duck, Stuffed.—A stuffing made by soaking bread-crumbs in port, then seasoning with cayenne and

salt, is old-fashioned, but liked by some. A mixture of bread-crumbs and herbs, in which tarragon predominates, may be used; a little butter should be mixed in this.

Wild Fowl, Plucking of.—To remove the down which adheres so closely to the generality of wild fowl, immerse them, when divested of their feathers, into scalding water. Have ready some powdered resin, and rub it over the bird with the hand. This is said to be the most effectual remedy.

Wild Fowl, Roasted.—When of a kind that is usually impregnated with fishiness (most inveterate when they are not fat) they may be improved by rubbing with tarragon vinegar a few hours before cooking. In a hash or salmi, a little tarragon may be used with advantage, but very little only, or the dish will suffer, owing to its peculiar flavour.

Wild Fowl, Truffled, Sauté of.—Required: a wild fowl, truffle parings, ham, seasoning, butter, wine, and stock as below. Cost, about 3s. to 3s. 6d., except when very dear.

Cut up the bird, and put the giblets in a stewpan with a bit of ham, a shalot or two, a mushroom, a bay leaf, and an ounce of butter, with the parings of two or three truffles; fry for a few minutes, then add half a pint of port, claret, and brown stock mixed; equal measures of each. Fry the joints of the bird in a little butter, until brown. Strain the sauce over them, after it has simmered for two hours, and been made up to the original quantity. Cook for twenty minutes to half an hour, with an occasional shake. Serve very hot. A fresh bird is intended for this sauté.

Woodcock.—Like snipe, this bird should be fat. The most delicate and highly esteemed parts are the legs and intestines. If over-done, the breast is very poor eating, and those who cannot eat under-done game should avoid the woodcock; to over-roast it is, in the opinion of the epicure, a positive cruelty. It is, perhaps, best liked when roasted, or as a salmi. It needs very careful cooking, and to be served as hot as possible. Cost, uncertain; about 5s. per brace; or may be much more, or a little less. Being so variable, no "cost" is given in the recipes.

Woodcock à la Financière.—Required: birds and garnish as below. This is an expensive dish. Take three birds and lard them, then roast or braise them. If the latter, use good stock; glaze them, and rest them on a dish with a pyramid shaped croustade in the centre. Garnish with financière ragoût, some at the base, and some at the point; bring the best parts of it into prominence. Fasten some here and there between the birds by means of hatelet skewers, and place a handsome skewer on the top.

Other birds may be served thus. Where expense has to be considered, various additions may be made at home to the ragoût as bought (*see* page 216). But the sauce used must always be good, otherwise it is better to dispense with the ragoût altogether than to mask it with an indifferent sauce; for when garnish of this description is attempted all the adjuncts should be in keeping.

Woodcock à la Lucullus.—Roast the birds in the usual way; catch the trail on a toast. While they are still under-done take them up, and pour over them a little melted butter, with which the yolk of an egg and a spoonful of cream have been mixed; sprinkle with bread-crumbs, and brown before the fire, or with a salamander. Time, from fifteen to twenty minutes altogether.

Woodcock, Devilled. — Required: a woodcock, a devil mixture, wine, orange juice, the yolk of an egg, oil or butter, and seasoning as under. This method may be followed in dealing with any bird with which the trail is served. Take a woodcock, rather under-roasted than otherwise; cut it into small pieces, and score it well. Season as directed (*see* GAME DEVILLED). Crush the trail, add to it

the juice of half a Seville orange, a glass of wine, which may be good sherry or Madeira, a little salt and pepper, and the yolk of a hard-boiled egg. Put this with the meat into a dish, over a spirit lamp, and stir until the moisture is nearly absorbed. Then put in a dessertspoonful of the purest salad oil, or oiled butter if preferred. Shake the dish for a minute, then serve as hot and as quickly as possible, or it will be spoilt.

Supposing no spirit lamp to be handy, the meat, &c., may be put into a small stewpan with a cover, and treated as above described by heating over a gas ring, or on a hot plate. The thing is quick service; a hot dish and a hot cover must be in readiness as soon as the stewpan is removed, and the pan must be delicately clean; any "foreign" flavour would spoil this dish.

Woodcock, Potted.—Required: woodcocks, butter, bacon, seasoning and paste as below. Take any number of fresh woodcocks. Pluck them carefully, and cut off their legs and wings. Split the birds in halves, and lay them on a dish. Take away the gizzards with the point of a knife, and, with this exception, leave the inside or trail undisturbed. Line the inside of an ordinary potting-pan with thin slices of fat bacon. Fill it with the woodcocks placed neatly and closely in layers upon the bacon, and season each layer with salt and black pepper. When the pan is full, pour as much clarified butter over the woodcocks as will cover them, and cover the pan with a coarse paste of flour and water. Make a hole in the top of the lid, and bake the woodcocks in a moderate oven. They must not be eaten till they are quite cold. When a skewer can be pushed easily to the bottom of the pan, the woodcocks are sufficiently baked.

This dish will be quite spoilt if inferior butter be used.

Woodcock, Roasted.—Pluck, but do not draw the birds; put them down to a brisk fire; flour them a little, and baste well. Put toast under for the trail, and dish like snipe. Sliced bacon, with vine leaves under, is an improvement. From fifteen to twenty minutes will cook them.

It is said that there is more art in roasting woodcocks than any other birds of the same size. The cooking takes but little time, and they want attention the whole time. If basting be neglected, or if they become overdone, they are spoilt. As the legs ought to be a little better done than the breast to be eatable, there is an inequality in their roasting, unless this be obviated by stopping the spit when the back is to the fire, in order that the legs may get the greatest amount of heat. Melted butter is said by some to be the only sauce which does not detract from the flavour of a woodcock; but orange gravy, and good brown gravy, of the usual kind for game, are liked by others. It is certain, though, that a gravy for these birds, however good, ought not to be highly flavoured; and perhaps none is better than one made from good stock slightly thickened, and flavoured with fumet of the same birds, or those most resembling them.

Woodcock en Surprise.—Required: a cooked woodcock, fowls' livers, mushrooms, seasoning, bread, salmi sauce, truffles, olives and croûtons as under. Make a salmi from a cold bird. Fry the trail with the livers of a couple of fowls; fry also a few small mushrooms, a shalot, and bit of parsley. Pound these in a mortar, and season with salt and pepper, and a suspicion of grated nutmeg or other spice. Fry some bread, six or eight pieces, any fancy shapes, and spread them with the above purée. Pour some of the salmi sauce over them, and then lay on the joints with the rest of the sauce over all. Make a pattern on the top with more small croûtons, covered with finely chopped truffles and olives, warmed in thick brown sauce. Serve as hot as possible.

Note.—The trail is to be taken out before cooking the bird.

Woodcocks, Terrine of (M. Dubois's recipe).—Bone two woodcocks, divide each of them in two, which pieces put into a pie dish (*terrine*) with five or six peeled truffles cut in quarters, the same volume of cooked ham fat, or fat bacon, in large dice. Season the meat and truffles lightly, and baste with the third part of a glass of Madeira. Take off the flesh from a leg of hare, cut it in pieces, fry it in a stewpan, with double its volume of liver of poultry or game. When well set, add the trails of the woodcocks, then let the whole cool, to be chopped afterwards with a third its volume of lean pork. Season the forcemeat, put it into a mortar, pound, and add to it the same quantity of fresh fat bacon, previously chopped, and pounded with the trimmings of truffles. Season the forcemeat with a pinch of pounded aromatics; five minutes after, remove it into a kitchen basin, and mix with it the Madeira the woodcocks have been soaking in. Mask the bottom and sides of a pie-dish with some of the prepared forcemeat, arrange the pieces of woodcock, the truffles, and the ham in the centre, alternating with forcemeat. The pie-dish must then be completely full; smooth the top with the blade of a knife, and mask it with slices of bacon. Cover the preparation, and set the pie-dish in a sauté-pan with a glassful of hot water, and push it into a moderate oven, to bake for an hour and a half. When done, take it out; and when half-cold, put a light weight on the top of the preparation. When completely cold, take it off the pie, cut it in oblongs, which dish in a circular order into the terrine.

Woodcock, to Truss.—Pluck the bird entirely, head and neck included, and very carefully, to avoid tearing the tender skin. Singe off the hairs and cut off the ends of the toes, but do not draw the birds. Twist the legs at the joints to bring the feet upon the thighs. Press the wings to the sides, and turn the head under the wing, with the beak forward. Tie a string round the legs and breast, and pass one also round the head and the tip of the bill. Hang the bird to the spit, feet downwards.

Another way.—For a newer and more convenient way, *see* directions under Snipes, to Truss.

SAUSAGES, FORCEMEATS, AND POTTED MEATS AND FISH.

SAUSAGES.

Tons of sausages are turned out weekly of the best possible quality; indeed, it is very doubtful whether the majority of "home-made" are as good. But there are sausages and sausages; and we warn anyone against buying any that are the least suspicious. If highly coloured they should be rejected; and so should all that are not perfectly fresh; those which have been lying, perhaps, in the sun for a whole day in a shop window, are to be avoided. Those most generally offered for sale are of beef and pork; the latter should only be indulged in in cold weather. Home-made sausages are, however, a treat when properly made, and preferred by some to any other, even where ample facilities for buying them exist; and there are times when the cuttings of larger pieces of meat —say at pig-killing time in the country—may be used up in this form with advantage.

The first thing is the meat. The second is the machine. Of the meat we cannot too strongly urge the importance of freshness. As to the machine, that should embody simplicity, cleanliness, and such an arrangement of the cutters that bits of stringy, sinewy meat are caught and retained, *not* passed through the holes into the sausage skins. Most of the machines, which are called by various names, look much alike to the novice. The one that will be found of all-round usefulness in an ordinary kitchen, and will cost from fifteen to twenty shillings, according to its size, may be best described as a "combination mincer," and will serve for sausages as well as for cutting up meat for raised pies, for chopping suet, and many other purposes, simply by changing the cutting plates.

A machine of a complicated character will not be a success; simplicity of construction is necessary to cleanliness, as the parts must be well washed and dried each time it is used; and we advise the enamel-lined machines in preference to any other. They are a trifle dearer to start with, but with careful using they last for years, and are as easily washed as a teacup. This, as users of such utensils know, is no small advantage. Perhaps the best thing is to see a machine at work before buying it, and this can be done in most large towns. The most thorough washing is necessary; plenty of boiling water and a little soda will keep the cutting plates and other parts free from grease or clogginess; a dirty machine will spoil the next lot of materials that may be passed through it, whatever their nature; whereas, with care, fruit and vegetables may be put through a sausage machine without the slightest taint of "foreign" flavour.

Next we must consider the seasoning. Bought sausages, are, for the most part, seasoned with salt and pepper only; or to pork sausages a little sage is sometimes added. Upon this point much must depend upon

individual taste. Spice or herbs, or both combined, is used by some; nutmeg and mace in moderation will be more likely to meet with general approval than allspice, and marjoram is a favourite herb; some prefer it mixed with sage. A little lemon rind gives zest to veal sausages, but it wants very cautious using; when sausages flavoured with it are fried, there is a tendency to "repeat"; just a suspicion may be used with advantage in combination with herbs of any sort. Then there is garlic: one fears to name it almost, there is so deeply rooted an aversion to it, generally speaking. All the same, it gives a twang to veal sausages that is much approved of when once tried; it is *but* a twang, though, and should be so slight that the sausages do not actually taste of garlic—the veriest morsel will do for a pound or two of meat; or the board on which it is cut up may be rubbed over with it; or the strength is easily reduced by boiling (*see* GARLIC). In the chapter on SEASONINGS, &c., will be found many preparations of herbs, &c., that may be used.

Sausage skins are best prepared on a large scale; to cleanse them at home is a troublesome and unpleasant process, and people as a rule get them of their butcher ready cleaned; but it is always advisable to give them another rinse in clean, cold water. Then, there are "prepared skins" put up in tins. These may be had through first-class grocers, and some makers of the machines supply them. They want soaking, or the sausages will probably be too salt, and should be washed well inside by fixing one end to the tap, and letting the water run through. There is no other plan so effectual as this. To fill the skins, put one end on to the "filler" (the other end must be tied securely) and see that the meat only fills the skin slightly; tie the other end and twist them into shape. Loop them by passing them through each other, giving a twist each time.

If the skins must be got ready at home there is no way so good as the thorough scraping and washing of the intestines, which must soak for some days in salt and water, many times renewed, and be rinsed again and again in clean, cold water; they are best attached to a running tap. To the last water but one a little carbonate of soda should be added; the last of all must be clear water, as cold as possible. The appearance of the skins, and freedom from the slightest unpleasant odour, are indications of sufficient cleansing. The intestines of the pig are used for sausages of the ordinary size and kind, such as we have been considering. The ox supplies skins for the large, dried sausages, to which brief attention must now be given.

The ordinary German sausage, sold at from tenpence to a shilling per pound, is most commonly eaten in this country, and it must be purchased with caution. It does not follow that all which is highly-coloured is bad, for many of the makers say that this is done to meet the wishes of the public; but it is quite certain that a great deal is far from good, and that the colouring often hides a multitude of—supposing we say deficiencies; cases that are reported from time to time in the daily papers prove this conclusively. It should, therefore, always be bought of a respectable salesman; if it bears the name of the maker all the better; and it should be avoided in hot weather. Of the high-class, expensive dried sausages, used chiefly for *hors d'œuvres*, a good variety may always be bought at

first-class Italian warehouses; these range in price from two to four shillings per pound; the recipes are national secrets, and nothing but imitations can be made outside their native country, in many instances.

For general directions on cooking, *see* SAUSAGES in the alphabetical recipes.

American Sausages. — Required: four pounds of lean pork, two pounds of fat pork, six teaspoonfuls of dried sage, three teaspoonfuls of black pepper, four and a half teaspoonfuls of salt (of which half should be celery salt), half a nutmeg grated, a small teaspoonful of ground mace, and half as much ground cloves. Cost, about 10d. per pound.

Pass the meat through a mincer, and mix the seasoning together before adding it to the rest. If not all wanted at once, pack some away in a stone jar in the cellar, and cover the top with melted lard. Another way is to make some long bags of muslin, each to hold, say, a pound of the meat. After filling and tying, suspend them from the cellar ceiling, first dipping them in melted lard. When the meat is put into skins they should always be tested, for fear of holes; do this by tying one end up, and blowing hard through the other; the weak parts, if any, are thus discovered. To cook the above without skins, make it into cakes or sausage shapes, and fry them in a little hot fat; or if wanted crisp, their own fat will cook them. They are excellent rolled in egg and cracker-crumbs, then dipped in melted fat and baked or grilled at a sharp fire. The foregoing recipe is an excellent one for sausage meat that is to be kept, but for quite immediate eating it would be too much seasoned for most palates. This can be reduced to taste.

Beef Sausages. — Required: beef, seasoning and bread. Allow about two pounds of lean beef to one pound of fat; the proportion of bread is a matter of taste; very good sausages are all meat; medium quality ones consist of about a fourth bread; the seasoning is salt, pepper, and cayenne, with any spice that may be liked—nutmeg is most agreeable as a rule; shalots also are liked by some, but they should be in small proportion, and very finely chopped. If passed through a fine mincer the meat need not be pounded. In filling the skins, more room must be left for swelling if bread is used in the mixture. The meat chosen should be juicy and tender; hard, gristly meat makes very inferior sausages. The same mixture may be rolled into cakes or balls, but sausages in skins are more fully flavoured and more generally liked. These are more wholesome than pork.

Another way.—Use suet in place of fat beef (*see* remarks on the cooking of sausages containing suet, under MUTTON SAUSAGES), and although many contend that the only sausages worth eating are made with suet, we recommend the above as not only nicer to eat, but more digestible. This is a matter of opinion, and readers can make their own choice. For eating cold—and many enjoy cold sausages—the above kind are certainly the better. Cost, about 7d. or 8d. per pound.

Beef Sausages, German.—Required: beef, pork, and seasoning as below. Cost, about 7d. per pound.

These are a good breakfast relish; they should be cut in slices and served with salad. Mince together two pounds of lean beef and one pound of lean pork, an ounce of salt, half a teaspoonful of fine saltpetre, a quarter of an ounce of black pepper, a pinch of ground cloves and cayenne are then mixed in well, and a flavour of garlic is imparted by bruising a clove of garlic to a pulp, and pouring a little

water over; after a time the water is strained off and added to the meat. Ox skins are to be filled with the mixture and tied at the ends. To boil them, put them on in cold water, and simmer for an hour. Take them up, and plunge into cold water for a minute, then dry and hang them up in a cool place. To these, fat pork, cut into small square pieces, is often added, when the mixture is put in the skins; about half a pound to three or four pounds of the minced meat is the usual proportion.

Bologna Sausages.—Required: beef, pork, bacon, and seasoning as below. Cost, about 8d. per pound.

Take beef and pork in equal parts; cut it up, and pound it to a paste; add a high seasoning of salt and pepper, cloves, mace and garlic. When this is put in the skins, strips of fat bacon are inserted here and there. This is boiled for an hour or more, or smoked for a couple of months. The Italians eat it in the uncooked state.

Another way.—These are very nice. Use some cooked calf's head, the best part, in strips, with about the same weight of chopped pork; season with salt, pepper, spices and chives, cut small; moisten with a little white wine, then fill the skins and boil. Coriander seed and aniseed, finely ground, are the spices usually preferred.

Breakfast Sausage (American).—Required: a pound each of veal, lean pork, lean beef and fat pork, half a pound of veal suet, four teaspoonfuls of powdered sage, two teaspoonfuls of parsley, thyme and marjoram mixed, a teaspoonful of black pepper, and half as much cayenne, half a nutmeg grated, and the third of a teaspoonful of cloves, a large onion, minced, and from four to five teaspoonfuls of salt. Cost, about 3s

Prepare the meat in a machine of the usual kind; the finer it is, the nicer the sausage; stuff some large skins with it, tie them up, prick each in half a dozen places with a strong needle, and put them in hot water; heat to the boil slowly, and cook for an hour and a half at a simmer only. Take them up, and lay in straw in the sun to dry; hay does as well. Rub the outsides over with olive oil and hang in a dry, cold cellar. If to be kept long, rub black pepper and ginger over, wiping it off before serving. This is cut in thin slices and served cold, and a very good relish it is. Sliced lemon and sweet pickles, with some plain salad, should be served with it. This is a superior sort of polony.

Brunswick Sausage.—This is a great delicacy, sold at about 2s. per pound. It is served in thin slices.

Curry Sausages. — Required: four pounds of beef, veal, or pork sausage meat, and seasoning as below. Cost, about 9d. per pound.

Take the sausage meat, made and seasoned in the usual way. Prepare some tomatoes just as directed for Tomato Sausages, but omit the coralline pepper and cayenne. Put them to get cold, then mix with them two tablespoonfuls of cooked apple pulp (from baked apples preferably), quite cold, and a large onion that has been fried and chopped, a small teaspoonful of mixed herbs in the finest powder, and a tablespoonful of good curry paste, that has been blended with a little good stock, and boiled for a minute or two. The apples for these should be sharp, or the sausages will lack piquancy. Now give this mixture a good beating with a spoon, and add some stale fine crumbs, until it is about the same consistence as the sausage meat. Then put the whole together in a large bowl, and let it stand in a cool place for a short time for the crumbs to soften, and then fill the skins as usual, and cook as required. If parboiled and fried these are excellent, either hot or cold. These, like the tomato sausages, should be made as required. The curry paste may be increased, but the quantity named will give enough zest for most sausage eaters.

Fish Sausages.—These are of

recent introduction, and may be obtained through provision dealers. They are a digestible and appetising breakfast relish. To prepare them on a small scale at home would be troublesome, and they can only be made in perfection by utilising the fish where caught, in a perfectly fresh condition. The sausages may be had either plain or smoked, and cost about 10d. per pound. They are very nice cold as well as hot, particularly the smoked ones, and make good salads or sandwiches.

Foie Gras Sausages. — Required: sausage meat and foie gras. Cost varies with the amount of foie gras used. To any kind of sausage meat, of which perhaps veal, or a mixture of veal and pork, is the nicest, add a proportion of foie gras; an ounce or two to each pound, according to the degree of flavour desired and the quantity available. The foie gras should be freed from its surrounding fat, and rubbed through a sieve, then thoroughly blended with the meat, first prepared in the usual way. These sausages should be made small, as they are a delicacy, and only a small quantity is required. The "meat" has many other uses; besides making up into sausages it may be used for pies, patties, &c., in layers or balls, or can be made into cakes, &c., for garnishing.

Game Sausages. — Required: bread, ham, game, butter and seasoning. Cost, varies with the game, from 10d. to 1s. per pound on an average.

Either raw or semi-cooked game, one sort, or mixed, can be used; skin and sinews must be removed; two ounces of butter, the same weight of ham, and from two to four ounces of bread-crumbs should be used for each pound; the seasonings are salt, pepper, and cayenne, with a hint of mace if liked. These may be made up without skins. If semi-cooked game and ham be used they are quickly cooked, either by frying or grilling. If raw game is employed, they are best cooked in a sauté pan, in a little hot butter, for about twenty minutes. Liver may be added, either game or poultry.

Liver Sausages.—These are very rich, but are a most delicious relish; they should be served cold in thin slices. Take two pounds of calf's liver (sheep's may be used), half a pound of good lard, a pound each of fat and lean pork, seasoning as below. Cost, for this quantity, about 3s. 9d.

Boil the pork until tender, then put it through a sausage machine. Wash and dry the liver, and either scrape it to a pulp or mince it extremely small; the former mode is the better; mix it with the pork, and add the seasoning; this should consist of a tablespoonful of salt, half a teaspoonful of ground cloves and nutmeg, half a tablespoonful of dried herbs in fine powder—thyme, bay leaf, marjoram and sage, the latter to predominate—a teaspoonful of white pepper, not quite as much black pepper, and four ounces of raw onions, cut up small. These materials take some little time to blend properly, as it is necessary that the seasoning be equally distributed. Finally, the lard is melted and mixed in. Prepare some large skins; three parts fill them only, tie them securely at the ends, and put them into fast-boiling water. Simmer them for about three-quarters of an hour, then drain and hang them up for use in a cool, airy place. These are highly recommended.

Mecklenburg Sausage. — There are several varieties of these; to some, blood is added to give a red tinge to the meat. Mecklenburg liver sausages are similar to the Liver Sausages given above.

Mutton Sausages.—Required: mutton, suet, seasoning, bread, and egg. Cost, about 1s. 4d.

A delicate sausage can be made from the remains of roast mutton, any joint from which slices can be got without fat, but raw meat is better. Chop a pound of lean mutton and six ounces of beef

suet separately; then mix them with four ounces of finely-prepared bread-crumbs and put them into a basin with a seasoning of thyme, marjoram, and powdered mace, and some pepper and salt. Moisten with the yolk of a raw egg. Fill skins in the ordinary way, then fry the sausages until lightly browned; leave them to drain until cold, then cook them in stock or gravy for at least an hour; they must simmer only. Recipes for sausages with suet in, of which the above is an average specimen, often direct that they be fried in the usual way. We strongly dissuade anyone from making trial of any dish of which beef suet forms a part cooked by any quick process; it is most indigestible and likely to cause suffering. On this point more is said under SUET PUDDINGS. Cooked as above, the sausages are very good, and a change from the ordinary kind.

Another way.—Drop the sausages into boiling stock or water, and give them an hour's cooking; let them get quite cold, then fry them, or brown them up in a Dutch oven, first basting with a little hot fat. These require no gravy or sauce.

Oyster Sausages.—Required: three dozen small oysters, nine ounces of very fine bread-crumbs, the same weight of veal suet, shredded and then chopped small (use as little flour as possible while chopping), about half a teaspoonful of salt, half as much pepper, a pinch of cayenne, a quarter of a very small nutmeg, grated, the raw yolks of three eggs, and the white of one. Cost, about 4s., with oysters at 1s. per dozen.

The oysters must be bearded, and then rinsed in their liquor first carefully strained, and cut into pea-sized pieces, then mixed with the above-named ingredients. The crumbs are to be soaked in the oyster liquor and squeezed dry. When thoroughly blended set the mass in a cold place for a few hours before using. It is then ready for making up into little sausages for garnishing; or sausages of the usual size and shape; or into cakes or balls. They may be cooked by flouring slightly, then frying them in a pan with a little hot butter; or by coating with beaten egg and crumbs, and cooking in boiling fat; but if this mode be preferred they must first be poached like quenelles, or the suet would not be cooked; and if for cooking in this way, it is necessary to add a few ounces of fish panada to the mixture.

Pork and Potato Sausages.—This is a French recipe. Required: one pound of pork, three pounds of potatoes, seasoning as below. Cost, about 1s.

The pork should be cooked until about two-thirds done, then chopped; the potatoes must be cooked in their skins, and beaten to a paste; plenty of salt and pepper should be added, with a little nutmeg and mace. The skins are then to be filled in the usual way, and left in a cloth for a day, then hung in a current of air for a few hours, previous to frying or broiling.

For richer sausages, use a pound of meat to two pounds of potatoes. Any herbs can be used in addition to the other seasoning. In boiling the meat, use only enough water to cover it; this can then be reduced by quick boiling, and mixed in with the rest in filling the skins.

Pork Black Puddings.—When black puddings, or blood puddings, are liked at all, they are generally liked very much. They are boiled in the intestines of the hog, and these must be very carefully prepared for them as follows:—Empty them, wash and scrape them in several waters, turning them inside out two or three times, and lay them in salt and water all night. The next day rinse them in fresh cold water, and they will be ready for use. To make the puddings, throw a little salt into a quart of the warm blood, and stir until the blood is cold. Mix with it a quart of whole groats which have been soaked in cold water all night, add the grated crumb of a quartern loaf soaked in two

quarts of hot milk until the milk is absorbed. Mix these ingredients thoroughly. Prepare a seasoning of a teaspoonful of winter savoury mixed with a teaspoonful of chopped thyme, a teaspoonful of chopped onion, half a teaspoonful of pennyroyal, two teaspoonfuls of salt, one of pepper, half a dozen pounded cloves, half a nutmeg grated, and a quarter of an ounce each of pounded allspice and ginger. Stir this seasoning into the groats, bread-crumbs and blood, and add two pounds of finely-chopped beef suet and six well-beaten eggs. Cut a pound of the inward fat of the pig into pieces the size of a large bean. Tie the skins at one end, and turn them inside out. Half fill them only with the mixture, to allow room for swelling, and put in the fat at regular intervals. Tie them in equal lengths or rounds, fasten the ends securely, throw them into boiling water, and when they have boiled for five minutes take them out, prick them to let out the air, put them back, and boil gently (or they will burst) for an hour. Take them up, and when they are cold hang them in a cool, dry place until wanted. When they are to be used, boil a few minutes in water, or toast in a Dutch oven. Cost, about 4d. per pound.

Pork Sausage Cakes, Soyer's.—Required: pork, bacon, onions, parsley, seasoning, eggs, and a pig's caul. Cost, about 8d. per pound.

Chop some lean pork very fine, having previously detached all the skin and bone, and to every pound of meat add three-quarters of a pound of fat bacon, half an ounce of salt, a saltspoonful of pepper, the quarter of a nutmeg grated, six young green chopped onions, and a little chopped parsley. When the whole is well chopped, put into a mortar and pound well, finishing with three eggs; then have ready a pig's caul, which cut into pieces large enough to fold a piece of the above preparation the size of an egg, which wrap up, keeping to the shape of an egg, but rather flattened, and grill very gently over a moderate fire.

This preparation is just as good made into sausages of the ordinary sort as in the foregoing way. A small proportion of bread may be used by those who find it too rich.

Pork Sausages.—Required: a pound and a half of fat pork, the same weight of lean, about an ounce of salt, a teaspoonful of powdered sage, the same of pepper, and a pinch of cloves Mix and finish off as directed under Beef Sausages. Cost, about 2s.

Another way.—Meat as above and a pound of bread-crumbs are to be well mixed; the seasonings are the same kinds as the above, but slightly increased; the sage can be omitted, or if liked, a few small onions may be chopped and mixed with it.

Another way.—Add nutmeg to the seasoning; leave out the sage, and use thyme or marjoram, with a little lemon peel. Bread is a matter of taste, but without it these are very rich.

Pork Sausages, French.—Required: pork, seasoning, egg, bread, cream, &c., as below. Cost, 10d. per pound.

Take pork, fat and lean in equal parts; chop, and season well with pepper, salt, and nutmeg or mace; to each pound add a teaspoonful of chopped onion, one egg, and a tablespoonful each of milk and cream, with two tablespoonfuls of bread-crumbs. Fill the skins, then poach or steam the sausages; let them get cold, then grill or broil, and serve hot. These are very delicious if carefully seasoned. The "meat" is good for use in pies, &c.

Rich Sausages of Mixed Meats.—Required: pork, veal, seasoning, liver, mushroom purée, &c., as below. Cost, about 10d. per pound.

This mixture can be used in skins or not, or may be made up into cakes. There is no bread in it, and if made as directed, the sausages will be voted very good. Mix half a pound of young, lean pork, with a pound of veal; after mincing this, put it in a mortar, and

add a teaspoonful and a quarter of salt, half as much white pepper, a little cayenne and mace, a tablespoonful of WHITE MUSHROOM PURÉE, and a small saltspoonful of grated lemon peel. Then add a tablespoonful of calf's liver that has been scraped to a pulp; only by this means will it be cooked properly in the short time required for the other meat. Mix well, then pound for a time to a smooth paste. If cakes are made, and they are really the best for this, they should be the size of a crown piece, and half an inch thick. They may be cooked before the fire; baked or fried in the same way as ordinary sausages; and are very good if rolled in plain biscuit-crumbs, and cooked in a sauté pan, with a little hot butter. They will take about fifteen to twenty minutes. The board on which these are made up should be slightly floured.

Sausages and Apples.—For each pound of pork sausages allow half a pound of apples. Cook the sausages by frying or baking, and dish them crosswise on a square of toasted bread. Cut some of the apples into thin slices, and some into sections like those of an orange. Fry them as directed (*see* APPLES, FRIED), and put the slices round, and the rest on the top of the sausages. Cost, about 1s. for above quantity. Tomatoes may be used in the same way.

Sausages and Baked Potatoes.—This is a very good dish; it is called also SAUSAGE POTATOES. Take some potatoes, even in size, and bake them in their skins; allow one sausage for each potato. Fry the sausages, and cut them in two. Divide the potatoes, take out a little from each half, and put half a sausage in each hollow. Close them quickly, and put them in the oven for a few minutes. Brush the skins over with a little warm butter, and dish them in a pile on a hot dish, with the potato taken out passed through a masher, and allowed to fall lightly round them. Or put the potatoes in a ring, and let the rest drop into the middle. A sprig of parsley on the top improves the dish. Cost, about 1d. to 1½d. each, inclusive.

Sausages, to Bake.—Lay them in a tin which has been greased; it should be quite hot; brush them over with warm dripping or butter, and bake at a moderate heat until brown and crisp outside; turn them as required. Allow from twenty to thirty minutes. Pork sausages will take quite the last-named time.

Sausages, to Boil.—These sometimes agree better than sausages cooked in any other way. Put them in boiling water, and give from fifteen to thirty minutes, according to kind and thickness; thin ones, of beef, will be done in the shorter time; while pork or veal, if thick, will want the maximum time. To steam the sausages, lay them in a tin which will fit the steamer, and allow a trifle longer.

Sausages, to Fry.—Some prefer these put in a cold pan, and cooked in their own fat, by turning them about until done. We think that the better way consists in making a small quantity of fat quite hot in the pan, and then cooking them, turning often until crisp and brown, for about fifteen to twenty minutes. Perhaps *the* nicest way is to boil or steam them until nearly done, then to plunge them into fat to cover for a few seconds, and serve as soon as brightly browned. If the skins are taken off, and the sausages are egged and crumbed, they are exceedingly good. Thus treated, they are generally served on oblong croûtons. Pork sausages should look white when cut. The pricking of the sausages, by either method, is a disputed point; some direct that it be done, to prevent bursting; experience proves that sometimes, in spite of all precautions, the sausages *will* burst, and the pricking certainly lets out the fat. There is no doubt that the filling of the skins has something to do with it, particularly if much bread be used, and enough room has not been left for the swelling.

Gravy is often dispensed with; if liked, a little is sometimes made in the pan, after pouring off the fat, in the way it is made for chops or steaks. A better gravy is made by heating a little suitable stock separately; it should be slightly thickened, and poured round the sausages, or served in a hot boat. Sausages should be served very hot. They are often dished on fried bread or toast.

Sausages, to Grill or Broil.—These are better if parboiled and left to cool, then brushed over with warm fat, and crisped up before or over the fire. In this form, sheep's kidneys are sometimes served with them.

Sausages, with Cress and Pickles.—Cook some sausages a nice brown colour; glaze them, and serve on a hot dish with toast under them. Put some watercress round, plainly dressed with a little oil, vinegar, salt, and mignonette pepper, and send sweet pickles to table. No gravy or sauce is wanted. This dish is wholesome and appetising. Cost varies with the kind of sausages.

Sausages, with Fried Potatoes.—After frying sausages, some cold potatoes may be cooked in the fat. This furnishes a cheap and tasty dish.

Sausages, with Vegetables.—Almost any sort of vegetable eats well with sausages, but green ones are the most wholesome, particularly with pork sausages, as they will counteract their richness. It is quite as easy to serve them in a tasty-looking form, and they cost no more. Supposing some sausages, and sprouts, or spinach, turnip tops, or anything of the sort; the sausages should be laid on a toast on the dish, the vegetables round it (if a purée it looks all the nicer), then in between the green, some macaroni or rice, plain or otherwise, may be put; or little potato cakes or cones also mix in with the green with good effect.

Tomato Sausages.—Required: pork, tomatoes, and seasoning as below. Cost, about 8d. to 10d. per pound, on an average.

These are of comparatively recent introduction. As a rule, they are composed of pork sausage meat of the ordinary sort, well-flavoured with tomato pulp. The following recipe will be found a good one: To four pounds of pork sausage meat, allow twelve ounces of tomato pulp. Prepare it by putting some ripe tomatoes in a stewpan, slicing them first, and letting them cook, with frequent shaking, until quite soft. Then sieve the pulp, so that the skins and seeds are left behind. Put it back in the pan with a teaspoonful of salt, a few grains of coralline pepper and cayenne, and just a pinch of white sugar. Stir and boil for about ten minutes, then turn out into an earthen vessel, to get cold before mixing it with the pork. It must be weighed *after* cooking and cooling. If fresh tomatoes are not at hand, any good brand of pulp may be selected, but it is always advisable to reduce it by simmering, and to season it as above directed, to ensure its keeping. These sausages should be freshly made as required. They will not keep so long as plain sausages, but in cool weather, if made as directed, they will not become sour under a couple of days. They must be kept in a cold place, and may be parboiled with advantage, before frying or baking.

Truffled Sausages.—Required: two pounds of young lean pork, a pound of fat pork, an ounce of salt, half an ounce of white pepper, nearly a teaspoonful of mixed herbs in fine powder, or half the quantity of fresh ones, from four to six ounces of truffles, a little truffle essence, and a glass of good wine—sherry or Madeira. Cost, about 2s. 6d., exclusive of truffles.

Put the mixture into very delicate skins before cooking. This may be used for "farcing" purposes. It must be kept very cool until wanted for use. Little cakes made of it are very good for serving with game or

poultry; some of the raw meat of either should then be mixed in with the rest if handy. Or some fumet of game is an improvement, when game is used; but the truffle flavour should not be destroyed.

University Sausages. — Required: a pound of pork, a pound of veal, half a pound of veal kidney suet, and the kidney itself, a glass of port, a gill of bread-crumbs, the yolks of two eggs, salt, pepper, and cayenne, a morsel of garlic, and any herb that may be preferred. Cost, about 2s. 9d. to 3s.

The bread and wine should soak together, and be put with the meat, &c., after they have been minced as usual. The garlic should be as fine as possible. The whole should be pounded and pressed in a jar, then covered, and left to blend before the skins are filled; after which they should be steamed for half an hour, then left to get cold and be fried, the skins being first removed, and the sausages rolled in egg and bread-crumbs. By cooking in the skins during the first part of the process, the flavour is better preserved. Little cakes of the above are very good for garnishing such dishes as roast rabbit or hare; or small balls may be used in jugged hare, and all such dishes. The nicest way of cooking the cakes is to steam them until done, then let them get cold, and finish off as directed for the sausages; or instead of egging and crumbing they may be brushed over with liquid fat, and browned up in the oven or before the fire. The balls may be floured, and cooked in the gravy of the hare, &c.

Veal and Ham Sausages.— Required: a pound and a half of lean veal, a pound of fat bacon, and half a pound of lean ham, seasoning and herbs. Cost, about 2s. 6d.

Mince the meat in the usual way; the ham should be of very good quality; then add a teaspoonful of sage or mixed herbs to each pound of meat, with salt and pepper to taste. The quantity of salt depends upon the quality of the ham and bacon, and must be added very cautiously. Fill skins, and cook in the usual way. They are very delicious if boiled until nearly done, then finished off by frying or broiling. These also make delicate rolls (*see* recipes under PASTRY).

Veal Sausages for Garnishing.—Required: half a pound of veal, four ounces each of fat bacon and lean ham, two ounces of bread, seasoning, &c., as below. Cost, about 1s. 4d.

Prepare the meat in the usual way, and season with salt and white pepper, a dust of cayenne and grated nutmeg, and a pinch of dried thyme in fine powder. The bread should be soaked in white stock, squeezed very dry, and sieved, then mixed with the yolk of a raw egg and added to the meat. When well blended, form into little sausages on a floured board; they should be about an inch and a half long, and half as thick as an ordinary sausage. After shaping, they should be put in a cool place for an hour if convenient, then rolled in flour, next in beaten egg, and finally in fine biscuit-crumbs, made from any sort of hard unsweetened biscuits. Make a little butter hot in a frying pan, and cook the sausages for about eight or ten minutes, turning them often, and letting them acquire a pale brown tint only. Drain well before serving. These are suitable for garnishing many dishes, and they may be varied a little to suit the dish. A thin coat of glaze improves them.

White Puddings.—Required: pork, bacon, groats, milk, salt, pepper, onions, &c., as below. Cost, 4d. to 5d. per pound.

Take two pounds of lean pork, and mince it small. Boil a pound of solid fat pork or bacon, and let it get cold; cut this into squares. Soak some whole groats in milk for twelve hours; about half a pound will do; if groats are not available use the coarsest oatmeal instead. Then mix them with the lean pork. A good seasoning of salt and white pepper, a little nutmeg, and a

minced onion or two, or a few shalots should be added. Fill the skins *very lightly* with the mixture, putting the squares of fat here and there; tie them in links of about five inches. To boil them, put them in warm water, and cook them softly for two hours. When half done, some advise that they be pricked, but if plenty of room be left for swelling they will not burst. All superfluous milk must be drained from the groats. After boiling, they should be left to get cold, and then heated for serving in a Dutch oven, or on a grid-iron. These are the puddings familiar to country residents at pig-killing time, but almost everyone has a different recipe for making them. More fat than above given is often used, and the minced meat is composed of fat and lean. In some, melted lard is mixed with the groats.

FORCEMEATS.

MANY very coarse and unpalatable compounds are commonly met with under the name of forcemeat, or stuffing (which is a more homely name for the same thing), due to nothing but careless preparation and mixing of the several ingredients. In all forcemeats, except the very simplest kind, trouble and time must not be begrudged if the result is to reflect credit upon the cook. Those who are given to what they call "knocking things together" at random will never succeed in preparing the delicate forcemeats which are the making of so many dishes, and for which a pestle and mortar are absolutely necessary. And we believe that it is owing to the lack of proper utensils that many break down in culinary operations of all sorts. Some people are fond of arguing that only bad workmen quarrel with their tools; others will tell you that no one can work without tools. Be this as it may, it is certain that there is no more useful tool in a kitchen than the pestle and mortar; and where forcemeats and potted meats are prepared in good quantities, a mortar which has a capacity of two to three pints should be purchased. (*See* the list of KITCHEN UTENSILS at the end of the book.)

Other utensils are a good knife and board, or some prefer a bowl, with the well-known form of knife made to fit it. Then there are sieves to be considered—many purées for which recipes are given herein need sieving as well as pounding—and we may here remark that the durability of sieves may be increased by using them more equally than they are generally used. The sides, as well as the middle, should do a share of the work, and all sieves of copper or steel wire ought to be washed and dried each time they are used; a small brush should be kept for them, and care taken that the holes do not clog.

Assuming, then, that the utensils are ready to hand, anyone who will may make good forcemeat, and all that comes under that head. First, the suet that enters into so many of the every-day forcemeats: this should be from the kidney if possible, skinned with care, and any traces of blood removed; and it must be chopped without flour. Those who cut it into rough, irregular-sized lumps at starting, will never get it fine. The thing is to shred it very finely first, so finely that the knife seems to shave rather than cut it; if lightly chopped after, and rubbed into the crumbs until lost sight of, there will be no visible lumps of suet when cooked; there cannot

be. The eggs, too, must be above suspicion, not absolutely new-laid, but good; in nothing more than in forcemeat is a doubtful egg more objectionable; and they should always be most carefully freed from the germ. To season forcemeats is an art, for there is a wide difference between those that are little more tasty than bread itself, and such as may be tasted for hours after a meal. In testing a forcemeat before it is cooked, it should be borne in mind that seasoning is brought out by heat; that is, a forcemeat which appeared to err on the side of mildness before cooking, might be found almost too hot when cooked. These things, as well as the taste of those who will eat of the dish, must be considered. Herbs in the fresh state can be pretty accurately gauged with regard to quantity, but in using dried ones allowance must be made for the loss of strength by keeping.

A word with regard to scraps of cooked meat; some people seem to have a notion that any bits of dry meat "can go into the stuffing," and that so long as there is bulk, there must of necessity be goodness. We are anxious not to be misunderstood, because in many forcemeats, cooked ham and other meats *are* used; we mean that to stuff a joint, which perhaps needs two or three hours' cooking, with scraps of meat which are already too dry, most likely, is manifestly absurd.

The term "forcemeat" answers alike for the homely sorts called "stuffing" and for the better varieties to which the French name "farce" is usually given.

Bread Forcemeat, French.—Required: bread, suet, onion, herbs, seasoning, and eggs, &c., as below. Cost, about 6d.

Take four ounces of bread, and prepare it according to the directions given under PANADA, BREAD, FRENCH. When cool, add to it two and a half ounces of veal kidney suet, a small onion, scalded and chopped, a teaspoonful of parsley and thyme, a dust of nutmeg, pepper and salt to taste, and either one whole egg, or the yolk of one and a tablespoonful of cream or milk. The suet should be as finely chopped as possible, and well mixed in the bread; the dry seasonings should be blended before they are put in.

Another way.—This is plainer. Use an ounce of fat bacon, rasped, *i.e.* scraped with a knife, a little parsley and thyme, or for some dishes mushroom powder is nicer, a little seasoning, and part of an egg, with a spoonful of milk, to the same quantity of panada given above. If for fish, the rest of the egg comes in for brushing it over, if to be baked or roasted (*see* FISH).

Brown Forcemeat (A Vegetarian Recipe).—Required: half a pint of crumbs from brown bread, a dessertspoonful of fruit jelly—currant or tomato is nice, or apple jelly can be used—a large onion, fried and chopped, a little brown store sauce or ketchup, with seasoning to taste; a pinch of cloves or allspice will improve it; one egg, one ounce of butter or a spoonful of oil, and two ounces of tapioca. Cost, about 6d.

Mix the crumbs and dry seasonings, rub the butter in, melt the jelly, add it and the beaten egg, then put in the onions and tapioca; the latter should be cooked in a little water till soft (*see* recipes under TAPIOCA), and mixed in while warm. It gives body to vegetarian forcemeats, but other cereals can take its place; many are more nourishing, but lack the smoothness of tapioca. Sago is the next best to it. This has various uses for pies, &c.

Another way.—Use equal parts of bread-crumbs and cooked sieved carrots, or any other vegetable; to half a pint add a raw egg, oil or butter as

above, and about an ounce of grated cheese. This should be nicely seasoned and can be used for stuffing such vegetables as marrows, which need some piquant addition. A little brown colouring should be added to both these.

Calf's Udder Forcemeat, French.—Required: calf's udder, veal, panada, herbs, seasoning, eggs, &c., as below. Cost, about 10d. to 1s. per pound.

Prepare the udder by the directions given on page 495; after it is cooled and cut up, add to it an equal bulk, *not weight*, of raw, scraped veal, and PANADA, BREAD, FRENCH. Blend these ingredients well, pound and sieve them, and season nicely, just according to the dish the forcemeat is wanted for; herbs, and the other adjuncts to good veal forcemeat of the ordinary kind are generally employed; eggs to make a somewhat moist paste are also wanted, and sometimes cream is added.

It will be seen that the udder here takes the place of butter or suet; and to save the trouble entailed by the use of udder, many cooks substitute butter, which they contend is as good; others hold the contrary opinion, and assert that no forcemeat equals that for which udder is used. Be that as it may, the use of udder is very limited, comparatively speaking, in this country. This may be used for stuffing veal and poultry, and for other purposes.

Chestnut Forcemeat, for Goose.—Required: chestnuts, stock, onion, butter, and seasoning as below. Cost, about 6d. to 8d.

This is plain and cheap. To half a pint of the pulp of boiled chestnuts, add two ounces of butter, a small onion, parboiled and chopped, a good seasoning of salt and pepper, and some parsley, or this can be left out; many prefer just the plain chestnut flavour. Stuff the goose with the mixture in the usual way.

A very superior stuffing is made from CHESTNUT PURÉE, BROWN; after preparing it as directed, mix in while it is hot about a fourth its bulk of sausage meat, without herbs; blend well and use when cool. Bread-crumbs may be added if wanted plainer.

Chestnut Forcemeat, for Roast Fowl (or Turkey).—Required: chestnuts, stock, ham, liver, butter, bread, sausage meat, eggs, and seasoning as below. Cost, about 8d. to 10d.

Take about thirty chestnuts that have been peeled, and boiled in a little white stock, and drained; pound them with the liver of the fowl, parboiled, a tablespoonful of chopped ham, the same of sausage meat (beef or pork), a small onion, chopped, salt, pepper, and grated lemon peel to taste, two ounces of butter, the same of bread-crumbs, and the yolks of two eggs. The eggs should be put in after the other materials have been worked to a paste. More must be made if for a turkey.

Chestnut Forcemeat, Rich.—Required; chestnuts, stock, cream, butter, white or brown sauce, seasoning, eggs, &c., as below. Cost, about 9d.

Roast some chestnuts, then skin them, and put them in a stewpan with just enough veal or chicken stock to cover; put a buttered paper over, and cook until the stock is absorbed, and the chestnuts are dry-looking. Rub them through a sieve, and add a couple of ounces of butter to half a pint; season to taste, and mix in a little cream or white sauce if required light in colour; or brown sauce, if dark forcemeat is intended. Then stir in a couple of raw yolks of eggs, and beat well. Sometimes herbs are added, or a little ground spice of any sort may be substituted. This is nice for balls or cakes, which can be fried after egging and crumbing (or they can be coated with crushed vermicelli), and used for garnishing fillets of beef, and many other dishes.

Another kind of forcemeat is made by mixing some sausage meat with chestnuts cooked as above. This is more in accordance with modern dishes, as chestnut forcemeat has the

disadvantage—in some people's estimation—of being old-fashioned. Equal parts of the chestnut purée and sausage meat can be used, or a larger proportion of the latter, which is more usual.

Curry Forcemeat.—In making this, the thing to remember is that the curry flavour should be pronounced; at the same time, it will be much more agreeable if herbs, and the usual adjuncts to curried preparations generally, are included. As to the foundation, it may be bread, with a small proportion of suet, or clarified fat, or butter for those who prefer it; or it may be a good sausage meat or other forcemeat, to which curry powder may be added, or curry paste, which gives smoothness and a more agreeable flavour, the paste being mild or hot as required. To all these forcemeats a little chutney is an improvement; finely minced hot pickles serve the same purpose, viz., that of increasing the piquancy.

Egg and Mushroom Forcemeat.—Required: mushrooms, lemon, butter, cream, eggs, bread and seasoning as below. Cost, about 8d. to 1s., according to the season.

This is a good recipe; the forcemeat is useful for many purposes. Take some mushrooms, button ones are to be preferred, as the colour should not be at all dark. After washing, they should be rinsed in lemon juice and chopped, then cooked in lemon juice and butter, an ounce of the latter to half a pound of mushrooms; the lemon juice must be according to taste; from one to two teaspoonfuls will be enough as a rule. When quite soft put the mushrooms, &c., in a basin, and add two hard-boiled eggs, the yolks put through a sieve, and the whites in dice; or all may be in the latter form if more convenient. Then add two ounces of bread-crumbs and two tablespoonfuls of cream. Beat the whole well, and add salt, white pepper, and a suspicion of mace, with a raw egg to bind it. This is not a cheap forcemeat, comparatively speaking. If for any dish that is to be eaten cold, another ounce of butter is necessary. A small quantity of chopped ham is another useful addition. Just as detailed above, it will be found very nice for many maigre dishes.

Note.—This is much better if the mushrooms are sieved before the bread is put in; they will go through very readily while warm.

Fish Forcemeat.— Required: fish, bread, herbs, seasoning, butter, an onion, milk, and an egg. Cost varies with the kinds of fish used; about 1s. on an average.

Take any sort of shell-fish, or it may be mixed; lobster with a few shrimps, or some crab, if nice, and the best parts be used. Cut it small, and add an equal bulk of bread-crumbs; to half a pint of the mixture add a tablespoonful of thyme and parsley, three-fourths of the latter; a little salt, pepper, and nutmeg, a teaspoonful of scalded and chopped onion, two ounces of butter, and a beaten egg. Blend very thoroughly, and then put in a small quantity of milk. With this some white fish may be used to make up the quantity; the shell-fish gives it a savoury character, and renders it useful for many purposes. It is very good for stuffing fresh haddock, or any similar fish, or can be used for fresh water fish. (*See* also Forcemeats under LOBSTER, SHRIMP, TOMATO, and WHITING.)

Forcemeat Balls for Turtle Soup.—These can be used also for MOCK TURTLE SOUP. Required: bread, veal, butter, eggs, seasoning, and stock or milk as below. Cost, about 9d.

Soak four ounces of bread-crumbs in veal stock or milk; wring them in a cloth, and pass through a sieve. Take four ounces of lean veal from the fillet; scrape this to a pulp, and sieve it. Then pound it with the bread, add an ounce of butter, about a saltspoonful of salt, a pinch of cayenne and pepper, grated nutmeg to taste, a little parsley and powdered mixed herbs, then put in the yolks of two hard-boiled eggs, that

have been sieved. Add as much raw egg yolk as will make a stiff paste, form it into balls the size of a very small nutmeg, and cook them in boiling water, slightly salted, until firm. Put them in the soup in time to heat through.

Another way.—Take some veal prepared as for QUENELLES, and add to it the necessary herbs, and hard-boiled eggs to make the mixture firmer; one of the balls is better tested before all are made up.

Forcemeat Balls, Ordinary.—Any forcemeat may be made into balls; in some instances more crumbs must be used, but so long as the mass can be moulded that is all that is required. If for frying, forcemeat free from suet is the best; for adding to stews, or anything that will be well cooked, those with suet will answer equally well. For dishes of hare, &c., any of the most savoury ones may be selected. For white meats, mixed forcemeats are best.

Fowl, Forcemeat for.—Required: half a pound of raw fowl, two to three ounces of pork or bacon, three ounces of veal suet, seasoning, the yolks of two eggs, and four ounces of bread panada. If suet is objected to, use butter; the pork or bacon should then be reduced to about an ounce and a half. Cost, about 1s. 2d. to 1s. 4d.

Mince and pound the meats, then pound the whole. Any other seasoning besides salt, pepper, cayenne, and nutmeg may be added, but the adjuncts to the dish must be considered, that the seasonings may not "clash." Used for stuffing a fowl or turkey (for the latter the proportions must be increased) or for garnishing purposes.

Game Forcemeat.—Required: game livers, raw game, bacon, butter, seasoning, cream, egg, stock, and panada. Cost varies with the kind of game.

Take the livers of the game, and pound them with an equal weight of raw bacon, butter, and raw game; mix in some salt and pepper, and a pinch of powdered cloves and nutmeg; then make the whole into a paste with the yolk of a raw egg and a spoonful of thick cream, together with a spoonful or two of bread panada, cooked in game stock. If for filling birds, this may be moister than for moulding into balls, cakes, &c. For a more solid forcemeat, use dry crumbs instead of panada.

For a more economical forcemeat, use any remnants of cooked game that may be handy, and poultry livers instead of game. In either case, the liver must be in good condition, and after pounding should be passed through a sieve.

Game Pies, Forcemeat for.—Required: half a pound of raw veal, a quarter of a pound of fat bacon, the same weight of calf's liver, the liver of a fowl or pheasant, or any other game or poultry, two ounces of butter, a tablespoonful of cooked mushrooms, the same of sweetbread or brains, cooked, and cut in dice, and seasoning, &c., as below. Cost, about 1s. 6d.

Pass all the meats—sweetbreads or brains excepted—through a sausage machine; put them in a pan with the dissolved butter, and a bunch of herbs, with a pinch of cayenne and black pepper; stir for a minute or two, then pass through a sieve, after taking the herbs out and putting the mushrooms in. Then add either a tablespoonful of FUMET OF GAME, or the same measure of the best brown stock or gravy that is available, with salt to taste, and a squeeze of lemon juice. Beat in a couple of raw eggs, yolks only, and the sweetbread, and set aside to cool. This is so good, and may be used in so many dishes, that special attention is called to it. To make it stiff enough for moulding, either dry crumbs or panada will be wanted; as detailed, it is intended for using in layers, generally termed "spreading."

Godiveau (a rich French Forcemeat).—Required: veal, suet, eggs, water, or stock, and seasoning as below. Cost, about 1s.

This is much used as a garnish ; great care is required in its preparation. Take six ounces of lean raw veal, free from skin or gristle, and the same weight of veal kidney suet, free from any trace of skin ; chop both finely, or scrape the veal ; pound them until they have become thoroughly amalgamated, then add a raw egg. Turn out and leave to cool, on ice if possible ; put back in the mortar with another egg, and go on pounding, adding a spoonful of iced water or pale stock, then put in a little chopped parsley, salt and pepper, and a little nutmeg. Turn out on a board, make a bit up into a round, or quenelle shape, and poach it. If too firm, add a little more water, and if not firm enough, add half or the whole of another egg, according to the size. This should be made in a very cool place. It can be used for vol-au-vents, pâtés, and for garnishing purposes. The flesh of poultry can be substituted for veal. Beef kidney suet can be used instead of veal, and the seasoning may be varied to suit different dishes, but it is a delicate forcemeat (or should be) and not highly seasoned. The addition of the iced water cools it, and helps to bind it; when cooked it will cut evenly.

Goose.—*See* SAGE AND ONIONS.

Hare Forcemeat (port or claret).—Required: bread, wine, suet, seasoning, shalot, parsley, ham, lemon, liver, eggs, &c., as below. Cost, about 9d., exclusive of the wine.

Take some stale bread-crumbs in proportion to the size of the hare, and pour over them enough port or claret to cover them. Supposing half a pint of crumbs before soaking, mix together four ounces of finely shredded veal suet, a teaspoonful each of chopped parsley, grated lemon rind, and chopped shalot, a tablespoonful of lean raw ham, passed through a mincer, with the liver of the hare if in a sound condition : if not, liver of any other sort of game or poultry will do. Blend the whole with the bread, and add salt and cayenne to taste, with a couple of raw eggs well beaten, and if claret be used, a teaspoonful of melted currant jelly, red or black. This is a forcemeat which is somewhat old-fashioned, but much liked by many game-eaters. It is also very nice for a rabbit if it is intended to imitate hare.

A very similar forcemeat is made by omitting the shalot, and putting in a boned anchovy, rubbed through a sieve; rather less lemon rind than above given, but other ingredients in the same proportion. Port should be used when this mode is followed; it produces a very savoury forcemeat.

Herb Forcemeat, Plain.—Use crumbs as above, and either half as much suet, or clarified fat, two eggs, and a little milk, herbs and seasoning as above. This, if made with the fat, does for baked fish.

Herb Forcemeat, Rich.—Required : twelve ounces of fine bread-crumbs, six ounces of beef suet, an ounce of butter, a tablespoonful of fresh parsley, chopped, a tablespoonful of mixed herbs—these should consist of thyme, marjoram, bay leaf, and basil, thyme being in the greatest proportion—half a gill of cream, three raw eggs, and salt, pepper, and cayenne, with nutmeg or mace to taste. Cost, 10d. to 1s.

The finer the suet is chopped, the nicer this will be; veal suet is better than beef, being more delicate, but beef answers for ordinary purposes. If the herbs (other than parsley) are in the *fresh* state less will answer; the above quantities are for dried herbs. Other herbs besides those named may be used; the above proportions being observed. This is very good for rabbits whether boiled, baked or stewed; and it may be varied by using a little sausage meat, or chopped ham, or bacon, and reducing the suet. It can be used also for veal, turkey, &c. The liver of a turkey or fowl can be minced and put in when for stuffing either of those birds.

Leek Forcemeat.—This is a vegetarian recipe. Required: half a

pound of bread-crumbs, the white part of some leeks, enough to fill a quarter-pint measure after chopping, two eggs, an ounce of butter, a teaspoonful of chopped parsley, half as much thyme and sweet marjoram, mixed, and a little grated nutmeg, pepper, and salt. Cost, 6d. to 8d.

Mix the crumbs, herbs, seasoning, and leeks. Rub the butter in, then add the eggs beaten first. Amalgamate the whole very thoroughly, and use in pies, stews, soups, &c. For pies, add a little milk to make it moist enough to spread; for stews, soups, &c., mould it into small balls, and boil for an hour or so. A much more delicate flavour can be had by scalding or parboiling the leeks; and an ounce or two of boiled rice, with less bread in proportion, is a further improvement.

Liver Forcemeat (or Mock Foie Gras).—Required: six ounces of calf's liver, three ounces of lean veal, four ounces of fat bacon, an ounce of butter, a bunch of herbs, *i.e.* bay leaf, thyme, parsley, and basil, a small onion, a tablespoonful of chopped truffle, eggs, and seasoning. Cost, about 1s., exclusive of truffles.

Chop the onion, fry it in the butter, add the liver, cut up, and the herbs; fry for a few minutes, then take from the fire, mix in the bacon and veal (these should be first scraped to pulp), then rub through a sieve; add a little salt and pepper, the truffle, and the yolks of two raw eggs. Cover if not wanted at once.

Another way.—For this, fry the bacon with the liver; add the veal as above, then rub through a wire sieve, and instead of using the bunch of herbs (which are to be removed) add the same herbs in powder; the parsley should be fresh, and about a teaspoonful used; the rest may be dried, and about half a teaspoonful of the whole will suffice. For some dishes, the truffles may be advantageously increased. This is a very savoury and excellent forcemeat.

Note.—By pounding this while warm in a mortar, it is much more easily sieved. Rabbit, instead of veal, may always be used when required for game dishes, such as stuffing birds, or in pies, &c.

Lobster Forcemeat, for Fish.—This is a useful preparation; made as described it can be used for stuffing fish; or for making into balls for fish stews or soups. Required: the flesh of a medium-sized lobster, two ounces of butter, two raw eggs, one egg boiled hard, about a gill and a half of bread-crumbs, and seasoning as below. Cost, about 6d. or 8d., exclusive of lobster.

Tinned fish may be used for it. Cut the lobster up small; add the bread, and the butter dissolved by gentle heat; mix in the hard egg, minced; add salt and cayenne, a dust of black pepper, a squeeze of lemon juice, and a teaspoonful of anchovy essence. Bind with the raw eggs, and use as required. This is nicer if the yolk of the hard egg be sieved, and the white cut up as usual; and if for balls, for soups or stews, the addition of a tablespoonful of panada makes it easier to cook; it can be poached like quenelles, or fried brown.

Lobster Forcemeat, Plain.—Required: a pint of bread-crumbs, two or three ounces of butter, or less butter and a little milk, an egg, a tablespoonful of lobster essence, salt, pepper, and cayenne, a few drops of anchovy essence, and enough fish stock to make a rather moist paste. Cost, about 7d. or 8d. This is very good for giving flavour at small cost; and useful for stuffing large, rather coarse, or insipid fish.

Meat, Forcemeat for (very plain).—Required: four ounces of bread-crumbs, an ounce of dripping, a grate or two of nutmeg and lemon peel, a saltspoonful of salt, half as much pepper, and a tablespoonful of milk, herbs as below. Cost, 3d. or 4d.

Put the crumbs in a bowl, rub the dripping in with the fingers until fine;

add the seasoning, and then the milk, which will make the whole into a paste; or the dripping can be first melted, and put in with the milk. Now for the herbs: if this is to be used for veal, add a tablespoonful of chopped parsley, and about half a teaspoonful of thyme if fresh, rather more if dried. If for mutton, it may be made as for veal, or a small teaspoonful of sage can be added, and a small onion parboiled and chopped. Or for either kind of meat the herbs may be left out, and a chopped mushroom added, or a teaspoonful of mushroom ketchup. This is useful for cheap dishes; it will be noticed that no egg is given, it will not therefore be firm when cooked, but rather crumbly, and as some people have to avoid eggs in all forms, to such it will be useful. It may also be used for a rabbit or fowl, and may be enriched if desired by the substitution of butter for dripping, and cream for milk.

Mushroom Forcemeat, Vegetarian.—This is a very useful forcemeat for a great variety of dishes, and will probably be appreciated as much by meat eaters as those for whom it is more particularly intended. Required: a pound of button mushrooms, the juice and grated rind of half a lemon, a couple of ounces of oil—this may be olive or any other, but olive is the nicer—bread, seasoning, &c., as under. Cost, about 10d. to 1s.

Wash the mushrooms, then chop them up, and put them in an enamelled saucepan with the oil first heated, and the lemon; stir until they begin to fall, then add a tablespoonful of mushroom ketchup, a little nutmeg and cayenne, with white pepper and salt to taste, and four ounces of bread-crumbs which have been soaked in milk and beaten well. Take the pan from the fire, and add a tablespoonful of tapioca previously cooked either in milk or water, and give the whole a good stirring. The finishing off of this depends entirely upon the purpose for which it is intended. As it is, it will do for stuffing other vegetables (*see* recipes in the chapters on VEGETABLES); or it can be made firm enough to form into balls, and used in pies; a little mashed potato, rice, or anything to give the right consistence, may be used for this purpose.

Oyster Forcemeat, Good.—Required: oysters, bread, butter, seasoning, eggs, anchovy essence, parsley, &c., as below. Cost, about 1s. 6d. to 1s. 8d., with oysters at 1d. each.

Mix together a dozen medium-sized oysters, cut small, a gill and a half of bread-crumbs, a saltspoonful of grated lemon peel, a good pinch of cayenne, white pepper and salt, a hint of mace, a teaspoonful of chopped parsley, and two ounces of liquefied butter. Work these until a sort of paste is formed; the back of a wooden spoon should be used. Then add the yolk of an egg, and a couple of tablespoonfuls of the oyster liquor, in which the beards have been stewed (*see* OYSTER SAUCE); go on working the paste, and add a tablespoonful of cream, and a few drops of the essence of anchovies; put in another egg yolk, and work again for a few minutes. It is then ready for stuffing fowl, turkey, &c. If for fish, the parsley can be omitted if liked, and a little more anchovy used, but it is intended to develop the oyster flavour, not to overpower it. (*See* OYSTER SAUSAGES.)

Oyster Forcemeat, Plain.—Required: oyster sauce, bread, egg, and seasoning as below. Cost, about 8d.

Take a gill of OYSTER SAUCE, made plainly; while it is warm, mix in some crumbs of bread, and stir until a paste is formed, which will leave the sides of the pan; extra seasoning will be wanted to impart flavour to the bread. When cool, add part of an egg and use. If for baked fish, the rest of the egg will serve for brushing it over.

Oyster Forcemeat, Plain, from Tinned Oysters.—Required: a tin of oysters, bread, roux,

milk, and seasoning, &c., as below. Cost, about 8d. or 9d.

To pretend that this is as good as forcemeat from fresh oysters would be foolish, but it is a very fair substitute for the real thing. Turn out a tin of oysters into a saucepan, and heat them gently, not quite to boiling point, then add a little white roux to the liquor, after draining off the oysters on to a coarse wire sieve; boil it up, and add it to the oysters, and rub all through the sieve. Then flavour with the usual ingredients (*see* foregoing recipes), and add some bread which has been soaked in a little milk, and squeezed dry, then beaten or sieved. About half the bulk of bread to the oyster mixture is enough. An egg is an improvement, but can be left out.

Another way.—If the sieving is objected to, the oysters may be chopped up; the best part of tinned oysters is the liquor, the oysters themselves being shrivelled and flavourless, therefore they are not nice if added whole. A couple or three fresh oysters will give a superior flavour to the forcemeat; the liquor should be reduced and added (*see* Oyster Sauce).

Panada, Bread, French.—Required: bread, and milk, stock, or butter. Cost, about 3d. per lb.

Take some crumb of bread, a day or two old; soak it in boiling water to cover for a few minutes; squeeze dry in a clean cloth; put it in a saucepan, and break it up with a fork; add a little boiling milk or hot stock, just to make a thick paste; stir and cook for a few minutes, then turn out on a plate to cool for use. Or use a morsel of butter to moisten the bread, instead of stock.

Panada, Bread, Ordinary.—Required: materials as above, with the addition of an egg. Soak the bread as above directed, then beat it up, and add either white stock or milk to make a paste; beat over the fire with an egg, yolk only, to each half pint of panada, and when it is a smooth paste and leaves the sides of the pan clean, turn it out for use. A copper or steel pan is best for these preparations. It is important that light, delicate bread be used; bad bread will completely spoil the mixture.

Panada, Flour, French.—Required: water, an egg, salt, flour, and butter. Cost, about 3d.

Put on the fire, in a small copper stewpan, half a pint of water, with a good pinch of salt and an ounce of butter; shake in very gradually, from the left hand, some fine, dry flour, sifted; stir all the time, and after enough flour to make a paste has been used, stir and cook the panada for five minutes. As much flour as the water will absorb is to be used; the paste should be thick and free from lumps. From four to five tablespoonfuls of flour will probably be wanted, and the water should boil fast before it is put in. Great care is needed to prevent burning or lumpiness, as the least suspicion of either would spoil it. As soon as it is cooked stir in the yolk of a raw egg that has been freed from the germ. Give a few minutes' beating off the fire, then turn out for use as required. It should be put by in a cool place.

Panada, Flour, Ordinary.—Make the panada as above, but leave the egg out; use an extra half ounce of butter in the water; and if for fish dishes, any light fish stock should be used in place of all, or part of the water; for chicken or veal, use the same stocks. Where a good quantity of panada is made at once for many dishes, this is, of course, impracticable. In all our recipes, unless otherwise stated, this is the panada intended to be used.

Partridges or Pheasants, Forcemeat for.—Required: the livers of the birds, with one or two chicken livers, four ounces of raw bacon, rather fat, two ounces of raw veal, the same weight of bread-crumbs, an egg, seasoning, and cream. Cost, about 8d., exclusive of the livers.

Bring the livers to the boil, after

putting them on in cold water; dry and chop them, add the veal, scraped, and the chopped bacon, and then the bread, which has been moistened with boiling cream and strained; rub all through a sieve, add pepper and a pinch of cayenne, and salt if needed; beat in the egg yolk, and use for a brace of small birds, or one large one. To this many other seasonings may be added by those who like them; shalots or capers, mushrooms, herbs, and various spices are often put into such a forcemeat, but many will approve of one which allows the flavour of the bird to preponderate.

Note.—By soaking the bread-crumbs in sherry instead of cream, another variety is obtainable.

Piquant Forcemeat.—This is intended for Cod à l'Indienne, or any similar dish. The quantity made must be regulated by the size of the fish; we give the proportions of the several ingredients. Required: bread, butter, onion, thyme, parsley, and marjoram, salt, pepper, mustard, and cayenne, pickles or chutney, egg, milk, &c., as below. Cost, about 7d. or 8d.

Put a pint of bread-crumbs in a bowl, rub in three ounces of butter, or clarified fat (the latter does for very plain dishes), add a tablespoonful of chopped parsley, a small onion, chopped, a saltspoonful of thyme and marjoram, salt to taste, a quarter teaspoonful of white pepper, rather more French mustard, and a good pinch of cayenne. Chop up a teaspoonful or so of hot pickles, either clear or thick; add them with a beaten egg and about half a gill of milk; the staleness of the crumbs must regulate this; it should be added gradually; it must be moist only, not sloppy. A morsel of chutney may be used if no pickles are handy, and a pinch of ginger increases the piquancy. It is excellent for fresh water fish of almost any sort.

Note.—Any ordinary herb forcemeat, with the additions named above in the shape of mustard, pickles, &c., will serve the same purposes.

Pork Forcemeat. — Required: apples, onions, sage, thyme, parsley, seasoning and potatoes. Cost, about 6d.

This is an old-fashioned but very excellent forcemeat. It is only another variety of the popular sage and onion stuffing, and will be found as good for geese, ducks, or mutton, as for pork. Take for it four onions of medium size, apples, the same size and number, half a dozen sage leaves, a sprig of lemon thyme and parsley, and some seasoning and potatoes. Peel and chop the apples, or bake them, and use the pulp, which is a better way. Boil the onions with the herbs until done, then strain them, and chop or sieve them; add the apples, with black pepper and a little salt, and enough mashed potatoes to make a smooth mass. Then use, after it has cooled. (*See* also Sage and Onion Forcemeat.)

Potato Forcemeat, for Goose.—Required: potatoes, butter, or dripping, seasoning, the liver of a goose, and other ingredients as below. Cost, on an average, about 2d. to 3d. per pound.

There are several ways of preparing this; one is, to peel and cut up the potatoes into dice, and to sweat them in a little butter until they are partly cooked; a good-sized onion to two pounds of potatoes is chopped and put in with them, salt and pepper, and the goose liver, chopped, being the only other ingredients.

Another way, and we think a better one, is to use mashed potatoes, mixed with a small proportion of onion, sliced and lightly fried, the liver of the goose and a little sage, with black pepper and salt; an egg to two pounds of potatoes is a decided improvement; the stuffing will be smoother and cut more evenly.

Rice Forcemeat. — Required: rice, butter, cream or milk, an egg, and seasoning. Cost, about 6d. or 7d. per pound, for a plain forcemeat.

This is suitable for sucking pig, or may be used for veal. Some rice should be

boiled and left to dry, then mixed with an ounce of butter and a tablespoonful of cream (to each half pound), one raw egg, and a little seasoning of salt and pepper, with a pinch of ground mace or nutmeg. For superior forcemeat, the rice and butter are pounded before the other ingredients are put in; sometimes a very small proportion of chopped raw ham is added, and is an improvement. For stuffing full-grown pork, either for boiling or baking, boiled split peas are added to the rice; the proportions being a matter of taste.

Rich Raised Pies, Forcemeat for.—Required: twelve ounces of lean raw veal, eight ounces of fat raw bacon, four ounces of lean raw ham, and other ingredients as below. Cost, about 1s. 6d., without truffles.

The veal should be very fresh, and cut from the fillet. Lay it on a board, and scrape it to a pulp, leaving nothing but the skin. Scrape the bacon, and add it, together with the ham first chopped, then pounded with a morsel of butter. Season with salt, pepper, cayenne, and a little mace or nutmeg. Blend very thoroughly and add about a tablespoonful of veal gravy or stock, first strained; this moistens the forcemeat, and makes it cut more evenly when cooked. This is to be regarded as the foundation; various adjuncts for pies of different kinds may be added. For those of veal, herbs are indispensable; while for game pies truffles are an improvement.

Sage and Onion Forcemeat.—Required: bread, onions, sage, and seasoning. Cost, about 2d. to 3d. per pound for the plain, and about 4d. per pound for the rich forcemeat.

If required very mild, peel and boil the onions until quite done, and boil the sage leaves also for a few minutes; allow a fresh sage leaf, or two dried ones to each moderate-sized onion; after chopping, season with salt and pepper, and add about a tablespoonful of bread-crumbs to each onion used; some soak the bread in the onion water, then squeeze and beat it up instead of making crumbs of it.

Another way.—Boil the onions for a few minutes only, and add sage as above, with seasoning to taste. If dried sage leaves are added use double the quantity. The proportion of sage and onion can only be approximately stated, for while some like but a hint of sage, others prefer that flavour to almost overpower that of the onion. This may be used as it is, or bread, about half as much as given in the above recipe, may be put in. In the opinion of some cooks bread spoils the stuffing; others use it in large proportion, and add butter and raw yolks of eggs. These two ingredients are, however, quite unnecessary, because the meats with which this stuffing is used are sufficiently rich without them. These are suitable for pork, ducks, and geese.

Sage and Onion Forcemeat (very superior).—Required: onions, butter, bread, sage, and seasoning as below. Cost, about 3d. per pound.

Take some onions, cut them up into quarters, and put them in cold water in a saucepan, with a pinch of salt and sugar. Bring to the boil, drain, and dry them well, then chop them up, and to half a pint, add an ounce of butter in a clean saucepan. Sweat them for about a quarter of an hour, and then add to them an equal measure of bread-crumbs, with seasoning to taste; about a heaped tablespoonful of chopped sage if fresh, or one and a half to two tablespoonfuls if dried, with salt and pepper, are all the necessary ingredients, but for some this is improved by adding a little parsley and nutmeg; or thyme is sometimes liked with sage. The above proportions of crumbs and onions can be varied at pleasure; a pint of onions to half a pint of crumbs will suit those who like plenty of onions. The idea is to improve the stuffing generally by the preliminary boiling and sweating of the onions. Should they be very strong, they may be scalded before blanching, or a

second blanching answers the same purpose; that is to say, the water should be renewed, and again brought to the boil. (*See* SPANISH ONIONS, under VEGETABLES.)

Shrimp Forcemeat, Plain. —Required: bread, shrimps, butter, egg, and seasoning as below. Cost, about 4d. to 6d. per half pint on an average.

For the foundation, bread-crumbs and chopped shrimps, in equal parts, should be mixed together, then made into a paste with an ounce of butter—to each half pint or so of the mixture—and a beaten egg. The seasonings are regulated by the sort of fish it is to be used for; it is excellent for fresh water fish, then rather a high seasoning is wanted: salt, pepper, and cayenne, with a little essence of shrimps or anchovies. For any white fish—and we may refer to fresh haddock as very good stuffed with it—a more delicate seasoning is desirable.

Another way.—Use more butter, say another ounce, and instead of shrimps take half a pint of bread-crumbs, and mix in a teaspoonful of shrimp paste with essence as above named. In addition to the egg, a spoonful of milk improves it. By some, a small quantity of parsley is thought an improvement. The flavour is certainly rather peculiar, but pleasant. WHITE SAUCE, or SHRIMP SAUCE, should be served with the fish.

Tomato and Mushroom Forcemeat. — Required: half a pound of white mushrooms, the same weight of tomatoes, other materials as below. Cost, about 1s.

Make a purée of the mushrooms (*see* recipes under MUSHROOMS), brown or white as required; add, while it is still hot, the tomatoes, rubbed through a sieve, a chopped shalot, salt and pepper, lemon juice and a pinch of herbs. Stir for a few minutes, and if white mushroom purée, put in a good tablespoonful of any nice white sauce; if a brown purée, use brown sauce. Then mix in fine bread-crumbs until the mixture forms a soft paste; in a few minutes turn it out, and add a beaten egg; continue the mixing until the whole is smoothly blended, and forms a mass free from streakiness; it is ready for use when cool. Many people have tested the excellence of mushrooms stuffed with tomatoes, or tomatoes filled with mushroom purée; fewer, perhaps, have tried a stuffing of the two combined. Its uses are endless for fish, flesh, and fowl, and it is as nice cold as hot; for cold dishes, however, it is all the nicer if an ounce of butter be stirred in just as it is taken from the fire.

Tomato Forcemeat. — Required: a gill of bread-crumbs, half a gill of tomato pulp, either from fresh tomatoes sieved, or the pulp in bottles (*see* TOMATOES), two ounces of butter, an ounce each of veal and ham, seasoning, and a raw egg. Cost, about 7d. or 8d.

Mix the crumbs and pulp in a basin; add the butter, just melted, and the ham and veal chopped small; put in salt and pepper, a little lemon rind, grated, and a few drops of colouring to give a pink tinge. Mix in the yolk of the egg, first well beaten, and set aside, covered, for an hour before using. This is nice for filling a rabbit or fowl, or for a boned shoulder or anything in which it will be enclosed. If it is to be spread, it must be made firmer by decreasing the amount of tomato pulp, or adding more bread. May be varied by adding beef sausage meat, or any other sort preferred, instead of the veal and ham. A small onion or shalot, chopped, would improve this for some, so would parsley.

Tomato Forcemeat, for Fish. —Required: fish, stock, bread-crumbs, an egg, brown sauce, an onion, a tomato, butter or dripping, fish and seasoning as below. Cost, about 8d., but varies with the fish used.

This is very savoury, and suitable for a baked fish with which TOMATO SAUCE, or a sauce or gravy of the brown kind would be served. Pour a little boiling fish stock over half a pint of bread-crumbs; pour off any superfluous moisture, and add a beaten egg and a

tablespoonful of brown sauce. Fry a small onion and a large tomato, both sliced, in two ounces of butter or clarified fat; add them to the rest, with seasoning to taste. Then put in four or six ounces of raw white fish, cut up small or sieved; the latter is much the better. Blend well. This should be made stiff if for balls or cakes for fish stews, using some dry crumbs in place of some of the soaked ones. If moulded small, and coated with egg and crumbs, they may be fried, and used for garnishing many fish dishes.

Udder, Veal, for Forcemeat.—Boil the udder in veal broth until quite tender; when cold, trim away the upper part, and pound it well before adding it to the other ingredients.

Veal Forcemeat.—This is commonly known as veal stuffing, and varies greatly in its composition, degree of richness, and flavouring adjuncts. The foundation consists generally of suet and bread; in some recipes directions are given for using equal weights of these two ingredients, but such a forcemeat is very rich, and by no means light, and not suitable for eating cold. For ordinary use the following will be found rich enough.

No. 1.—Required: half a pound of bread-crumbs, a quarter of a pound of suet, half a lemon, a teaspoonful of salt, half as much pepper, a tablespoonful of chopped parsley, a teaspoonful of thyme if fresh, more if dried, a raw egg, a tablespoonful or two of milk, and about a saltspoonful of grated nutmeg. Cost, about 6d. Sieve the bread, chop the suet, grate the lemon, and blend with the rest of the dry materials; mix very carefully before the liquids are added, to distribute the seasoning, then beat the milk, egg, and strained lemon juice together, and add to the rest. Marjoram or any other herbs may be added, and less lemon and nutmeg will suit some tastes. For a better forcemeat, pound the whole. Good clarified fat or butter may take the place of the suet, and if a little fat bacon be used, less of either will be required. When this is done remember to reduce the quantity of salt.

No. 2.—Required: six ounces of bread-crumbs, two ounces of lean raw ham, one ounce of fat bacon, the same of butter, salt and pepper, cayenne and lemon peel to taste, about half the quantity of herbs given in the above recipe, and two eggs. Cost, about 7d. or 8d. Rub the butter into the bread, add the scraped bacon and chopped ham, and finish as above directed. If the eggs are large, one, and the yolk of the second will suffice. This is a tasty mixture, and nice when cold.

No. 3.—This is the *rich* forcemeat referred to in several of our recipes. Required: half a pound of bread-crumbs, four ounces of raw ham, rather fat, the same of butter, half a lemon, rind and strained juice, salt, pepper, nutmeg, cayenne, and herbs to suit the palate, and three large, or four small, eggs. Cost, about 1s. Blend the materials as directed in No. 1. If the lemon rind be chopped instead of grated, a pinch of salt facilitates the process, but grated rind is the nicer. A portion of veal kidney suet may replace the butter when to be eaten hot, but not for delicate dishes, such as pies, &c. (*See* also VEAL FORCEMEAT, RICH.)

Veal Forcemeat, Rich.—Required: six ounces each of raw veal and ham (or half bacon), three ounces of veal suet, seasoning, &c., as under. Cost, 1s. 2d. to 1s. 4d.

After mincing the meat and chopping the suet, add a little salt, pepper, cayenne and mace, and mix in about an equal bulk of BREAD PANADA, for which veal stock instead of water should be used. Pound the mixture, and add a raw egg by degrees. The exact degree of moisture required is best determined after a little pounding; another egg yolk or a little cream may be wanted, or a spoonful of veal stock may be used. It can be used for turkeys or fowls; it is a change from

ordinary sausage meat, and if the suet is objected to it can be left out, and then will be rich enough for most. Owing to the use of panada instead of crumbs, it is less close than ordinary forcemeats, but when this lightness is not liked, crumbs can take the place of some of panada.

Whiting Forcemeat. — Required: two or three whiting, half the weight of panada, eggs, &c., as below. Cost varies with the price of the fish.

Skin the whiting, rub the flesh through a wire sieve, first scraping it from the bone with a spoon; add panada as above, put both in a mortar, and add an egg and an ounce and a half of butter to half a pound of the mixture. Put a little salt and cayenne in, and go on pounding to a smooth paste. Grated lemon rind and powdered herbs can be added. The seasoning must be regulated according to the purpose for which it is required. When forcemeat of whiting would be too expensive, or the fish not to be had, fresh haddock, if small, makes a very fair substitute. Soles and other white fish may be used in the same way, but fresh, firm fish is absolutely indispensable. A watery fish will not answer.

POTTED MEATS AND FISH.

THESE are very useful, and as a rule are much appreciated. By the expenditure of a little time, many excellent relishes may be made at a trifling expense; for the veriest scraps of meat, so long as they are sweet and not too dry, may be thus turned to good account.

In the recipes we have given the approximate amounts of butter and seasonings, but very much must, of necessity, be left to the discretion of the cook. For example, a piece of salted meat or ham that is very lean will take more butter and less seasoning than juicy meat, either roasted or braised. Then, of seasoning in the form of spices, while cloves and allspice are appropriate for hare, they are quite unsuitable for delicate meats, like veal, rabbit, or chicken; but in potting meats, as beef, tongue, and the like, the same spices may be used if it is desired to impart a gamey character to the dish.

The main points, however, are care in the preparation of the ingredients, and the use of good butter. For without these precautions, the most artfully-seasoned meat will be a failure. In cutting up the meat, all gristly portions, as well as hard, outside fat, should be removed; so should any parts which will not go down smoothly in the pounding. In fact, the mass should be a smooth paste, free from a single lump, or a particle of unbroken fibre. The preparation of fish for potting is less trouble than that of meat; for, given freedom from bone and skin, it is a simple matter to reduce it to a paste. In every instance, though, it should be borne in mind that pounding is necessary after all the ingredients are mixed—even after the mass looks smooth—in order that the whole may be equally blended. It is quite as unpleasant to get an over-dose of spice in potted meat, as it is to eat a mouthful of plum cake with a lump of carbonate of soda in it.

If no mincing machine be at hand, the meat must be chopped on a board with a good knife before pounding, for if it is put into the mortar in coarse, uneven pieces, much labour is entailed that might be spared, and the result after all is far from satisfactory.



CASSELL & COMPANY, LIMITED, LITH. LONDON.

POTTED MEAT BASKET WITH ASPIC BORDER.

One warning may be given respecting the condition of the meat; we have already said that the veriest scraps may be used so long as they are sweet; but some people seem to regard all animal food that is not actually putrid as sweet; so long as any slightly unpleasant flavour can be masked by seasoning, they consider it fit for table and consumption. This is mistaken economy; worse still, it is most dangerous economy. If, by accident or mismanagement, meat is ever allowed to become unpleasant, there is only one thing to be done, *i.e.* throw it away, for it should not be forgotten that though it may be possible to make it palatable by seasoning, it is not possible to render it wholesome.

Potted meats will keep some time, if well seasoned, and stored in a cool, dry place; and in preparing them the seasoning should be considerably increased if they are to be kept long. In filling the pots room should be left for a layer of clarified butter or lard, to the depth of a quarter of an inch; or if for long keeping, it is safer to use melted suet. This is, however, to be removed when sent to table, a little butter being then melted and poured over. To keep out the dust, "parchment paper," or "vegetable parchment" as it is generally called, should be tied over it. The pots used are round or oval, generally of earthenware, but for keeping, we recommend the use of glass; oval or round "moulds" are sold very cheaply, and the meat can thus be watched from time to time.

Anchovies, Potted.—Required: anchovies, butter, seasoning, and colouring as below. Cost, about 6d. for a small pot. Boneless anchovies are best for this. (*See* ANCHOVIES.) After scraping them very clean, put them in a mortar, and pound to a paste, then rub through a fine sieve. Put the paste back in a mortar, and pound again with fresh butter, which should be at least equal in weight to the anchovies, and if a mild paste is wanted it must be increased. Mace and cayenne are the usual seasonings; a little colouring is an improvement if desired pink, but care must be taken to blend the mixture, or the colouring will give a streaky look. This keeps well, and only a thin layer of butter need be put over it. Small pots are best, that it may be quickly used when opened. Tie them down with bladder or parchment; if for present use, paper answers, as it is only wanted to keep out the dust.

Note.—A mixture of anchovies and sardines will be found very agreeable; or a little cooked white fish may be introduced.

Beef, Potted.—Required: beef, butter, and seasoning as below. Cost, about 8d. for a half-pound pot.

In the opinion of some people, the best potted meat is made from that which is cooked on purpose, by placing it in a jar, with a tablespoonful of water to the pound, tying it down, and setting it in a saucepan of water, "jugged hare" fashion, and letting the water boil for some hours round the jar. The meat should get cold before the jar is opened. This method is very good, undoubtedly, when a quantity is required, and it is worth while taking the extra trouble. But for ordinary occasions the remains of a roast, if not too much done, answers admirably. From six to eight ounces of butter is not too much for a pound of lean meat; if some of the fat is used—which is really an improvement—reduce the butter. Flavour with salt, pepper, nutmeg, and cayenne. By

rubbing the mortar with garlic or onion, additional flavour is imparted. If for immediate use, add a spoonful of strong stock or gravy, but not when it is to be kept.

Note. — Tinned beef, roasted or boiled, may be potted, but is all the better if mixed with some freshly-roasted meat. Some cookery books direct that the beef from beef tea be potted, and assert that it will be found good. We can only say that if the beef tea has in it all the goodness it ought to have, the only nourishment in such potted meat would be in the butter.

Beef, Salt, Potted.—Required: beef, butter, seasoning, and veal or mutton if approved. Cost, about 1s. 6d. per pound.

If very lean, plenty of butter is wanted for this, which makes it somewhat expensive; should the meat be fat, equal parts of the fat and lean, with about two ounces of butter will make a nice mixture; a couple of ounces of cooked veal or mutton is a decided improvement. Proceed as usual, and flavour with cayenne, nutmeg, and black pepper; no salt is wanted.

Fresh boiled beef is very good potted; to this, salt as usual must be added, and a dash of anchovy improves it.

Beef, Spiced, Potted.—The remains of any pieces of spiced beef (for which *see* JOINTS AND PLAIN DISHES) can be used up by potting, but no salt or spice should be put in until it has been pounded with the butter; then any seasoning that may be wanted should be added by degrees. Beef and tongue together—the one spiced, and the other plainly cured—are a good combination.

Bloaters, Potted (or Bloater Paste).—Required: bloaters, butter, cayenne, and nutmeg, and white fish if approved. Cost, about 10d. for a pot made from four bloaters.

The fish should be scalded after cooking them, then dried well, and bone and skin removed. To each bloater of good size, add an ounce of butter, season with cayenne and nutmeg, and pound well; after filling the pots, put them in the oven for a minute, then let them cool before putting the clarified butter on; this should be liquid, but not hot. The bloaters should be mild-cured ones. Some white fish, about a fourth the entire weight, can be mixed with the bloater; it is sometimes thought an improvement; fresh haddock or any firm fish answers, and baked fish is nicer than boiled.

Dried haddock, nicely cooked, and prepared in the same way as the bloaters, may be potted. A large, fleshy haddock should be chosen, and the butter must not be spared.

Chicken, Potted. — Required: twelve ounces of chicken, four ounces of ham, three or four ounces of butter, about half a teaspoonful of salt, the fourth of a small nutmeg, a pinch of cayenne, and the same of mace. Cost, from 1s. 4d. to 1s. 6d. on an average.

The meat may be cut from a roasted or braised chicken; it should be freed from every bit of skin and gristle. The best of the meat should be used if first-class potted chicken is desired—the tenderest we mean; it is a mistake to imagine that any bits do for potting, when chicken is under treatment. After cutting up the meat small, put it in a mortar with the ham, also minced; if both can be put through a mincer first so much the better. Begin to pound, adding the butter and seasoning little by little; the various seasonings should be mixed first, but it is well not to add all the salt at starting; it will not be required unless the ham is very mild. Store in little pots in a cold place.

Note.—If any of this is required for immediate use, in the form of sandwiches for instance, a spoonful each of cream and good white stock will make it very delicious; neither must be added to the meat if it is to be kept.

Game, Potted. — Required: game, butter, and spices as below. Cost variable, from 6d. to 1s. for a small jar.

Any sort of game, so long as it is nicely cooked and tender, may be

potted; the only ingredients that need be added are about half the weight of butter (though the exact amount must depend entirely upon the dryness, or otherwise, of the meat used), salt and cayenne, with a suspicion of nutmeg or mace if liked, but many will prefer it without either. The pounding should be very thorough. Finish off in the usual way and send to the table nicely garnished.

Game, Mixed, Potted for Keeping. — Required: pheasant, partridge, grouse, &c., with any poultry there may be handy, butter and seasoning as below. Cost, very variable.

The game and poultry should be roasted in the ordinary way and well cooked. If underdone the meat will not keep, whereas by thorough cooking and high seasoning it may be kept for some time. Birds that are somewhat old may be made into tasty relishes by this process. When cooked leave until cold, then take away the skin and cut up the flesh; it should be raised clear from the bones; if the legs are wanted for a devil or grill, leave them, but if not, put them with the rest. Put all the bones aside with the skin, &c., for conversion into a "fumet" for other dishes, or for stock for soup, &c., as required. Then pound the meat after chopping, adding clarified fresh butter by degrees. The amount must be regulated by the condition of the meat; if very dry it will take a third or more its weight. Salt, cayenne, and black pepper are the only seasonings really required, but other spices and anchovy essence may be used. Small pots should be used, and the covers must be of bladder. Store in a cold place.

Note.—A small proportion of mild fat bacon may replace some of the butter. More seasoning than for potted meat for present use is required; the meat should taste quite hot. This is useful for many purposes.

Game, Mock, Potted.—Required: four ounces of bacon, the same weight of rabbit, half a pound of calf's liver, a bead of garlic and seasoning as under. Cost, from 1s. to 1s. 3d.

Mince the cooked liver and bacon; the first should be fried, and the latter may be fried or grilled; mince the garlic, pound all together, adding about a teaspoonful of good Worcester sauce, and the rabbit (this may be from boiled or baked rabbit), and nearly a teaspoonful of Herbaceous Mixture, for which *see* Seasonings. Then put in a tablespoonful of brown mushroom purée, made by cooking mushrooms in a little butter to a pulp (*see* Mushrooms). Then pound well for some time; press very tightly in the pots, and set for a few minutes in the oven. Finish off in the usual way. This is a very nice relish, almost equal to potted game of the genuine kind. We may add, though, that if a morsel of game be used, or hare instead of rabbit, or some game livers, the mixture is still nicer. Add no salt until all be pounded, then taste it; the bacon may salt it almost enough. If more pepper is needed, use black; or for a very highly-seasoned compound, ground cloves may be used in addition.

Ham, Potted, Economical.—Required: ham, butter, bacon, and seasoning as below. Cost from 1s. to 1s. 4d. per pound jar.

The remains of a ham will serve for this, and if very lean a little fat bacon should be boiled for mixing with it; otherwise, a good deal of butter is wanted, and this is a costly item. As a rule, mild-cured ham is preferred to smoked ham for potting; the smoky flavour is apt to be too strong. Should it be used, more butter will be wanted. For ordinary ham, allow about four ounces of fat bacon and butter mixed to each half pound. The seasoning most generally approved is a mixture of mace, cayenne, and pepper; some people add finely-powdered bay leaves or French mustard. A piece of bacon, any nice part in which the fat and lean are fairly equal, makes a good imitation of

potted ham. People going picnicking, &c., in large numbers, who may be taking a supply of sandwiches, may be glad of the hint. (*See* SANDWICHES.)

Ham, Potted, Superior.—Use ham that has been baked and left uncut until cold; the outside fat should be removed, and enough inner fat and butter together used to make a rich, moist paste; about half a pound to each pound of lean ham. Season to taste with spices, as in the recipe above.

Lobster, Potted. — Required: a teaspoonful of essence of anchovies, half a teaspoonful of pepper, a good pinch of cayenne, a little salt, the eighth of a small nutmeg, grated, three or four ounces of butter, and the meat of a small, freshly-boiled lobster. Cost, about 2s. 6d. on an average.

Pick out all the soft meat, and rub that of the claws through a sieve; mix all together, and add the seasoning, and pound thoroughly, adding the butter by degrees; in very cold weather the butter may be beaten to soften it, but it should not be made oily. When quite smooth, press firmly into small jars, and pour clarified butter over the top, after it has cooled. Set aside in a cool place. It may be served as soon as the butter has set. It is useful for sandwiches, savouries, &c. The coral may be pounded with the rest, unless any is required for other purposes, then half may be made into lobster butter, or used as required. Tinned lobster may be used as above, but the best brands should be chosen.

Another way.—This is very cheap. Take half a tin of lobster, and the same bulk of any cooked white fish, free from bone and skin; pound together with seasoning to taste, and a little butter, and add a teaspoonful of essence of shrimps; failing that use essence of anchovies. The result is very little inferior to potted lobster as above. If not to be kept, a spoonful of white sauce moistens and improves the mixture, and a few drops of colouring should not be omitted. Cost, from 1s. to 1s. 3d. on an average.

Pheasant, Potted, à la Finch.—Required: equal weights of cooked pheasant and rabbit, and to half a pound of the two add half a glass of Madeira, salt and pepper to taste, a large tablespoonful of rich brown sauce, and two to three ounces of butter. Cost, from 1s. 3d. upwards.

Pound the meat and butter first; mix the brown sauce and wine together, and add them little by little, pounding all the time. If a spoonful of FUMET OR GAME can be put in, it may be substituted for part of the wine, or it may be thickened to the consistence of brown sauce, and added instead of that. Fill any pretty glass moulds, or small deep dishes, and serve daintily. The dish or mould should be put on a small flat dish covered with a lace paper, or prettily-folded serviette, and a garnish of cress or other green salad used.

Partridge can be used in the same way. For a plainer dish of either, omit the wine, and, if liked, the sauce, increasing the butter.

Potted Meat Baskets.—Required: potted meat, butter for piping, and other garnish, &c., as below. Cost of meat, from 1s. per pound on an average.

These dishes are made at small cost, and are very effective in appearance, and therefore useful where a number of cold savouries are wanted. Those who have a variety of moulds at hand may produce all sorts of shapes, but even an ordinary round or oval cake tin, or a pudding basin will answer. Full directions for the preparation of the meat will be found on page 496, and in the recipes in the alphabet. For a beef or tongue basket, the meat should be coloured nicely, but not made too red. It must be put in the mould a little at a time, and well pressed, that it may take the shape, and the mould should be slightly buttered all over. The top of the meat must be made smooth by means of a palette knife, so that when turned out it may stand evenly on the dish. It must then be put in a cold place for a few hours, when it will turn out easily

if loosened round the edge. The handle of the basket may be formed of a piece of flat cap wire, such as is used by milliners. It must be bent to shape, and stuck firmly into the meat. This should be covered both sides with curled butter, and the rim—and if liked, the base of the basket—is to be treated similarly. More butter is to be put on from a forcing bag with a thread pipe, as shown in the coloured PLATE V. (*See* also GARNISHES.)

For a basket made of pale meat, as veal or chicken, it is well to add a little cream during the pounding, for the purpose of whitening the meat. Green butter, or ham butter, or egg butter, may then be used for the decoration, with better effect than plain butter. The basket looks nice when dished on a block of jelly as shown. This must be stiff, or may crack under the weight. There is special danger of this if placed for some time in a hot room. A plain green salad may be used in addition, or parsley with eggs. Or the basket may be set on a block of rice. Small blocks or little heaps of chopped jelly with a nice salad, then form a tasty garnish. There are many ways of finishing off, for which *see* the chapter on GARNISHES, where the recipes for the butters will also be found.

Note.—Fish may be potted into the same shape, then any small shell fish is fittingly introduced into the decoration. Or a salad mayonnaise, sprinkled with lobster coral is very effective, and two dishes in one are thereby introduced at table. Where the number of dishes has to be limited by the space at command, this hint is worth remembering. Generally speaking, the prettiest baskets are those made from about two pounds of meat, or rather less, though sometimes baskets which weigh nearly as much as a small ham are to be seen.

Prawns Potted Whole.—Required: prawns, butter and seasoning. Cost very uncertain.

After shelling the prawns, put the shells (well bruised) into a jar with some fresh butter; about four ounces to a pint of prawns, measured before shelling; set this in a saucepan of boiling water, and cover. When the butter is melted let it stand for a time to extract the flavour of the prawns, then strain it, and add a little cayenne pepper and mace. Have the prawns packed in shallow pots, and pour the butter over them; press them evenly, and when cold pour more clarified butter over. A little salt may be added. The prawns will keep some time if tied down; the place they are stored in must be cool and dry. Bladder is best for covering if intended to keep long, but "vegetable parchment" answers very well.

Another way.—Add CRAYFISH BUTTER or LOBSTER BUTTER to the butter used for pouring over the prawns, instead of drawing out the flavour from the shells. The shells of the prawns can be used for fish stock, for sauce for boiled fish, &c.

Rabbit, Potted.—Follow the directions for CHICKEN, POTTED, or VEAL, POTTED. Rabbit takes a good bit of butter, being a dry meat, and ham or bacon is also a necessity.

Salmon, Tinned, Potted.—Required: a tin of fish, a teaspoonful of essence of anchovies, a pinch of cayenne, grated nutmeg and salt, a couple of ounces of butter, and black pepper to taste. Cost, about 1s. to 1s. 2d.

The fish should be very thoroughly drained before pounding, the other ingredients being added by degrees. Salmon is so rich in itself that the butter is added more for the purpose of giving smoothness than richness. A little lobster butter or crayfish butter is a decided improvement to the colour, and the flavour may be heightened by adding a little tarragon vinegar. By rubbing the bottom of the mortar with a slice of onion, just a twang will be given which will improve the mixture. Some recommend the addition of chopped onion—we do not. If the paste

is for present use, chopped parsley is sometimes thought to be an improvement. Essence of shrimps, instead of anchovies, gives another variation. Anyone in possession of a pestle and mortar will find it well worth while to prepare potted salmon at home; for a shilling or fourteenpence, a good-sized pot (equal to a couple of shillings-worth if bought in little tins) may be obtained.

Sardines, Potted.—Required: sardines, butter, and seasoning as below. Cost, about 6d. for a small jar.

Boneless sardines should be used; smoked sardines may also be potted, if a highly-flavoured paste is liked. For the first-named, after freeing them from skin, pound them with about half their weight of fresh butter; add cayenne and a grate of nutmeg, and a drop or two only of essence of anchovies, but do not destroy the sardine flavour. Finish off as directed for other fish pastes.

Sardines and White Fish, Potted.—In this, the idea is to give a flavour of sardines to the other fish used; therefore plaice, fresh haddock, or any that is cheap should be chosen. The remains of any boiled for a previous meal, by the addition of two or three ounces of sardines to half a pound, will make a nice little relish, with an ounce or two of butter and the requisite seasoning. Chopped capers are thought by some to improve sardines. Cost varies with the fish used.

Shrimps, Potted.—Required: shrimps, butter, and seasoning. Cost, about 8d. on an average.

These are delicious, and very little trouble. Visitors to the seaside know that a sixpenny jar of potted shrimps cannot be called an economical purchase, but when shrimps are plentiful they can be "home potted" at little cost. Shell the shrimps, taking care to use freshly-boiled ones; chop them a little, even if small, as the flavour will be better. Put some butter in a lined saucepan, and let it just dissolve; then put in the shrimps, and shake them about to coat them with the butter; add a slight flavouring of cayenne, mace, and salt, and turn out into pots. Press them firmly in, and put more butter on the top. About two ounces of butter will coat half a pint of shrimps in the saucepan, measured after shelling them. The top layer of butter should be a quarter of an inch thick. (*See* also PRAWNS POTTED WHOLE.)

Shrimps, Potted, or Shrimp Paste.—Chop the shrimps, and allow about a fourth or more of their weight in butter; season as above, and add a few drops of anchovy essence and a little colouring. Pound the whole to a smooth paste, and proceed as for potted meats. Some cooks rub this through a sieve after pounding, then pound a second time, and it quite repays for the extra trouble. Both this and the foregoing should be tied down, as directed for PRAWNS POTTED WHOLE.

Veal, Potted.—Required: veal, ham or bacon, butter, seasoning, &c., as below. Cost, about 1s. to 1s. 2d. per pound.

Veal in itself is rather insipid, and a couple of ounces of ham or bacon to ten or twelve ounces of veal will be liked by most people. But supposing none of either to be at hand, or all veal to be preferred, proceed as follows: mince half a pound of veal, braised or roasted; pound it with about two ounces of butter, season with salt, cayenne, nutmeg, and white pepper, and about three drops of essence of anchovies; this *soupçon* improves it; much more would spoil it. When very smooth and flavoured to taste, pot it in the usual way. When bacon is used, decrease the salt. A few drops of essence of herbs of any sort (*see* SEASONINGS) may be added at discretion. (*See* also note under CHICKEN, POTTED.) Tongue may be added to potted veal; it makes a nice change from veal and ham.

COLD MEAT AND SCRAP COOKERY.

(*See also* FISH, GAME AND POULTRY, PASTRY AND SALADS.)

GENERAL HINTS ON COLD MEAT COOKERY.

THERE are many people who pride themselves upon the fact that they spend no time over the concoction of tasty dishes from scraps; "we have a joint," they will tell you, "hot one day, and we eat it cold until it is gone; then we get another." First, we wish to say that we are not writing one word by way of condemnation of cold meat, which is a very good thing in its way—though, to judge by the manner some writers treat this subject, cold meat might be positively poisonous. No, a well-cooked joint, tastefully served, on a suitable dish, not much larger, that is, than the meat itself, is appetising both to eye and palate. It is rather the habit of so serving it, down to the last bit, that is so unsatisfactory and extravagant. "Why extravagant?" says one who is labouring under the delusion that plain monotonous fare must be cheap, and that time and money are wasted in every attempt to present the daily meals in any new form, by way, perhaps, of tempting a flagging appetite. In reply, we would urge the truth that cold meat is less satisfying than hot; it is common to hear persons say "I had a cold dinner to-day, and am so hungry;" or "I do want my tea;" most likely long before the hour at which they usually take that meal. This is especially true in cold weather, and is such an established fact that nothing more than passing reference is necessary. Then, cold dinners, day after day, are less nourishing, consequently our charge of extravagance is proved; for meals that induce a feeling of hunger shortly after, and which do not supply the requirements of the body, must be the reverse of economical. And there is one more point in this connection: as a rule (there are exceptions), those who fight shy of the trouble of preparing tasty dishes from joints, &c., seldom get the benefit of their purchases in the way of stock for soups and gravies from their bones. Very often those who put a joint on the table until the bone is bare, do nothing with that bone; it is given to the dog, or consigned to the dust-bin.

"But," says another, "is not twice-cooked meat very indigestible?" It is, indeed, as prepared in some houses, but the same may be said of a stew: a hash or mince is not a bad thing in itself, but may become a really unwholesome compound in unskilled hands. A writer says, "When you are confronted with a huge dish of a watery gravy, not unlike dish-water, in which float hard lumps of meat, with perhaps a big bone in the middle, and are asked to 'take some hash,' *don't*, if you can get anything else." But this is an extreme case. On the other hand, if a dish is set before you with neat slices of meat, coated with a thick, rich-looking gravy, and tastily garnished, a very enjoyable snack is at your disposal;

and by "rich-looking," we mean a gravy that contains nutriment and flavour by long stewing of the bone and trimmings, and by suitable and careful seasoning.

Here is the secret; time is required. It is no use to say at twelve o'clock, "we will have a hash for dinner," if the meal be at one. The meat has to be cut off neatly; the bones may be scraped for a little dish of mince for another meal, or for a savoury toast, rissoles, croquettes, and the like, and then put on for the foundation. Our directions for stock, gravies for hashes and minces, and the recipes of the following pages, will, we trust, show how *to* do it; many are all too familiar with the way it should *not* be done. We do not mean that the separate stewing of every bone is necessary; in houses where the stock-pot is used this is, of course, unnecessary; but where stock is made just as required, we mean that *hours* before dinner the bones must be put on to cook, in order that the gravy may be good.

Then we come to the method of re-heating our meat when the gravy *is* ready. Either it must be put in, and not once come to the boil after; or it must simmer for some time. Why? In the case of good, tender meat, already cooked enough, the first plan is the better; because meat that just boils for a few minutes gets hard, especially when cut thinly; but by covering up, and leaving it below boiling point for the time specified in our recipes, it acquires the flavours of the gravy, and is served in a succulent, tasty condition. But supposing the joint to be tough (inferior meat), or too much underdone to be palatable, the simmering method must be adopted, and about an hour may be allowed, by which time the tough meat will have become much more tender (if some acid, which acts upon the fibres be put in the gravy), or the underdone meat will have become sufficiently cooked. Therefore, discretion is wanted. It is the *habit* of treating cold meat generally like fresh meat, and *cooking* it perhaps for hours, and often at too high a temperature, that has done much towards bringing *réchauffés* into disrepute. Do not add salt at first, and always let the gravy boil up that the thickening may cook, are good rules. The tenderer the meat the nicer will be any dish made from it. Braised meat is excellent for any *réchauffé*, being moist and tender. Boiled meat wants very nice seasoning to redeem it from insipidity. Roasted or baked meat needs care to prevent it hardening. Always remember that it is well to subject meats of any sort to the action of *dry* heat a second time for as short a time as possible; and that it should be protected from *direct* action of the heat, by vegetables, &c. COTTAGE PIE illustrates this argument.

The best and richest of the dishes in the present chapter, almost needless to say, are not made from scraps. Many of them can take the place of a "made dish" from fresh meat. In fact they range from very cheap to very good, and are so varied in kind that almost every requirement may be met, and a great variety indulged in. (*See* also MADE DISHES.)

TINNED MEATS.

Preserved meat, viz., meat in tins, is now a recognised article of consumption. One may here and there meet with a person who says, "Oh! I

never touch tinned meat; I tried it years ago when it was first introduced and did not like it, and have never eaten it since." Another will relate an account of someone who was poisoned by tinned meat, and will tell you that he would not eat it if he were starving, so firm is his belief that all tinned meat is poisonous; while a third condemns it solely on the ground of appearance. In all these arguments there is some weight, but a little consideration of the objections will do much to explain them away.

First, it is quite certain that those who have not tasted tinned meats since their first introduction into England, can form no idea of the vast improvements that have taken place during the past few years. The meat is still overcooked to an extent, but it differs greatly from the stringy stuff which was the rule then, when the trade was in its infancy, and the tinning process was only in its elementary stage. Improvements have been made, and there are now various methods in common use, which have for their object the cooking and preservation of the meat for an almost indefinite period, and under varying conditions of climate, by subjecting it to a heat much higher than boiling water. This increased heat is due to the use of certain chemicals; there are several processes, differing somewhat in detail, but the same in principle, and by all of them the preservation, simply as preservation, is perfect. So long as the tin remains sound and air-tight, so long will its contents remain sound also; and at the London Exhibition of 1851, and others of later date, tins of meat which were put up a quarter of a century before, were tested and found good. Stores of preserved meat have been left for years in the Arctic regions, brought back to this country, and found to be good. And this brings us to the poisoning charge.

In buying tinned meats, note the tin; if bulged outwards, reject it; it proves that the air has not been fully expelled; on the contrary, if dented inwards, there is nothing to fear. A further safeguard consists in buying meats which bear the name of a firm, whether of the exporters or importers matters little. Those who wish to make or retain a reputation are ready enough to attach their name to their goods. Most important, perhaps, of all, is the emptying of the contents of the tin in an earthen vessel, *the very instant it is opened.* No one thinks of leaving food, such as lobster sauce or a stew, in a tin saucepan all night, but many think nothing of taking a portion of preserved meat or fish from a tin, and setting the tin up on the pantry shelf or in a cupboard until "next time;" perhaps the chief offenders are persons whose room is limited, as in lodgings, and whose housekeeping experience is *nil.* The reason that mischief may arise, if not actual poisoning, is that, so long as the air is excluded the tin cannot hurt the meat; but as soon as the air is admitted the case is altered, and briefly, putrefaction begins, and naturally the food is harmful.

When a tin is first opened a rushing sound is heard; many think that the air is escaping; the air is really entering, and this whizzing sound is another proof of goodness. There is one exception to the above rule, viz. fish in oil, sardines, &c., they do *not* go bad when opened, because the oil protects the tin from the action of the air. (*See* recipes in FISH.)

And now to turn to appearances. A good knife to open the tin is wanted, and a careful hand in turning out the meat; a little trouble in

removing the fat, which being soft and dripping-like, is not done very easily without disfiguring the meat, and a little more trouble in garnishing to hide any broken places, are also essential ; and if the meat be of three or four pounds weight, and likely to last for a few days as a breakfast dish, a ring dish is useful, as shown below. These are made in sections or rings, which are removed one by one as the meat is sliced down. They keep the meat together, and prevent dryness. In warm weather it is also a good plan to put the can into cold water with salt in, or into iced water an hour before opening. For superior sorts of tinned meats which may become broken in turning out, a little aspic jelly is a help ; it must be poured over, and when cold will not only have "bound" the meat, but will have improved its appearance considerably.

Then, when dealing with beef or mutton of the ordinary types, for hot dishes, it is necessary to avoid breaking it up into a stringy condition; the pieces may be taken from the tin in good-sized lumps, for such dishes as IRISH STEW. For minces, the fibres should be cut right through with a sharp knife. Remember, too, that it is comparatively tasteless and insipid; it therefore requires a sauce or gravy of good flavour, and that being already overdone, it wants heating through only. It will also bear a higher seasoning of salt and pepper than ordinary meat; indeed, a little care in the seasoning is well bestowed.

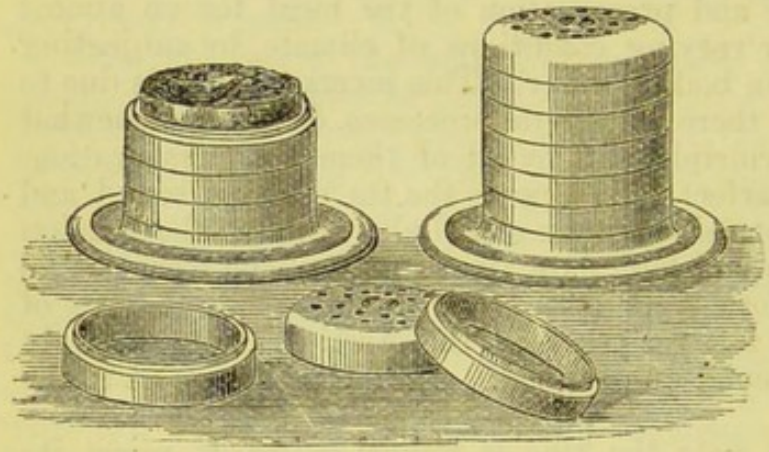


FIG. 104.—CASE FOR TINNED MEAT.

Finally, we recommend that the store cupboard always has in it a few tins of preserved meat and fish, if only for emergencies; residents in the country are often inconvenienced when the butcher's stock runs out, or from other causes; and to all they are useful in furnishing an impromptu meal at small cost. As to the thousands who camp out yearly, or spend a week on the river, it is not easy to say how they would manage without their tinned provisions, which may now be obtained in variety to suit every requirement.

The word TINNED is prefixed to some of the following recipes, as a means of ready reference. Unless otherwise specified, it is understood that American, Australian, or New Zealand meat may be used, and that roast or boiled is intended. *Corned* meat (including pressed) may, for the purpose of convenience, be used in small proportion in some of the dishes; but, generally speaking, it is better served cold—preferably, as it is lean and rather dry, with a little fat meat or bacon—and meat which is loosely packed, and has a good deal of jelly clinging to it, is the most suitable for re-heating. The various forms of meat and vegetables, and meat with some sort of sauce, must not be overlooked, as they are to be had in great

variety; they vary much in quality and price, from the homely tripe and onions to larded cutlets: the very cheapest, however, furnish plenty of choice, and are worth the attention of housekeepers who are anxious to save both time and money. Some of the thickest of the soups, or "concentrated soups" as one firm calls them, will make an admirable hash, simply by adding a smaller proportion of water than would be required for conversion into soup.

SERVING COLD MEAT.

A joint sent from table should at once be placed on a clean dish, not only that it may look nicer when re-served, but that it may keep better. If the gravy is left about it, in warm weather especially, it will sour very quickly. Any gravy left over should be most carefully strained for use, all the floating fat being removed and added to the fat reserved for kitchen purposes generally. Remember that just as fat spoils gravy, so does gravy spoil fat.

When the joint is next sent to table, some little garnish should be added, for the simplest of meals. The every-day sprig of parsley, or a bunch of cress, are generally obtainable, and always impart a fresh, appetising appearance. If the joint be much disfigured, or cut down low, the cut part, too, should be garnished. When required for one or two people only, or if the meat be cut down to the bone, a few slices, as neat and even as circumstances permit, will present a better appearance than the "joint" itself. They should be served on a small dish, and suitably ornamented.

Beef is best embellished with a few little piles of grated horse-radish and sprigs of parsley.

Veal requires cut lemons, as well as something green; cucumber is suitable. (*See* directions in GARNISHES for the preparation of these ingredients.)

Mutton, for ordinary occasions, only requires a garnish of parsley, though savoury eggs of various kinds eat well with it, and are an improvement to the dish. The same can be said of veal. The green tops of young carrots or celery, or nice fresh mint leaves may be used, with other garnishing media. Beetroot is also useful; it can be cut in so many ways, and with a little "greenery" gives a bright look to the dish. It should be brushed over with a few drops of salad oil, and added at the last moment.

Ham and Tongue, when getting low, should be sliced thinly, then rolled to look neat, and laid on a dish alternately with a morsel of parsley between each little roll; and if a few hard-boiled eggs can be added, or even a few slices or quarters, the dish is quite transformed.

Pork requires some piquant accompaniment; ordinary store sauce should go to table with it, and many of the cold sauces in this work are very good. Some plain, green salad, should be put about the dish, and various sorts of chutney and sweet pickles will tend to counteract its richness. A glance at the chapter on SALADS will meet every requirement, and although those that contain mint and cucumber at once occur

to all as nice with mutton and lamb, it should be remembered that variety is always good, and that many others are just as suitable.

THE TREATMENT OF SCRAPS.

With respect to scraps generally, our dishes in this and other chapters should be regarded as suggestive. To give the possible combinations of meat and the various adjuncts, in the shape of detailed recipes, would exhaust the whole of our space; and by "meat," we mean animal food of all sorts.

Most housekeepers know that a glance at the larder shelves will often reveal many fragments that could be turned to practical account; the expenditure incurred being time rather than money; and if only meals were planned in advance to a greater extent, the "left overs" would be less of a bugbear. It is the "leaving everything to the last moment" system which prevents the most being made of scraps. By keeping a bottle of raspings handy, some crumbs ready sieved, herbs in powder, and the frying fat clarified and ready for use, it is astonishing how much one is helped in the manufacture of little dishes.

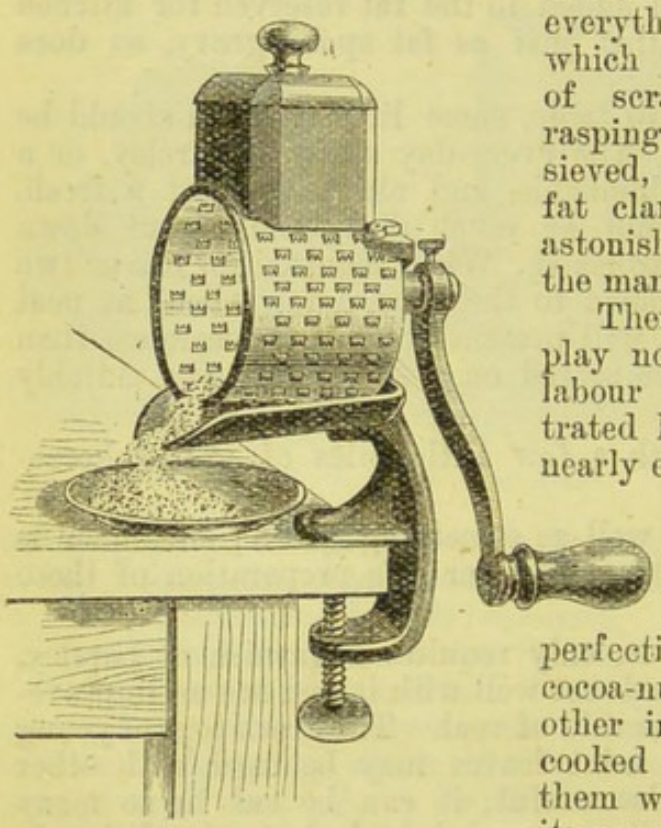


Fig. 105.—Rotary Grater.

Then there are various utensils that play no small part in saving time and labour (*see* Index); and one is illustrated here, because, although useful in nearly every branch of the cuisine, it is particularly valuable in scrap cookery. This handy little machine costs but a few shillings, and will grate to perfection bread, cheese, horse-radish, cocoa-nut, chocolate, suet, and many other ingredients. Then it will reduce cooked vegetables to a pulp, or grate them when in the raw state. Indeed, its uses are almost innumerable.

We would next urge the necessity of exercising personal ingenuity in dealing with scraps, for this reason: the recipes will be robbed of half their value unless it be borne in mind that in scores of instances deviation from the original is not only permissible, but will probably result in an improved variety of the dish: besides, in so many of them accurate proportions are of little account, or one ingredient may do duty for another. Take for example, scalloped meat or fish, or a savoury toast.

Then, in the little snacks, of which we may give croquettes as about the most familiar type, where a certain consistence has to be given, that the mass may "bind" and retain its shape, a cook who can originate will work wonders with the materials at her command. Here a few bread-

crumbs instead of mashed potatoes; there a spoonful of rice in place of macaroni; and so on; while as to seasonings, there is no end to the changes that may be rung. We refer to these points, which appear so insignificant to an experienced cook, as we know that the most can *never* be made of scraps by those who are tied to a few cut-and-dried recipes. In short, this is, of all others, *the* branch of cookery in which common sense is a very important ingredient.

American and Australian Tinned Meats.—*See* recipes under TINNED MEATS in this chapter.

Beef Darioles, Cold. — Required: aspic, beef, and pickles. Cost, about 3d. each.

Take for these some plain moulds, or hexagon or fluted if at hand (*see* recipes in previous chapters for various kinds of darioles); cover the bottoms half an inch thick with brown aspic, then put into each a teaspoonful of any hot, clear pickles, mixed ones for choice, cut up extremely small; stir into the aspic, and let it set. Meanwhile, prepare the meat by cutting it in the very thinnest slices possible. It may be from braised, boiled, or roasted meat. Fill up the moulds loosely with these little slices, with a sprinkling of the pickles here and there between them. Fill up with the aspic, and turn out when cold on a dish of small, green salad.

Another way.—These are very nice. Line the moulds, bottom and sides, with aspic. When quite firm, fill up with slices of meat the size of the moulds, each slice coated with HORSE-RADISH SAUCE. When within half-an-inch of the top pour more aspic over. These are pretty when turned out, the stripes of brown and white showing through the aspic. Dish them on a bed of small cress, with bits of celery round them, and outside the cress put some rings of cooked beetroot, with scraped horse radish in the centre. These are very nice for outdoor festivities, &c.

Beef, Hashed, Plain.—Required: meat, gravy, seasoning, &c. Cost, about 1s. 3d.

For a pound of meat, take a pint of gravy (*see* page 79). Cut the meat into slices as equal in size as convenient and about a quarter of an inch thick. They are preferred thinner by many people, but there is greater fear that they will harden if too thin. Bring the gravy to the boil, then put the meat in and cover. A morsel of a pastille de légume improves the gravy, or a scrap of burnt onion. (*See* SEASONINGS.) The thickening of the gravy may be increased to suit the palate; browned flour should be used if no roux be handy. If the meat be already well cooked, dish it as soon as it is hot through; see remarks on page 504. A small dish should be used, as it keeps the meat hotter, and it should be made *very hot*. Add something by way of garnish—toast, in little triangles or other shape, is the plainest form; or some mashed potatoes, put in piles or all round the dish, or cooked vegetables of any other sort may be used. (*See* also HASH, AMERICAN.)

Beef, Hashed, Rich. — Use meat as above to half a pint of gravy or sauce. Our recipes in HOT SAUCES afford a variety. If gravy be chosen, it should be thick enough to coat the meat. Stocks Nos. 4 and 5 make good gravies, but for the best hashes the better stocks should be used. A rich brown colour is necessary for beef, and may be easily attained by the use of glaze, extract of meat, and colouring. Some croûtons should be used for garnish, and the dish sent to table very hot. As a rule, the fat should be removed from the meat; gristle should always, and the slices should not be raggy-looking and uneven. When a

joint is down too low to make a nice hash a mince is preferable. Cost, when made from a pound of meat, about 1s. 6d.

Beef, Minced, Plain.—Either cut the meat with a knife into tiny dice, laying the slices one on another, and using a good knife; or chop it with a chopping knife on a board, or pass it through a mincing machine. In either case remove bits of skin and gristle. When meat is in such a condition that all the gristle cannot be taken away without a good deal of waste, abandon the idea of a mince, for nothing is more objectionable than these pieces of gristle, however tender may be the meat itself; their best place is the stock-pot. Allow about a pound of meat to half a pint of gravy (*see* page 79), season piquantly, and serve hot with garnish as for HASH. Cost, same as HASH.

Beef, Minced, Savoury.—Required: about twelve ounces of beef, two tablespoonfuls of chopped shalots, a large teaspoonful of parsley, a saltspoonful of powdered thyme and bay leaf, a pickled walnut (chopped), and three gills of plain stock; fat and thickening, &c., as below. Cost, about 1s.

Fry the shalots in a little beef dripping, stir in the stock (No. 1, 2, or 4) with an ounce of browned flour and a teaspoonful of store sauce. Boil up well, add the walnuts and a little of their vinegar, with salt and pepper and a morsel of mustard. Cut the beef in little dice (braised or boiled meat is first-rate for this), and leave it in the gravy for twenty minutes. Bring it just to the point of boiling before serving. Put a border of potatoes round, or any other vegetables, or a few sippets of toast, or some croûtons. This is very inexpensive, but most tasty, on account of the nature of the seasoning. By the exercise of a little ingenuity and forethought many varieties of this dish may be indulged in. A pickled tomato furnishes a pleasant change, so does a pickled or fresh mushroom, and the same may be said of pickled fruits. (*See* the recipes for SWEET PICKLES.)

Beef Minced, with Tomato Sauce.—Required: a pound of beef, sauce, potatoes, tomatoes, and croûtons as below. Cost, about 2s. (*See* MUTTON, HASHED WITH TOMATO SAUCE.)

Use beef in the way there described, and dish similarly. Garnish with potato cakes or cones, and slices of grilled or fried tomatoes (*see* recipes in VEGETABLES). Dot some little croûtons about the meat, or put a border of ring-shaped ones with a morsel of hot chutney or pickles, heated in stock, in the centre. This is very savoury.

Beef Minced, with Vermicelli and Marrow.—Required: a pound of meat, half a pint of gravy (*see* page 79), a quarter of a pound of vermicelli, and some marrow toast for garnish. Cost, about 1s. 6d.

Take the meat and gravy, and when quite hot, pile the meat in the centre of half the vermicelli, which should be simmered in plain stock, then pile the rest of the vermicelli over; sprinkle with chopped parsley, and put the toast here and there (*see* INDEX for recipes). Serve very hot, or the dish is a failure. Various other toasts may be used thus, and rice or macaroni may be substituted for vermicelli.

Beef Poussé.—Required: twelve ounces of cold meat, one large baked potato, a teaspoonful of horse radish vinegar, the same of tomato vinegar, a little salt and pepper, a quarter pint of bread-crumbs, the same measure of brown stock and two eggs, liver as below. Cost, about 1s. 6d.

Mince and season the meat from a tender roast; soak the crumbs in hot stock, squeeze dry, and beat finely; add a floury potato cooked in its skin, the yolks of the eggs, and the vinegar. Beat hard, then beat the whites of eggs to a froth, with a pinch of cayenne, and stir in very lightly. Have ready about two tablespoonfuls of minced calf's liver; stir this in thoroughly, then fill any plain greased

mould, and steam for an hour. Turn out, and serve with hot Horse Radish Sauce round, and dredge the top with grated horse radish, making a circle of white the size of a florin; round this put some cooked celery, just the ends of the white stalks with their green leaves; arrange them thickly, and put more round the base of the mould. Braised beef can be used in the same way with some of its gravy.

Beef Réchauffé.—Required: a pound of meat, a tablespoonful of chutney, the same of tomato vinegar, an onion, a teaspoonful of mustard, half as much pepper, half a gill of gravy from the joint, bread-crumbs, tomato butter, brown sauce and croûtons. Cost, about 1s. 3d. to 1s. 6d.

This is a good dish, and there are few better ways of re-heating meat that is too much underdone for table in the cold state. Cut thin, even slices, and season with the gravy, chutney, mustard, vinegar, and the onion, chopped and fried; both sides the meat must be coated. Grease a flat dish, and put in some crumbs, then meat, then brown sauce, and so on, sauce forming the top layer. Dredge with crumbs, put a little butter over, and bake brown in a sharp oven. When done, put the croûtons about, and send tomato butter to table; or if preferred, spread it over the top. (*See* Index.)

Note.—This may be greatly varied by employing other adjuncts, but the crumbs should line the dish to prevent the meat hardening. Mushroom sauce in place of brown, with ketchup instead of chutney, may be used. Celery sauce is very nice, and horse radish butter is a good top garnish.

Breakfast Cakes, Savoury.—Required: half a pound of cold pork, a potato, a quarter of a pound of cooked onions, seasoning as below, and about three or four ounces of sausage meat (beef). Cost, about 10d.

The cooked pork should be chopped up, and mixed with the sausage meat in a basin; thorough blending is necessary. The potato, preferably baked in its skin, is to be sieved, and added next, with the onions, as finely chopped as possible. They may be cooked in any convenient way; but fried ones give the best result; salt and pepper with a generous saltspoonful of powdered sage and a grate of nutmeg, go in next, with, if liked, a teaspoonful of Worcester sauce. Very thorough mixing is necessary. Last of all, put in the white of a raw egg, beaten to a stiff froth. Put some fine stale bread-crumbs on a board, and mould the mixture on the board into little oval or round cakes, the size of a nutmeg, before flattening; or cork-shaped pieces may be made. Have some frying fat to cover them, very hot, and drop them in; they should brown and crisp at once; then take the pan from the fire a little, while they cook; in a minute or so they will be done. Drain and serve very hot. They will puff out if made and cooked as directed, and make quite a good-sized dish.

Another way. — Required: four ounces of cold veal, the same of beef, three or four ounces of any plain herb forcemeat, and a little ketchup and seasoning. Cost, about 1s. *See* the foregoing recipe; make these in the same way (no potato is needed), and serve with fried parsley and cut lemon.

Note — Beef sausage meat may be used, or underdone cooked meat, and many potted meats may enter into the composition with advantage. The stuffing must not contain suet. For better cakes, coat them with beaten egg and bread-crumbs.

Bubble and Squeak. — Required: a nice young cabbage, about ten or twelve ounces of boiled beef (from fresh or salted meat), or roast beef, some fat and seasoning. Cost, about 8d.

Season the slices of meat with pepper, and a dust of nutmeg or mustard if liked; fry them lightly in a little hot beef dripping in a frying pan. Boil and drain the cabbage well; dry it in a cloth, chop it, and fry it in the same fat. Serve the cabbage

in the middle of the dish with the meat round; or the meat can be arranged neatly on the top; sometimes the meat is served in the middle, and the cabbage as a border. A small proportion of mashed potato is sometimes put in with the cabbage, and a shredded onion is liked by some, or a few chives may be used. A very nice dish, similar to the foregoing, is made by frying the meat, and making mashed potatoes and boiled cabbage up into little flat cakes; they are then rolled in crumbs and fried brown; a seasoning of herbs is generally added to them. Great care is needed in frying the meat; it must be constantly turned, and as soon as pale brown and just hot through it is ready.

Calf's Head, Hashed.—Required: sauce, calf's head, &c. Cost, according to garnish.

Allow a pint of sauce, any of the kinds which are usually served with boiled calf's head, for a pound of cooked head, and tongue if any should be left. Cut the meat neatly; moisten it with a little of the liquor, and heat it between a couple of soup plates set over a saucepan of boiling water; or put it in a steamer. When hot through, lay it in the sauce, and cover for a short time. Should any of the brains remain, they may be put in little piles, on some slices of tongue, and put about the dish; eggs for garnish are also suitable, so are small croûtons and FORCEMEAT BALLS. For more elaborate dishes, when a rich sauce is used, the croûtons should be glazed if the sauce be a brown one; and mushrooms, cooked in any approved fashion, may be served round the meat.

Reference to dishes under VEAL in this chapter, and in MADE DISHES, will suggest many varieties of this hash.

Cavaliers' Hash. — Required: meat, sauce, potatoes, and seasoning. Cost of meat, about 1s. per pound.

Cut some slices, nearly the third of an inch thick, from under-done mutton. Cut them in oblong pieces, then lay them in CAVALIERS' SAUCE to heat through; allow three gills to a pound. Put some POTATO RIBBONS round a very hot dish; pour the meat in the centre, and garnish with little fancy croûtons on the top; they should be brushed over with thin glaze, and sprinkled, some with chopped capers, and some with chopped red chillies. Send any sort of sweet chutney or sweet pickles to table with this. A cooked mutton kidney improves the above; or some sheep's or lamb's liver may be used up thus.

Cold Meat Puffs.—Required: minced meat and potato pastry. Cost, from 2d. to 3d. each.

Make a mince of cold meat of any sort, using thick sauce or gravy to moisten; let it be highly seasoned, as the crust should be rather thick, and the interior ought to be piquant, that the whole may be free from insipidity when eaten. For each tablespoonful of the mince—for which *see* recipes, under the various kinds of meat, poultry, &c.—roll out some rounds of good POTATO PASTRY, the size of the top of a large breakfast cup; put the mince on one side, brush the inner edges with the beaten egg, fold over, then press them, and pinch them up. They can then be baked or fried; if the former, mark them across slantwise, and brush them with raw egg, or part milk will do, and bake brown in a quick oven or before the fire. Serve with any suitable sauce or gravy. If fried, coat them with egg and crumbs, or egg and crushed vermicelli, and plunge into plenty of hot fat. As soon as brown and crisp, serve, and garnish with little sprigs of fried parsley, and lemon sliced and cut in dice. (*See* CORNISH PASTIES in *Pastry*.)

Cottage Pie. — Required: a pound and a half of cooked potatoes, half a pound to three-quarters of cold meat, seasoning and gravy as below. Cost, about 9d.

The potatoes must be nicely cooked and mashed while hot (*see* directions for MASHED POTATOES). They should

be seasoned, and beaten until light with a wooden spoon. A pie dish should then be greased, and the potatoes put at the bottom, to form a layer from half to an inch in thickness. The meat should be made into a thick mince of the usual kind with stock or gravy, *see* page 79, or it may be mixed with ONION SAUCE, or any other which may have been sent to table with the meat. The nicer the mince, the nicer, of course, will be the pie. The meat goes next, and should be put in the centre of the bottom layer, leaving a little space all round. Then drop the remainder of the potatoes on the top, beginning at the sides—this prevents the boiling out of the gravy when the meat begins to cook—go on until all be used, making the pie highest in the middle. Take a fork, and rough the surface all over, because it will brown better than if left smooth. For a plain dish, put it in the oven just as it is, and bake it for fifteen to twenty minutes. Or it may be just sprinkled with melted dripping (a brush is used for this), or it may be coated with beaten egg, part of which may then be used *in* the mashed potatoes. As soon as the pie is hot through and brown, it should be served. There are many recipes for this pie, or variations of it, and in some, directions are given for putting the meat in the dish first, and all the potatoes on the top. The plan above detailed will be found the better, because the meat being enveloped entirely in potatoes runs no risk of becoming hard, as it would do if exposed to the direct heat of the oven. Any other cooked vegetables may be added to the above, but they should be placed between the meat and potatoes, both top and bottom. If a very savoury pie is desired, make the mince very moist, and allow longer time for baking. The potatoes will absorb some of the gravy, and be found tasty. In this case, the heat must not be fierce at starting, only at the end for the pie to brown well. For a richer pie, allow a larger proportion of meat. For a very cheap one, half a pound of meat will do for two pounds of potatoes.

Croquettes, Cheap.—Required: meat scraps, stock, seasoning, and potatoes as under. Cost, variable.

All sorts of meat, with or without bits of poultry, may be used; bacon or ham improves; there must not be much fat, and skin and gristle should be as carefully removed as for better dishes. Mince or chop the meat, and moisten it with well-flavoured stock that will jelly when cold (*see* recipes for gravies under MEAT PIES, and STOCK No. 3). When cool enough, mould the mince into little balls the size of a walnut, or larger; parsley and other herbs may be added at discretion (*see* various croquettes under MEAT, MUTTON, &c., in this chapter). Then coat each ball with mashed potatoes, choosing a recipe in which egg is given (*see* POTATOES). Shape neatly, then coat with bread-crumbs, after just moistening with a little egg and milk beaten together; all egg is better. Fry in hot fat to cover, and serve hot after draining.

Curried Balls.—Required: curried rice, cold meat, bread-crumbs, eggs, and seasoning. Cost, about 1s. a dozen, but variable.

Any cold meat does; pork or bacon in small proportion is an improvement. Allow half as much meat as rice; the latter should be warm when added, as the flavour will be better; the meat is to be prepared as for a mince. Cover until cold, then add bread-crumbs and egg yolk, one for half a pound of meat, and more seasoning to taste; chutney, or pickles, or salt and pepper only may be used. Some cooked mushrooms or celery may go in. The mass should be of the right consistence to mould with the fingers (floured) into little balls, the size of a Tangerine orange. They can remain until the next morning, and be cooked for breakfast; they can be rolled in crumbs and fried, or browned before the fire; if fried, the "dry" process

answers; if browned, dip them in hot dripping before crumbing them.

Curry of Cold Meat.—This is very plain and cheap. Required: half-a-pound of scraps of meat, cut in dice or small slices (several kinds may be used together), a large onion, a small apple, or a few gooseberries or rhubarb stalks, or a tomato, half a pint of common stock (as No. 1 or 2), or the liquor from boiled meat or that from vegetables (as stock No. 10), a good teaspoonful of curry powder, an ounce of dripping, and half an ounce of browned flour; or, for white meat, ground rice or ordinary flour. Cost, about 10d., exclusive of the rice.

Peel and slice the onion, then chop it up and fry it in the fat, first well heated; add the chopped apple, or either of the substitutes, stir for a few minutes, then mix in the powder, flour, and stock, and stir to the boil; skim the fat off and cook until the onion, &c., are tender; add salt to taste and a little pepper if liked. Put in the meat and serve in twenty minutes, keeping it below boiling point all the time. Boiled rice should be served with this. (*See* recipes under RICE.) Supposing it is desirable to *cook* the meat—if underdone, for instance—let the sauce boil up well, then put the meat in and give it from half an hour to an hour's gentle simmering, adding a little stock from time to time.

Note.—A spoonful of sauce, either APPLE, TOMATO, or GOOSEBERRY, or the same measure of CUCUMBER SAUCE, or a little of the same kinds of purée may be put with the foregoing, to give the required acidity and piquancy, to increase which a spoonful of any sort of flavoured or pickled vinegar may be added; then the fresh apple is not wanted, as a plain curry of this description will be just as good so treated, and the scrapings of a sauce tureen may be thus used up advantageously.

Curry of Cold Meat and Vegetables.—This is a scrap dish pure and simple. To make it, take any sort of curried vegetables—a mixture is the nicest—and any left from dinner come in handy. (*See* recipes under VEGETABLES.) Supposing a pint or so of vegetables and sauce together, put in from a tablespoonful or two to half a pint, according to convenience, of any bits of cooked meat or poultry there may be in the larder; odds and ends of game may go in with any dark meats, and bits of ham, or bacon, or tongue, will "blend" with white meat or poultry. The whole mass should be quite thick, and put pyramid-shape on the dish, with some plainly-boiled rice or CURRIED RICE round it, and a hard-boiled egg or two, sliced, about the dish. Cost, variable.

Cutlets, Prussian.—Required: a pound of cold meat—veal, with rabbit, chicken, or any other poultry, and a small proportion of bacon or pickled pork, or veal and bacon only—two shalots, a teaspoonful of salt, or less may do, half as much pepper, a tablespoonful of parsley, or other similar sauce, a good-sized mushroom, a raw egg, some bread-crumbs, potatoes, and a morsel of butter. Cost, from 1s. 2d. to 1s. 6d.

Let the meat be minced, then season it (a grate each of lemon peel and nutmeg are further improvements), chop the mushroom and shalots, and "sweat" them for five minutes in the butter; add them with the sauce, the white of the egg beaten, and enough mashed potatoes to give the desired consistency. Mould into little cutlets the size of neck of lamb cutlets, then brush them with the yolk of the egg beaten with a tablespoonful of milk. Coat them with the crumbs, and fry crisp and brown. Stick a morsel of pipe macaroni in the end to form the bone, and dish them in a ring round a mound of MASHED POTATOES or a pile of POTATO SNOW.

Another way.—Use mutton or beef and brown sauce instead of the above. Add the same seasonings, with the exception of the lemon peel. Serve round a mound of cooked vegetables of any sort in season.

Devizes Pâté.—Required: some cooked calf's head, cold lamb, pickled tongue boiled, hard-boiled eggs, bacon, and strong stock and seasoning. Cost, very variable.

Slice the calf's head thinly, also the lamb and tongue; have some BRAIN CAKES, or cook and slice the brains; slice the eggs also, season rather highly with salt and pepper, a little lemon peel and cayenne, and mushroom powder if liked. Put all in a deep dish, arranging the layers alternately. Enough stock to form a jelly when cold must then be poured over; a flour and water paste should be used to cover, and the pâté baked in a slow oven. For a dish which holds a quart allow an hour and a half. When cold, take the paste off, turn out the pâté, and use parsley, with some eggs—PICKLED EGGS are correct—for garnishing.

For a better class pâté some cooked sweetbreads are used instead of brains; or some nice FORCEMEAT BALLS can be mixed with the rest of the ingredients, and for a plainer pâté an ox foot or some sheep's feet may take the place of the calf's head.

There are many recipes for this old-fashioned pâté, but one made as above can be recommended.

Dry or Scalloped Hash.—Required: half a pound of boiled salt beef, four to five ounces of mashed potatoes, a good-sized onion, chopped and fried, and black pepper, butter, and bread-crumbs. Cost, about 8d. or 9d.

The meat is to be put through a mincer, or chopped and pounded, as convenient, then mixed with the vegetables and seasoning; it is a great improvement to pass the whole again through a mincer. Then put the mixture into one good-sized or a few small scallop-shells, or spread on a flat dish; either must be greased; put the crumbs over, and the butter on the top in small pieces, and heat in a good oven. The top should be nicely browned.

Note.—Although a departure from the original, we can recommend a mixture of beef and ham or bacon, with a dash of parsley and thyme, in addition to the onion; or, for a change, the latter may be omitted, and a pinch of powdered bay-leaf added, together with a dash of ground nutmeg or other spice, or a few drops of store sauce. Another variation is to line the shells with the potato and onion mixed, and to put the meat in the centre, after sprinkling it with a few drops only of ketchup; then to cover with more onion, and finish off as before. Any kind of beef may be used, either plainly salted or spiced; the dish is all the better with a fair share of fat; with all lean meat, dryness is to be expected.

Exeter Hash.—Required: a pound of cold meat, a pint of common stock of any sort, either from meat or vegetables, a good pint of mixed vegetables, of the kind used for stews, sliced or in squares, seasoning, vinegar, and half an apple; thickening, &c., as below. Cost, from 1s. 3d. to 1s. 6d.

Take a stew-jar, put half the vegetables at the bottom. Cut the meat up in rather thick pieces, dip each in vinegar with a little pepper in, add them to the vegetables, grate the apple and put it on the meat; then put in the rest of the vegetables and half the stock; cover and cook for an hour or more, then add the rest of the stock, with the thickening; some cooked rice or other grain may be used, or the stock may be mixed with flour, &c. Go on cooking for another hour, or thereabouts, until the vegetables are tender; then add salt to taste and serve hot.

Note.—If carrots are used for the above they must be grated if raw, or cold ones may be used up; the onions must be scalded or parboiled. The stock should be warm when put in.

Note.—Only meat which is underdone, or which is somewhat tough, should be used for this form of hash. (*See* remarks on page 504.)

Fry, Minced and Baked.—Required: half a pound of cooked fry,

any sort, half its weight in macaroni, some mashed potatoes, gravy, and seasoning. Cost, 9d. or more, according to kind of fry.

Mince the fry and mix with it a quarter of a pint of stock (No. 1 or 2) and some herbs, salt and pepper. Line a greased dish with mashed potatoes, put next a fried onion sliced, then the fry, more onions next, and a thick layer of mashed potatoes on the top; then put the macaroni over. This should be boiled until tender in stock of any plain sort. Cover this with more potato, and finish off as directed for COTTAGE PIE.

This is a cheap dish but very tasty. More gravy should be served with it, any left over from the fry being used up, and if there is no fat with the meat a little cooked bacon may be used.

Another way.—Grease a shallow baking-tin and cover the bottom and sides with bread-crumbs, lay in some onions as above, then the fry; cover with a layer of boiled rice, moistened with plain stock; shake crumbs on the top, put a few bits of dripping over, and bake until heated through and the top a nice brown.

Gâteau.—*See* under MEAT.

Ghiac.—Required: meat, bread, eggs, seasoning, and vegetables. Cost, about 1s. 4d. to 1s. 6d.

This is a Norwegian dish, a good meal from odds and ends. A pound of cold meat forms the foundation—meat and game, or meat and poultry, with a little bacon—a morsel of any of the savoury pâtés mentioned in this work could be used up in it. After passing through a mincer add a thick slice of bread, soaked in stock, soup, or gravy, and squeezed well, then passed through a sieve; there should be a breakfastcupful; two eggs, with salt and pepper to taste, are also wanted. The whole is then pressed into a flat tin, rather shallow, and baked slowly until firm enough to turn out, then dredged well with crumbs, and browned before the fire. A good gravy is then poured over it, and peas, cauliflower, or other nice vegetable put round it.

A very good dish is made by using cold fish and sauce, instead of meat and gravy. The bread may be soaked either in hot milk or fish stock; any fish sauce can be served with it.

Another way.—Use white meat of any sort, or meat and poultry for the dish; mix it with the bread as above directed, and put it in the mould in layers, with a sprinkling of boiled rice between the layers. Turn out and pour WHITE SAUCE flavoured with cheese over it, and put little RICE CAKES or BALLS round the base.

Ham, with Spinach.—Required: ham, sauce, and vegetables as below. Cost, about 1s. 6d. if half a pound of ham be used.

Cut some slices of boiled or baked ham, with but little fat, and lay them in a sauté pan, cover them with a thick layer of DIGESTIVE SAUCE, turn them and coat the other side. The pan should be slightly buttered, and the ham be left to heat through gradually, the pan being shaken a few times. Put some MASHED POTATOES in a smooth layer on a hot dish, dredge them with raspings, and lay the ham on. Prepare some small moulds of spinach (*see* VEGETABLES), and lay them round the dish; put a small croûton on the top of each, and pour a little gravy round them. To make this put some stock in the sauté pan, scrape it well, then add a little thickening, colouring, and seasoning, and strain. While this is boiling up keep the dish of ham, &c., over boiling water all the time. Some sorrel, endive, nettles, turnip tops, or other green vegetables may be used in place of spinach; small Brussels sprouts can be used also. A little BROWN SAUCE should be poured over them, then no gravy is wanted round the dish.

Ham with Tomato Sauce.—Required: half a pound of ham, cut in small round slices, half a pint of TOMATO SAUCE, a dozen small POTATO

Balls, and a few croûtons. Cost, about 1s. 3d.

Follow the foregoing recipe in preparing the ham, using tomato sauce in place of the digestive. Dish the slices each on a croûton, a little larger than the ham, overlapping down a dish. Glaze the potato balls, and put them down the sides, and send the rest of the sauce to table. Or, at the ends of the dish put a purée of any green vegetable, and pour the sauce round it.

Ham with Vermicelli and Pickles.—Required: three quarters of a pound of ham, cut as above, brown sauce, an oblong slice of bread, fried or toasted, hot mixed pickles and vermicelli. Cost, about 1s. 8d.

Heat the ham in brown sauce to cover (*see* last recipe but one), dish on the bread, and put the vermicelli (or macaroni) round; it should be cooked in brown stock. Garnish with little heaps of hot, clear pickles, minced, and heated in sauce or stock. These are tasty snacks for any meal.

Hash, American, Corned Beef.—Required: a pint of chopped corned beef, a pint and a quarter or rather less of mashed potatoes, a couple of ounces of butter or dripping, salt and pepper, some toast or fried bread, stock, and parsley. Cost, from 1s. to 1s. 3d.

The meat and potatoes are to be mixed and moistened with stock, about half a gill being added at first; more will be wanted if the potatoes are very dry, but avoid making the mixture sloppy. Heat the fat in a shallow stewpan and put in the rest, then set it where it will allow the contents to become brown and set. When done, turn out on a hot dish, with the parsley and bread round it.

Another way.—The fat should be melted and mixed with the rest. The pan is to be greased to keep the mixture from sticking. The layer should be thin, as it is intended to cook in a shorter time than the above. All sorts of additions in the way of seasoning may be added, and other kinds of meat may be so prepared. With care in the cooking, these hashes are very nice; but a fierce heat hardens the meat, and a very indigestible dish is the result. (*See* also Dry or Scalloped Hash.)

Another way.—Put two parts of beef and one of potatoes, both chopped, in a pan with a little milk, and stir until hot; then season, and stir in a lump of butter, and serve in a mound, on toast, with sippets round it. A morsel of fried onion or parsley may be added.

Hash, American, Roast Beef.—Required: some cold beef, chopped, half as much cold chopped potato, and seasoning as below. The meat and potato should be seasoned with salt and pepper, and a little fried onion if approved, then moisten with a little gravy or butter, and put in the frying-pan until hot through, when it may be served at once, or left until the underside has become brown and crisp, then turned out on a hot dish.

This admits of great variety in the shape of cooked celery, or mushroom, or other vegetable; care must be taken to avoid any *raw* vegetable, even onion, as the hash takes so short a time to heat through.

Hash with Eggs.—Required: half a pint of Brown Sauce, a pound of cold meat (or meat with game), five eggs, some croûtons, seasoning as under. Cost, about 2s.

Boil the sauce, add pepper, and a little store sauce or ketchup, with a teaspoonful of chopped parsley, or a little mushroom powder if the flavour is preferred; put in the sliced meat, prepared in the usual way, and leave to become well flavoured. Fry some round croûtons, and trim the edges of the eggs (fried or poached); put one on each croûton. Dish the meat, lay an egg on the top, and one at each end and each side; put a pinch of coralline pepper on each egg yolk, and serve hot. This looks very tempting, and tastes as well as it looks.

Hash, the Nabob's.—Required; two pounds of cold mutton,

half a pound of lean ham, half a pound of onions, two fresh limes, a pint of BROWN SAUCE, a tablespoonful of NABOB PICKLES, and seasoning as below, boiled rice, and two ounces of sultana raisins. Cost, about 2s. 9d.

Put on a plate a teaspoonful of lemon juice, the same of sherry, the pickles and raisins; the latter should be picked, and chopped a little; add the rind of half a lemon, grated, and a little white pepper; mix well, and cover until required. Peel the onions, cut them in rings, fry them a little, then put them in the sauce, with the seasoning from the plate, and cook until tender. Cut the ham in strips, and fry in the fat from the onions; then put it in the sauce with the cold meat, and leave covered for half an hour; it must barely simmer. Boil the rice as for curry, but use stock instead of water; wipe the limes, but do not peel them; cut them in slices, and then in strips. Put the meat and sauce on a dish, with the rice round it, and sprinkle it with the strips of lime, and a dust of coralline pepper. Ham of good quality must be used for this; it must not be hard or salt, or the dish will be quite spoiled. It is very good if care be taken.

Note.—If "Nabob Pickles" are not at hand, any similar sort may be used.

Hash, Norman. — Required: cold meat, onions, stock, and seasoning, gravy, &c., as below. Cost, about 2s.

Peel a dozen and a half of button onions, fry them a rich brown in hot butter, add an ounce of flour, brown well, and then stir in half a pint of stock from the bones of the joint; the meat may be beef or mutton; when it boils up put in a gill of gravy, skim well, and season to taste with salt, pepper, and LEMON PICKLE, with a few drops of mushroom ketchup. Have ready about a pound and a quarter of meat, in nice even slices; this is a superior dish, and a little trouble is necessary; all skin and gristle must be removed: lay it in the sauce, and cover up for half an hour that it may become impregnated with the flavours. Then re-heat, and serve with a garnish of PICKLED MUSHROOMS, or sliced lemons, and send vegetables to table in a separate dish.

For a cheaper hash, the gravy can be left out; a dash of French vinegar taking its place, and more stock being used to make up the deficiency; but for the first-named recipe, if no gravy is at hand, a little extract of meat or glaze should be used for the purpose.

Hash, Nursery.—Required: a pound of cooked mutton or lamb, half a pound each of onions, potatoes and celery, a pint of RICE SAUCE, and some seasoning. Cost, about 1s. 4d. to 1s. 6d.

Parboil the onions and potatoes: cut them up, slice them into a stewpan with the celery, add a little salt and pepper, and some weak stock (liquor from boiled meat, &c.), and cook until the celery is soft, and the potatoes broken up. In a separate saucepan heat the cut-up meat in the rice sauce; then mix the contents of the two pans. This is a very good and nourishing meal for children. It is more substantial if some small dumplings are served with it.

Note.—The same kind of hash for "children of older growth," is excellent with a small proportion of chopped capers, and some of their vinegar stirred in; or caper sauce from boiled meat can be used, the rice sauce being reduced in proportion.

Hash, Save-all. — Required: meat, vegetables, &c., as below. Cost, about 1s. 3d.

For this, which is very good and economical, take half a dozen cooked potatoes; slice them a sixth of an inch or so in thickness, add a good-sized Spanish onion, boiled or baked, and sliced similarly. A slice or two of broiled or fried bacon should be cut in small pieces. Then take from twelve ounces to a pound of roast veal; it often happens that the centre of a large fillet is somewhat underdone;

that is the part to choose. Slice it neatly. Make a pint of gravy of the usual kind for plain hashes (*see* page 79), add the above ingredients, together with seasoning to taste, salt and bacon excepted. Cover, and stew as softly as possible for an hour, then put in salt and a tablespoonful or two of grated cheese—it does not matter what kind, so that it is dry enough to grate and of good flavour. After this the mixture should not boil again. Turn out on a hot dish, and serve at once with cut lemon and the bacon.

Another way.—Use cooked celery in place of onion, and leave out part of the potatoes, adding some sort of cooked cereal to make up. A tomato can be used as well as the other vegetables if liked, and the cheese may be reduced in quantity to suit the taste, but as first given the hash is excellent.

Note.—Supposing the meat to be thoroughly cooked, heat the other ingredients first, then put in the meat for a short time only.

Hot Pot.—*See* Tripe and Cow Heel Hot Pot and Tinned Rabbit Hot Pot.

Hotch Potch, Ox Tail.—Take for this a tinned ox tail. The jelly should be melted, and added to half a pint or so of plain brown stock, nicely flavoured and thickened as for stews. The pieces of tail should be put in this to heat. They want careful treatment, being generally somewhat "raggy" looking. The adjuncts, in the shape of vegetables, must depend upon circumstances; a Purée of Carrots, or dried or fresh Green Peas may be used; it should be spread on a dish ready for serving, and the tail and gravy put high on the top. The surface is then to be covered with more vegetables, either a purée, or mixed vegetables as for a haricot (*see* recipes for Mutton, Haricot); or any cold carrots, onions, turnips, potatoes, &c., can be sliced and fried, and used for the purpose.

Ox cheek is excellent in the same form. Cost, about 1s. 3d., but varies with the adjuncts. (*See* Polpetti, Italian.)

Italian Polpetti. — *See* Polpetti, Italian.

Jersey Fish Curry.—Required: two ounces each of flour and butter, a teaspoonful of salt, half as much pepper, a pinch of nutmeg and lemon rind grated, a pint of milk, or half fish stock, a pound and a half of any white fish (mixed sorts answer), a teaspoonful each of mild curry paste and powder, a tablespoonful of chopped onion, a little powdered bay leaf, and the juice of half a lemon. Cost, about 1s. 4d. with fish at 6d. per pound.

Melt the butter, fry the flour in it to a straw colour, add milk and boil up. Flake the cold fish, and brown in a little hot fat. It should first be spread with the curry paste. The onion is to be fried in the same fat, then drained and put in the sauce with the seasoning and fish, and left for half an hour just off the boil. Cut lemons and rice should be put round the dish. Curried or plainly-boiled rice is suitable. The onion is sometimes omitted.

White meat may be used; then the curry stuffs should be increased a little. A tamarind may be cooked in the sauce to give slight piquancy. The curry powder may be blended with the sauce, or the onions can be dredged with it before frying.

Kidney with Vegetables.—Required: kidney, vegetables, and gravy as below. Cost, variable. Take some of the kidney from a cooked loin of veal, mince it with a mushroom or two in proportion to the quantity of kidney, pass it through a mincer, and moisten with any gravy left over from the joint, enough to make a thick mince; fry some tender vegetable marrow in little boat shapes (*see* Vegetables), and fill them with the mince. Serve hot for breakfast.

Another way.—Put a piece of toast or fried bread on a dish, pour the

kidney mince over, and put potatoes in any approved way round the dish.

Another way.—Supposing some beef kidney that has been stewed to be handy, cut it in thin slices or mince it, with half its weight of cooked bacon, heat altogether in some of the gravy, and flavour to taste. Any kind of vegetables may be used to form a border; a carrot purée is very nice, or any green purée, or plainly-boiled vegetable will answer. Either should be garnished with the little rounds of artichoke that were cut from the rings.

These are tasty little snacks, which may be greatly varied.

King's Rings.—This is a very appetising little dish; it can be varied a good deal, as the recipe is very suggestive of many others, the idea being to serve the meat in rings of some sort of vegetable. Supposing a small quantity of minced veal to be handy, with perhaps a cooked carrot, cut the latter into rings, stamp out the interior, then lay the rings flat in a buttered sauté pan, and heat them in a little pale stock. Drain, and fill with the white mince, first arranging the rings on the dish for serving, a croustade, or some rice, or a bed of some cooked vegetable being first placed on it, otherwise it would have a flat appearance. If a cucumber can be cooked and sliced, and the rings placed alternately with the carrot, the effect will be still nicer. The mince should be put in from a bag with a pipe, and a little garnish used on each little pile; a morsel of the outside skin of a pickled walnut, alternated with parsley or a bit of red or green chilli, looks nice. Round the rings pour some nice sauce of the kind used for the meat; then make some ring-shaped croûtons, and put them overlapping to form a border round the dish. If liked, the interior of the vegetables used for the rings can be sieved and mixed with the sauce. If chicken mince be used, the garnish may be more elaborate—olives, little egg balls, &c.

Lambs' Tongues.—*See* TINNED TONGUES.

Meat Croquettes.—These are very plain and quickly made. Required: equal weights of cold meat and mashed potatoes, a cooked onion to half a pound of each of the foregoing, also a little salt and pepper, and an egg with a little milk. Cost, about 1s. per dozen.

Chop the meat small, pass the potatoes through a sieve, while hot if possible, add the meat and seasoning, and the yolk of the egg; it should be first well beaten. If the potatoes are dry and mealy a tablespoonful of milk or a little melted dripping may be added; if they are not mealy this is better omitted. Then make them into little balls the size, say, of a large walnut, or a trifle larger, then fry them in hot fat to cover them, or bake them in a quick oven. In the latter case, put them on a greased tin, and brush them over with a small quantity of liquid fat. Drain before dishing.

Another way.—Omit half the potatoes, add a couple of tablespoonfuls of bread-crumbs to each half pound of meat, and a spoonful or two of gravy well thickened. To either of these herbs may be added; the onion may be fried or boiled, and should be chopped small; a fried one makes the dish more savoury.

In place of the onion and gravy a spoonful of onion sauce may be used. Mixed meats can be used.

Meat Gâteau.—Required: twelve ounces of cold meat, fat and lean, free from gristle, and cut up small; seasoning, fat, crumbs, gravy, and two eggs. Cost, about 1s. 2d. to 1s. 4d.

Melt an ounce or so of dripping, fry in it a chopped onion, stir in a tablespoonful of flour, brown it, add nearly a gill of plain stock or gravy from a joint, with browning, seasoning, and a little sauce or ketchup to taste; then stir in the meat. When cool beat in the eggs very thoroughly, with a tablespoonful of bread-crumbs. Take a plain cake tin, rather shallow, grease

and coat it thickly with crumbs, but shake out all the loose ones. Put in the mixture, shake a few more crumbs over, cover with a bit of greased paper, and bake in a moderate oven from thirty to fifty minutes, according to depth of tin. Turn out and pour gravy round. For dishes of this sort always have more crumbs in reserve, in case any stick to the bottom of the tin in baking; then just sprinkle a few more on the top. Raspings are, of course, better than crumbs, being already browned. If crumbs are used they must be browned first.

Any trimmings of game—just the scrapings of the bones—are a wonderful improvement to this. Mushrooms instead of onion make a pleasant variety.

Meat in Savoury Jelly.—This is a good dish for breakfast in summer time. Required: a pound of cooked meat—mixed sorts if liked—two eggs, and two ounces of cooked ham or bacon; stock, &c., as below. Cost, about 1s. 2d. to 1s. 6d.

First heat the stock—about half a pint—add a teaspoonful each of onion vinegar, tarragon vinegar, and mushroom ketchup or walnut ketchup; strain it a few times through muslin, and leave to cool, then test a little; if firm nothing is wanted, if not stiff enough add a little dissolved gelatine—a quarter of an ounce to half an ounce may be wanted. Boil the eggs hard and slice them, dip the slices in warm butter, then in chopped parsley, and a little pepper and nutmeg. Take a plain mould, put in the eggs, meat in dice, and the bacon in strips loosely; then pour in the stock, and when cold turn out.

Braised meat makes the best mould; any other can be used, but it must be tender.

Meat Moley.—A moley is a dish that is very well known and much liked in all curry-eating countries; the recipe we give is for moley as prepared in Ceylon. The first consideration is the sauce; the foundation is plain or rich stock, or milk, according to the degree of richness desired and the meat to be used. Put half a pint of either in a stewpan, with half an ounce of butter, the same of finely-chopped ham, a large onion, sliced thinly, a bay leaf, a pinch of cayenne, a saltspoonful of saffron powder, a pinch of salt, two or three cloves, and half an inch of stick cinnamon. Let the whole cook for some time; it should be kept at a gentle simmer; then put in any nice pieces of cold meat of any sort (pork excepted); veal may be mixed with rabbit or fowl, but beef and mutton are better used singly. Mash up a large mealy potato with a spoonful or two of cream, and add this also to thicken the sauce; squeeze in a little lemon juice before sending to table, and serve some mashed potatoes browned in a mould and turned out (*see* POTATOES) on a separate dish. Cost variable.

Note.—From eight to twelve ounces of meat may be used for the above quantity of sauce. The potato for the thickening should be baked in its skin; a watery potato would spoil the dish.

Meat Pyramid.—This is a tasty and economical dish, very good for supper or any other meal. Required: two pounds of potatoes, four eggs, half a pound of cold beef, underdone, salt and pepper, and a few drops of anchovy, two ounces of beef dripping or butter, and a little gravy. Cost, about 1s.

Bake the potatoes in their skins, turn them out, and mash while hot with the seasoning and dripping; the latter should be warmed. Beat hard for some minutes, this makes a great difference to the dish; then add the yolks of the eggs, two only; beat again, and set by while the meat is minced and mixed with the gravy, which must be rather thick and nicely seasoned. Boil the other two eggs hard, cut them up, and add them to the meat. Now take a plate, cover the bottom with potato, then put a layer of meat, making it smaller than the layer of potato; go on until the whole is used up, and bring

it to a point, having potato at the top. Now take a large fork, and mark all over, drawing the fork from base to point to give a ridged appearance; dredge with crumbs, and bake in a quick oven until golden brown. The dish is much lighter if the whites of the eggs are beaten to a froth, and stirred into the potatoes last thing, but if wanted for any other purpose they can be omitted.

Meat Rissoles, German.—Required: four ounces of bacon in squares, an egg, six ounces of minced meat, any sort, the same weight of stale bread, a tablespoonful of chopped chives (or shalots), nearly as much parsley, salt and pepper, and a pinch of spice. Cost, about 1s.

First fry the bacon a nice brown; stir in the chives and seasoning. Then add the meat, take from the fire and add the bread, which has been soaked in broth and squeezed dry, then sieved, or beaten with a fork. Leave this to cool, then mould it into the size and shape of eggs; drop them into boiling stock or broth, and cook for ten minutes or so, then serve with a nice gravy. Underdone meat is suitable for these. Thyme and marjoram are used as seasoning sometimes, in addition to the other ingredients.

Another way. — Use fully-dressed meat, and soak the bread in brown gravy, just enough to moisten. Beat it up well, and proceed as above directed; then, after moulding the rissoles, instead of boiling them, fry them a good brown, and serve with a piquant gravy and some sweet pickles, with Tomato Purée.

Meat Rolls.—Required: meat and seasoning as below. Cost, about 1s. 3d. per pound inclusive.

This is a useful and tasty method of re-heating any meat which is underdone; it will be found tender; the cooking process not having the hardening effect so often produced when care is not taken. Supposing some meat at hand, from which a dozen slices, about two inches by three can be cut; or for convenience the size may be greater or less. Cut any gristle from them, and spread them with a little seasoning of bread-crumbs, soaked in stock and squeezed, pepper and herbs, salt in moderation. Roll them up, and tie or skewer them; brown them in a little hot fat, turning them quickly, then drain. Lay them in a clean, cold stewpan; sprinkle them with a spoonful of flavoured vinegar of any sort preferred; pour over them enough tomato purée, diluted with weak stock, just to cover; add a little vinegar, a bit of sugar, pepper to taste, a chopped onion, some herbs if the meat be veal or mutton (for beef, some brown sauce may be used, or ketchup if liked), and any bits of cooked vegetables, finely chopped. Bring very gently just to simmering point, at which leave it for half an hour. Take the meat up on a dish, thicken the sauce a little, and boil it up, then pour it over, or round the meat.

Mince, with Oyster Sauce.—Required: half a pound of cold mutton or veal, an ounce of bacon, bread-crumbs, cayenne and nutmeg, salt, and white pepper, a gill of Oyster Sauce, a few ounces of boiled rice, some butter, and anchovy essence. Cost, about 1s. to 1s. 3d.

Prepare a flat dish by buttering and crumbing; sprinkle with the seasoning; mix the minced meat and bacon with the sauce; spread this over the rice, which should be put in a thin layer on the crumbs. Add more rice, then crumbs, with a few bits of butter. Brown in the oven. It takes but a short time, the mince being added hot, and is a tasty dish for any meal. Any sort of poultry may be used, or white fish. A few sprigs of fried parsley or some little croûtons improve the appearance of the dish.

Another way.—This is brown. Use beef, with nice brown sauce, to which a few oysters and their liquor, with the usual seasonings, should be added. Should tinned oysters be used, reduce

the liquor by quick boiling, and rub the oysters through a sieve.

Moley.—*See* under MEAT (page 521).

Mould of Meat and Macaroni. — Required: macaroni, and a mince as below. Cost, variable.

This is a very nice-looking dish, and while almost as effective as if made of macaroni used in honeycomb style (*see* GARNISHES), it is much more quickly prepared. Take a plain pudding basin, one of the modern shapes, rather high, and tapering at the bottom, or use a tin mould of the same style; grease it well, and coat it with macaroni, which must be boiled until soft enough to twist, but not enough to break; it must be firm enough to handle. Start from the centre of the bottom, and go on winding, joining the ends neatly, until the macaroni reaches the top edge of the basin. Next put a lining, bottom and sides, of forcemeat or sausage meat, half an inch thick, being careful not to displace the macaroni. Then fill up with a mince of any sort —meat, poultry, game, or fish: either should be thick, and a beaten egg, one to each half pint, added. We are referring only to minces of the usual sort, mixed with some sort of thick sauce, and reference to the various dishes of mince will show how many nice savouries may be evolved from this one recipe, by just changing the "filling." On the top, more sausage meat is to be put, and the mould covered and steamed in the usual way. A pint mould will take an hour. A little sauce or gravy should be poured round it.

Mutton and Oyster Cakes.— Required: twelve ounces of fat and lean mutton, from the undercut of a cooked shoulder is nice; a gill of oyster sauce, a pinch of salt, pepper, grated nutmeg and lemon peel, two eggs, and some bread-crumbs. Cost, about 1s. 3d. to 1s. 6d.

Make the sauce, add the meat—put through a mincer—while hot; season, beat in the yolks of the eggs off the fire, and set by to cool. Then form into little cakes (*see* FISH CAKES); brush over with the beaten whites, and roll in the crumbs; fry in the usual way, and serve with some oyster sauce if for dinner or supper: without sauce if for breakfast. The mixture will cool more quickly if spread out on a flat dish. When making up into cakes a few bread-crumbs may be used; they should be sprinkled on the board, but the cakes will be nicer if kept as moist as they can be, to handle them conveniently.

For cheaper cakes, add half the bulk of the meat, &c., in mashed potatoes; they need not be egged before frying, but may be fried as they are, or first rolled in crushed vermicelli. Tinned oysters do for the sauce for these, all the nicer it should be remembered, if the oysters are rubbed through a coarse wire sieve.

Mutton Boulettes. — Required: a pound of cold meat, half a pint of stock, No. 4, half an ounce of gelatine, a tablespoonful of mushroom ketchup, salt and pepper, a teaspoonful of corn-flour, the same of browned flour, and a tablespoonful of cooked macaroni; eggs and bread-crumbs. Cost, about 1s. 3d.

Make a gravy by boiling the stock, corn-flour, browned flour, and seasoning for a few minutes; stir in the gelatine, previously soaked (unless sheet gelatine be used; that needs no soaking); when dissolved, add the minced meat; take from the fire, stir in the minced macaroni, then pour the mixture into little cups or patty pans to set. Either should be round at the bottom, like an egg cup. When firm, turn out, and roll in fine flour, then coat them with beaten egg and bread-crumbs; let them stand awhile, and give a second coating: the crumbs must be very firm. Lay them in a frying basket, plunge into hot fat, and in a few seconds take them up; dish on a lace paper or serviette on a hot dish, and put fried parsley in the centre. These are very good, because

moist when cut; for this reason they need care in the frying. If any bits of meat, cow heel, calf's foot, &c., can be mixed with the mutton, less gelatine is wanted for the gravy. If time is short, instead of pouring into cups to set, use the mixture as soon as cool enough, then some cooked rice, or mashed potatoes, or bread-crumbs must be added to "bind" it, together with an egg. The boulettes are in that case stiffer, and not so nice. A mushroom chopped and fried, added, makes them much more savoury.

Mutton Croquettes, Plain. Required: meat, stock, seasoning, egg, and bread. Cost, about 1s. per dozen.

Take a pound of cold mutton with a fair share of fat, or if it is very lean, add a little cooked ham or bacon fat; chop it or put through a mincer. Chop a couple of shalots or a small onion, and fry brown in hot dripping; then add rather more than half an ounce of flour; brown it well, add by degrees a gill of plain stock, as No. 1 or 2; stir to the boil, season with salt and pepper, and a grate of nutmeg; then take from the fire, add some chopped parsley and the meat, and turn out on a plate to cool. Then make into little balls, and brush with beaten egg; cover well with bread-crumbs. Use a frying basket, and fry in hot fat. They take but a few seconds. By using a mushroom and a little ketchup, in place of the onion and parsley, another variety is obtained.

Mutton Croquettes (Savoury).—Required: four ounces of cooked mutton, half a teaspoonful of anchovy essence, two ounces of mutton kidney, and three ounces each of ham and tongue, cooked, panada and seasoning. Cost, about 1s.

Mince the meat, the kidney should first be grilled or broiled, and left to cool; if a machine is not handy it must be pounded, but if it can be passed twice through a mincer it will be fine enough. Then add salt, pepper, and anchovy, and the panada, made by frying an ounce each of flour and butter until brown, and adding a gill of brown stock. Stir the whole, and leave to cool, then form into little cones, about a dozen; brush them with beaten egg, and coat with crumbs; fry as usual, and stick bits of parsley-stalk in the thin end of each. Dish in a circle, stalk end up, and fill the centre with fried parsley.

Another way.—Put each cone on a croûton, first spreading it with mushroom, or other nice purée; or put them on sliced, cooked tomatoes, seasoned, and spread with a little brown sauce, seasoned with anchovy essence. Remember to cook the panada well, by boiling it for a minute before the meat goes in, but not for a moment after. If not boiled enough, the croquettes often break in the frying, particularly when made cone-shaped. If not convenient to add as much tongue and ham, increase the mutton: the seasoning must then be increased slightly.

Mutton Cutlets à la Game.—Required: six ounces of cooked mutton, two ounces of ham, three ounces of boiled rice, an ounce of bread-crumbs, half a glass of port, sweet herbs, sauce, &c., as below. Cost, about 1s. 4d.

Mince the mutton and ham (the latter may be from boiled or baked ham); chop and fry a shalot with a good pinch of powdered herbs; add the rice, and the crumbs soaked in the wine, with half a gill of brown sauce; season with salt and pepper, a grate of nutmeg, and a pinch of powdered cloves. Stir and set aside, then shape on a board into small oval cutlets. Brush them with beaten egg, and roll them in crushed vermicelli; then fry brown. Dish in a ring, and fill up with fried parsley. Or divide the mass by means of a cutlet cutter, after spreading on a flat dish until quite cold. A small quantity of brown sauce, flavoured with currant or tomato jelly, may be served with these.

Venison can be used up in the same way. If required in a hurry, these

should be made stiffer, by adding a little panada; but they are nicer soft, if plenty of time can be allowed for the setting.

Mutton, Hashed, Plain.—Hashed mutton is so persistently avoided by some people, if they can get anything else, that it is quite worth while to take a little trouble to make it look, as well as taste, good; and this is very easy. (*See* the recipes under BEEF as to the preparation of the meat.) Make a nice gravy (*see* page 79), and if it is preferred thick, some roux can be added, though in the opinion of many cooks corn-flour is more suitable for mutton; the gravy should be a nice brown, and of good consistence, but if corn-flour be used it will not be thick-looking, as when roux or browned flour is used; these minor points are, however, a matter of taste. By way of garnish we strongly advise little croûtons instead of the usual sippets of toast; the cost is very little more and the dish is considerably improved. Pickled walnuts are often served round a dish of hashed mutton; they should be put between two saucers in the oven to heat, and drive off the extreme acidity. Or a plain POTATO BORDER may be put round the meat. Other pickles can be used. Cost of a dish from a pound of meat, about 1s. 3d.

Mutton, Hashed, Rich. (*See* remarks under BEEF.)—Use any suitable sauce or gravy for the foundation, and garnish nicely with croûtons and anything else preferred. Mushrooms are very suitable. The gravy should then be flavoured with mushroom powder or ketchup. Put a nice mushroom on the top of the hash, for superior dishes, with a hatelet skewer through it; or use a good-sized fancy croûton in the same way. The mushrooms should be nicely glazed. In seasoning hashes with store sauces or ketchups, use the best qualities only, and be careful not to overdo it. Worcester, Harvey, and many other sorts of sauce are excellent in a way; the thing to avoid is to overpower every other flavour with that of the sauce, and this, as everybody knows, is frequently done. What is wanted is a blended flavour, and it is a very easy matter to avoid monotony. Cost of a dish from a pound of meat, about 1s. 6d. to 1s. 9d.

Mutton, Hashed in Tomato Sauce.—Required: a pound and a half of lean mutton, a pint of canned tomatoes, measured with their liquor, gravy and seasoning as below. Cost, about 2s., exclusive of any garnish.

Prepare the slices of meat in the ordinary way, and set them aside, covered. Put the tomatoes in a pan, with any bits of skin and gristle from the meat, a little sugar, browning, a few peppercorns, a couple of cloves, a sliced onion, and a little salt. Cover, and stew down until nicely flavoured, and the onion tender, then rub through a sieve or colander, and put back in the pan, with any gravy from the joint, or a little stock, with thickening to taste: this may be corn-flour, browned flour or roux. Lay in the meat, and serve hot in twenty minutes. This is very good just as it is, but it may be improved in several ways: some sliced baked tomatoes, cooked, with sliced onions, may be put about the edge of the dish, or some fried potatoes may be used; croûtons, with or without eggs are also suitable, so is a purée of haricots, or if French beans are in season, a border of them, plainly boiled, should be used in preference.

Another way.—Make the sauce as above, or use that given under hot sauces. Garnish the dish with poached eggs laid on little beds of spinach, and stick croûtons in between them.

Mutton, Minced.—Use the same ingredients as for HASHES, and for mincing the meat, follow the directions given under BEEF, MINCED. For good dishes of this class, a little claret gives a "tone." BROWN SAUCE forms a good foundation, or half brown sauce and half stock may be used. Mince should never be watery; *i.e.*

when put on the dish the gravy and meat should not separate. The richest minces are served in entrée dishes; for every-day occasions, a vegetable or other deep dish is better than a flat meat dish, as the mince will keep hotter.

Mutton with Rice and Sausages.—Required: a mince from a pound of cooked mutton, half a pound of sausage meat, rice and seasoning as below. Cost, about 1s. 6d.

Follow the directions for hashing or mincing mutton by either of the plain methods, for which *see* recipes. Make the sausage meat into little balls, and fry them for a minute or two, then drain, and put them into the gravy to simmer for ten minutes before the meat is added. VEAL SAUSAGE MEAT is the nicest for these, and they are a great improvement to dishes of mutton of many kinds. About a quarter of a pound of rice may be boiled as for curry, or SAFFRON RICE is very good with this dish. This should be ready by the time the meat is, round which it should be dished. Savoury dishes of rice may also be used. (*See* RICE.)

Another dish is made by mixing two or three ounces of lean, cooked ham, in amongst the mutton, then the little balls, or small sausages, should be placed on the rice by way of garnish.

Ox Foot, with Onions and Cheese.—Required: about half an ox foot, the same weight of Spanish onions, cheese, &c., as below. Cost, about 7d., exclusive of sauce.

The foot must be well cooked, free from bone, and cut into neat pieces. Slice and fry the onions, and lay them in a greased dish, coated with bread-crumbs, alternately with the ox foot. Put some thin slices of bread on the top. Each layer should be seasoned with salt and pepper, and a little grated cheese, and be moistened with stock from the bones of the foot. The bread should be moistened with oiled butter, and the dish set in the oven until crisp and hot through. Serve plain CHEESE SAUCE with this, or a herb sauce.

Ox Foot, with Peas and Cheese.—Prepare the dish as above, but use cooked peas (green, or split yellow as preferred) in place of onions; or haricots or lentils, cooked and sieved, may be substituted. The stock for moistening should be made piquant in flavour. Finish off as directed above, and send the same sauce to table, or a sharp sauce goes very well with this dish. (*See* PEAS PUDDING.)

Polpetti, Italian.—The foundation of this is cooked meat, any sort; for half a pound, which should be free from fat, and minced small, allow two or three ounces of grated Parmesan cheese, the same weight of ham and tongue, or bacon will do instead of ham, and a gill of Italian sauce, brown or white, according to the nature of the meat (*see* recipes under HOT SAUCES). To this, something should be added to give piquancy, or to heighten the flavour, first stirring the foregoing ingredients together over the fire until hot. A little rich forcemeat, cooked, or the remnants of one of the savoury pâtés sold in tins, or some cooked liver purée; just a tablespoonful or so of either is sufficient. Then spread the paste on a flat dish to form a quarter-inch layer. When cold, cut out with a small round tin cutter, then egg and crumb the cakes, and fry in plenty of hot fat. Lard is said to be the correct frying medium for these: clarified fat of the usual sort answers as well—in our opinion, better. The remnants left after cutting can be pressed together and cut out as before, until all be used up. Cost, variable.

Pork à la Blanquette.—Required: meat, sauce, and seasoning as below. Cost, about 1s. 3d., exclusive of the vegetable garnish.

See the recipe for RICE SAUCE, and make half a pint for each pound of meat to be used. Cut the meat into neat slices; the nicest part for this dish is the kidney end of a loin that has been stuffed with a mild sage and onion stuffing. Let it heat through in the sauce; all fat must be taken

from the meat, and if it contains no stuffing, season the meat with sage, or thyme and parsley. When hot through, beat in the yolk of a raw egg for half a pint of sauce, with a morsel of made mustard and hot chutney. Serve hot, and put POTATO CHIPS or TOMATO CHIPS round the dish.

A small quantity of nicely-cooked pig's liver may be minced and added to the sauce if liked. Bread sauce can be used in the same way; but for re-heating pork, the ordinary white sauces, of a richer kind, are not so suitable as they are for plainer sorts of meat. Those who are able to indulge in them, may, however, try those given for poultry, veal, &c.; white onion sauce is very good, so is celery; the yolks of one or two eggs being added if the dish is served à la blanquette. Without the eggs, serve it simply as "pork in sauce."

Pork in Apple, Curry, or Digestive Sauce.—Required: for each pound of cold pork, about a pint of either of the above sauces, and other ingredients as below. Cost, about 1s. 3d. to 1s. 6d. inclusive.

The meat may be sliced or minced, and should be pretty free from fat, or the dish is likely to be too rich. If any gravy be left over, supposing a roast, heat it, and let the meat warm through in it; then, when the sauce is ready, take the meat from the gravy, and let it remain in the sauce until well flavoured. Have a hot dish, with a border of any suitable vegetable of a green kind, or a purée of peas, or some curried rice for a change; put in the meat, and send gravy, if liked, to table separately.

For a cheaper dish, put the peas, or what else may be used, in a thick layer on the dish, then one of meat and sauce, a thin layer only. Go on until all be used. If this be covered and set over hot water for a short time, the vegetable will become well flavoured, and a little meat goes a long way.

Pork and Cod-fish, American Ragoût of.—Required: for the foundation, equal weights, say a pound each, of pork and cod-fish; either pickled pork with fresh fish, or fresh pork with salt fish, seasoning, cracker crumbs, and sauce as below. Cost, about 1s. 6d. without salad.

Cut the pork in small slices, and flake the fish, which should be first boiled or steamed. Grease a dish, and put in pounded crackers to form a lining; make a well-seasoned sauce, about a pint, using stock for the foundation, and seasoning with salt, cayenne, mace, mixed herbs, mustard, and grated lemon peel. Mix the flaked fish with this, and heat the whole. Fry the pork a little, season with the same materials used in the sauce, adding a little flavoured vinegar to taste. Put these materials in alternate layers in the dish, having fish and sauce top and bottom; each layer of pork is to be dredged with crumbs. Have plenty of crumbs at the top; moisten with butter, then brown in a quick oven. Send to table with salad and a dish of sweet pickles.

NOTE.—When onions are liked, pound one, and add a teaspoonful of the juice to the pork, or some fried onions may be mixed with the rest. For a plainer dish, frying the pork may be omitted; reheating in a little gravy well boiled first.

Pork Crepinettes.—Required: pork, potato pastry, raw tomatoes or cooked Spanish onions, seasoning, and egg and crumbs. Cost, about 2d. each.

Make some plain POTATO PASTRY into little rounds; cut the same number of slices of tomato or onion, and half the number of slices of pork. On half the potato rounds, put a slice of tomato, season with salt and pepper, mustard, or chutney, then add the meat, and another slice of vegetable seasoned in the same way. Cover with the rest of the potato rounds, and press the edges well together, then coat with egg and crumbs and fry brown, or omit the egging for a plain dish. The potato rounds should be rather larger than the rest, that the edges may be securely fastened.

Another way.—Use a mixture of apple sauce and cooked rice next the potato, the pork being placed between. Onion, curry, or chutney sauce, just a little to moisten the meat, may be added for variety. The crepinettes may be coated with crushed vermicelli after brushing with milk, then fried; but there is less fear of breaking them when egg is used.

Pork, A Savoury Mince of.—Required: a pound and a half of roasted meat, nearly a pound of onions, a tablespoonful each of brown vinegar and tarragon vinegar, seasoning and sauce as below. Cost, about 1s. 6d.

Peel and chop the onions, fry them a good brown, drain the fat from them, and add the vinegar, a gill of nice gravy from the joint, a pinch of cayenne, a saltspoonful of chopped tarragon, and twice as much chopped sage, with a little French mustard. Cover, and let this reduce to half the quantity. Have the meat ready cut up; it should be almost free from fat. Put about half a pint of plain stock, thickened with flour, to the onions, &c., and boil gently until the contents of the pan are cooked; then stir the meat in, season to taste, and leave for a short time for the meat to become well flavoured. Turn out into the centre of a POTATO BORDER, or use some other vegetable; a lentil or haricot purée, or some peas purée is much liked in many cases, although the latter is more generally sent to table with boiled pork. Pork may be hashed in the same way, and any stuffing from the joint should be served with it; or some can be made and cooked purposely, as it makes a more savoury dish.

Rissoles.—*See* under MEAT (page 522). *See* also INDEX.

Savoury Supper Rolls.—Required: a pound of potatoes, weighed after cooking and peeling, half a pound of cooked meat, two eggs, a teaspoonful of chopped parsley, a little thyme, cayenne, salt, pepper, and grated lemon peel, and some raspings. Cost, about 10d.

The potatoes must be baked in their skins, mashed while hot, and seasoned, then mixed with the meat chopped small. Whatever the meat used, a little ham or bacon improves it. The whole must then be put in a saucepan with the yolks of the eggs, and beaten over the fire, then taken off, and set by to cool. Just a minute's heating will suffice. When firm, take up portions of the mixture with a tablespoon, and form them into rolls on a floured board; brush them over with beaten white of egg, and lay them on a slightly-greased baking-sheet, then bake brown in a quick oven, and dredge with raspings before serving.

The rolls may be flavoured with a teaspoonful of grated cheese instead of parsley, and white sauce, flavoured similarly, served with them. Fish may be used up instead of meat, and a fish sauce served with the rolls. If not quite brown enough by the time they are sufficiently cooked, make an iron skewer hot, and mark them lightly across in a slanting direction. For a cheap dish, omit the eggs.

Scotch Eggs.—Required: half a dozen hard-boiled eggs, six ounces of cold meat, salt, pepper, store sauce, herbs, flour, stock, butter, crumbs, and a raw egg. Cost, about 1s. 2d.

This is a favourite way of utilising scraps, and there are many varieties of the dish. Put the chopped meat in a basin (the greater the variety of sorts the better, but a little ham or bacon is always desirable), and season well. Blend an ounce of flour with a gill of any plain stock, boil up, add half an ounce of butter, then mix with the meat, stir and leave to cool. Then brush the hard eggs over with warm butter, dredge with flour, and press the mince on evenly, smoothing with a wet palette-knife. Coat with the raw egg and some crumbs, or crushed vermicelli, and fry brown. Serve with or without gravy. Garnish with salad,

fried parsley, or as preferred. Pass the meat through a mincer if convenient.

Scrap Mince (A Vegetarian Savoury). — Required: a large carrot, a small turnip, an onion or two, or some shalots or leeks, a few stalks of celery, a morsel of parsnip (if not objected to), a tablespoonful of chopped parsley, a teaspoonful of sweet herbs, salt and pepper, and a grate of nutmeg, a tablespoonful of rice or pearl barley that has been boiled until tender, sauce as below. Cost, about 3d. or 4d.

The vegetables must all be cooked, and very finely chopped to a perfect pulp, or they may be mashed with a fork, or put through a coarse sieve. After seasoning, add the rice or barley. If required for use in pies, make up into little balls or cakes; they may be fried if liked, if first coated with batter or bread-crumbs, and served separately. But supposing the mincemeat to be wanted moist, for the filling of little patty-cases, &c. (for which recipes will be found in later chapters), then a little sauce, either white or brown, should be put in; recipes will be found in Hot Sauces. To make this more nourishing, a little Haricot Purée or Peas Purée may be mixed in. The exact consistence of the mince can only be determined by the purpose for which it is required. It is very cheap and tasty.

Scrap Popovers. — Required: mince, batter, bread-crumbs, and seasoning. Cost, about 6d. per dozen.

Make a mince as in the foregoing recipe, and a batter as for plain Yorkshire Pudding, but with twice the usual quantity of flour. Then mix together equal measures of mince and batter, blending well. Stir some baking powder in last thing, and bake in deep greased patty-pans in a hot oven. Sauce or gravy is an improvement.

Any odds and ends of cooked macaroni or other cereal may go in, and for non-vegetarians, any meat-scraps; the flour in the batter being reduced a little. The remains of any vegetable sauce may replace some of the vegetables.

Scrap Toast.—Required: toast, meat, vegetables, sauce, and seasoning. Cost, about 4d.

Make a round of buttered toast in the usual way, then prepare a savoury mixture for spreading it; cooked meat and vegetables form the foundation. Supposing some cold boiled mutton to be handy, with a supply of the usual vegetables served with it, and a spoonful or so of caper sauce. Cut the meat very small, and either chop or mash the vegetables; add the sauce, and stir over the fire until hot. Now this, as it is, would be rather insipid, and the seasoning should be liberal and of a piquant kind; a few more capers, or some other pickle, or a little store sauce, with salt and pepper, and a grate of nutmeg are suitable. Pour hot over the toast, and dredge some browned crumbs on the top.

Another way.—Equal parts of cooked ham and cold mutton make a good toast; some cooked rice may be stirred in with, or instead of, the vegetables.

Another way. — Take roast meat (beef is excellent), and to each tablespoonful after mincing, add the same measure of gravy, tomato-pulp, and cooked onions, fried or baked, chopped small. Stir until hot, add salt, a little browning, a few drops of hot sauce, and a morsel of mustard. Spread on the toast and serve hot. The mince should be half an inch thick.

These are very cheap and homely preparations. Better ones are given in a chapter on Savouries. But even the plainest are very good, and furnish variety, especially as breakfast dishes.

Spanish Hash.—Required: a meat hash, chestnuts, and garnish as below. Cost, about 3s.

Make a hash of any kind of meat, and, in dishing, make a hollow in the centre. Supposing two pounds of meat and a pint of sauce to have been used in the hash, put in the hollow a purée of chestnuts, made by stewing a pound, in stock, as given in a subsequent chapter (*see* Chestnut

Purée, Brown). Then sprinkle the surface of the purée with grated bread-crumbs, to form a coating; brush over with butter, and brown with a salamander. Have some chestnuts whole (they may be roasted or boiled); peel them, then brush them with glaze, and use them for garnishing the dish; place between each a small cake of sausage meat, fried or boiled, and brushed over with glaze. Serve hot. This is an excellent dish for luncheon. Meat of the dark kind is best suited.

If veal is preferred, or any other white meat, as rabbit, &c., use a pale gravy in making the hash, and prepare the purée by the recipe for White Chestnut Purée. Then no crumbs must be used for the surface. Veal sausage meat should be used for the little cakes, which are to be egged, crumbed, and fried. The chestnuts for the garnish should be boiled and coated with hot white sauce, then sprinkled with chopped parsley or sieved egg-yolk.

Steak, Crumbed.—Required: steak, seasoning, crumbs, &c., as below. Cost, about 1s. per pound.

This is an excellent way to re-heat a piece of cooked beef-steak, supposing it to be tender, thickly cut, and slightly underdone. If about half a pound of meat be handy, cut it into thin slices, straight through; if the steak be an inch and a half thick, all the better. Then prepare a seasoning: a pinch of salt, a good pinch of black pepper and cayenne, a few drops of hot sauce, or the liquid portion of some chutney or thick mixed pickles; coat the meat with this, then dip it into liquefied dripping or butter; flour it a little, and roll it in bread-crumbs; each piece must be done singly. Let them lie for a short time, then dip again into butter, and again coat with crumbs. Drop the pieces into plenty of hot fat, and as they become brown and crisp, take them up with a small slice, and dish them in a pile. Serve very hot. Any sort of under-done meat, cut in the same way, can be similarly cooked.

Tinned Meat Brawn.—Required: two pounds of meat—beef, or ox-cheek, or ox-tails—tinned, an ox-foot, half a pound of pickled pork, seasoning and gravy as below. Cost, about 1s. 6d.

The foot is to be boiled until the bones slip out, then cut up; the pork may be from the belly or head, or feet can be used; this is to be boiled also. The meat (tinned) should be freed from fat. The whole must then be minced and mixed well, then seasoned like brawn of the ordinary sort, and moistened with the jelly of the meat melted in a little more strong stock; a tablespoonful of store sauce or herbal vinegar is a great improvement. Finish off in the usual way, and serve with plain salad.

The remains of a calf's head can be used up instead of cooking an ox-foot purposely, and bacon answers as well as pork. By some the addition of some hard-boiled eggs in slices is considered an improvement.

Tinned Meat, Fried.—Many very nice little dishes for breakfast, or any other meal, may be made by taking the meat from the tin, and cutting it through the grain into thick pieces, then seasoning them in the ordinary way, or with a "devil" mixture; they should then be dipped in flour, next into a thick plain batter, and fried in hot fat to cover. Or they may be rolled in fine crumbs, after seasoning; these must be patted on firmly and evenly, and in an hour's time a second coating should be given, the meat being first dipped into liquid fat. Or, needless to say, the ordinary coating of egg and bread-crumbs renders them nicer still; and as the meat itself is so cheap, the expense is very trifling. Fried potatoes, or other vegetables, and gravy or sauce, can be served with the meat, or it can go to table just as it is. In cutting up the meat it is not possible to get the pieces as even in size and shape as when cutting from a joint, owing to the tendency to crumble: but care

and a sharp knife will do much in this direction.

Another way.—Cut up the meat and mix it with its own jelly melted, and more strong stock which will "jelly" when cold. Spread it in a layer, an inch or so thick, on a dish or tin, and leave it until very firm; then cut it into squares or fingers, and finish off as described above. This method can be especially recommended, as, owing to the moist nature of the meat, or rather of the jelly, which when heated becomes liquid, quite a dainty dish at very little cost is obtained. The cooking, however, must be carefully performed; the fat must be very hot, and a complete coating of egg and crumbs (better done a second time) must be put on the meat, or failure will result. The stock for this and all similar dishes should be tested, and if not firm when cold some gelatine must be added. It should be well flavoured with salt and black pepper. (*See* MEAT PIES in *Pastry.*)

Tinned Meat, Fried, with Onions.—Required: meat, bacon, onions, &c. Cost, variable.

Fry a pound of onions (*see* VEGETABLES), and put them in little piles round a hot dish, with small slices of fried bacon in between. Prepare the meat in one of the ways given in the foregoing recipe, and pile it in the centre. A little sauce or gravy should be put round the onions. For this, the meat should be flavoured with sage or mixed herbs.

Tinned Meat and Marrow Balls.—Required: four tablespoonfuls of beef or mutton, half that quantity or less of marrow from a cooked beef-bone, salt and pepper, a few drops of anchovy essence, bread crumbs, an egg, and some mashed potatoes. Cost, about 6d.

Make a mince of the meat and marrow, stir in the yolk of the egg and a teaspoonful of good gravy; then add bread-crumbs to make a soft paste. Prepare some mashed potatoes as directed for POTATO PASTRY, but instead of rolling it out, take up a portion with a spoon, hollow it in the centre with the back of the spoon to hold a teaspoonful of the mince, then close it up and flour it; proceed thus until all are done, then brush the balls over lightly with the beaten white of the egg, and fry them; or, after flouring, pour a little melted dripping over, and bake brown in a quick oven. These can be served separately, or with hashes or stews.

Another way.—Add some chopped parsley to the meat instead of the anchovy, and wrap the mixture in thin slices of cooked bacon; shape into balls and finish them off with potato pastry as above directed. A cold sausage or two, cut up, is an improvement to these.

Tinned Meat, Mince.—A dish of this sort is soon prepared, and will be found useful as a plain emergency dish. Supposing some stock in the kitchen, this can be flavoured and thickened nicely; some desiccated soup is useful for the thickening, as it gives colour and flavour (*see* SOUPS); but corn-flour or roux is more expeditious. The meat, cut up, right through the fibres, not chopped into a pulp, is then to be added to make a thick mince; all the nicer if a morsel of cooked liver or kidney can be put in, especially if mutton be the meat used. The dish may be garnished with sippets of toast, or the mince poured upon a slice of it; fried bread is superior for the same purposes. Reference to other dishes will show how this may be varied by the aid of store sauce, &c.; and a garnish of pickles is suitable. The vegetables may be according to convenience. Poached eggs or, if preferred, fried eggs, can be laid here and there on the dish, in which case a few strips of cooked ham could be cut up, and put in the mince. A bunch of herbs and a little spice are the making of the stock for dishes of this sort, if time can be given for the simmering. Fried onions, too, are valuable, unless it is known that they are disliked.

Tinned Meat, with Oatmeal. — Required: half a pound of tinned meat, any kind, three ounces of coarse oatmeal, a pint and a half of water, salt and pepper, and herbs, &c., as below. Cost, about 6d.

Put the oatmeal and water in a deep pie dish, with a pinch each of salt and pepper; add an ounce of fat from the meat, and bake until nearly done, then stir in a good-sized onion, previously sliced and fried, and a teaspoonful of chopped parsley, or half as much dried sage. Finish the cooking, then stir in the meat, cut up very small; also the jelly, first mixing it with a few drops of browning; then set the dish in a cool part of the oven, or on the hob, and serve when the meat has had time to heat through; about ten minutes will do. A great improvement to the above is the reduction of the oatmeal by an ounce, and the addition of the same weight of sago or tapioca; either gives smoothness, and "binds" better than oatmeal alone. An egg may be added with the meat; it should be beaten well with the dissolved jelly. Time altogether, from two to three hours; the slower the cooking the better the dish, which is very nice, and suitable for children's dinner. Mince from a joint can be used instead of Australian meat. A plain gravy improves, but is not really necessary.

Tinned Meat Pasties. — These are made like the CORNISH PASTIES given in *Pastry*, but the crust is made from potatoes (*see* POTATO PASTRY), and a thick mince from Australian meat furnishes the interior. Any sort of cooked vegetables, or some thick sauce, ONION, CELERY, &c., should be mixed with it. The pasties should be brushed over with beaten egg, or half egg and half milk, and roughed with a fork, then baked in a brisk oven. Or, with very thin crust, they may be laid in a frying basket, and fried. Garnish with parsley. Excellent pasties are made with tinned rabbit; it is better if mixed with pickled pork or bacon, and wants well seasoning. A mince of mixed meats answers very well; odds and ends may thus be used up with advantage; the pasties may be very tasty, at the most trifling cost. A cold sausage, together with a slice of boiled suet pudding, may be cut into tiny dice, and put in; the sausage gives a more savoury character, and the pudding renders the mince more substantial. Some stuffing from a joint is always a suitable addition, and a morsel of cooked liver is useful. Haricot beans or split peas (either should be mashed), about equal in weight to the meat used, makes a solid pasty, useful for children's dinners. Cost, about 2d. each.

Tinned Meat, Piquant Ragoût of.—Required: two pounds of meat, a large apple, two leeks, a teacupful of canned tomatoes, a pint of plain stock, a tablespoonful each of brown vinegar, store sauce, and browned flour, a few peppercorns and a clove or two tied in muslin, together with a pinch of celery seed if handy. A few drops of celery vinegar or essence may be used instead. Cost, about 1s. 2d.

Melt a little fat from the tin, fry in it the chopped apple, sliced leeks, and the meat; the latter should be taken up and kept hot; the stock is then to be added with the other ingredients, boiled up, and seasoned with salt to taste, then poured over the meat, which should be piled up on the dish ready for serving.

Note.—Previously boiled leeks are intended for this: onions may be used in the same way. Instead of the flour, some cooked barley or a little corn-flour may be used for thickening. The fat must be carefully skimmed from the gravy, or it will be very unpleasant when it begins to cool. The stock should be added cold; it throws up the fat better. Some apples or other fruit (*see* SWEET PICKLES) go well with the above.

Tinned Meat, Ragoût.—Required: four tablespoonfuls of minced meat (tinned beef or mutton), the same measure of boiled bacon and cold veal, cut up similarly, and a couple of

ounces of cooked pipe macaroni in half-inch lengths; other ingredients as undermentioned. Cost, about 1s. 2d., exclusive of vegetables.

Put the meat in a saucepan, with enough plain white sauce to make a thick mince—or any sauce which is left over from the veal, whether brown or white, will answer. Then put in an ounce of grated cheese, some herbs and seasoning, and beat until the cheese is dissolved. The sauce should boil up before the meat is added, but not after. When the right consistency is attained the yolk of a raw egg is to be added; beat it first and stir it in by degrees; keep the pan near the fire for a few minutes, but do not boil; then squeeze in a little lemon juice. Turn out on a round of toast or fried bread on a hot dish, and put any cooked vegetables round; or serve with eggs, or with sippets of toast only, just as most convenient. It is a tasty dish for any meal. The precise proportions of the several ingredients are immaterial; the dish is an illustration of what may be done with scraps, when manipulated with care.

In adding the sauce the right consistency will be readily determined by taking up a spoonful of the mixture; it should just drop from the spoon. A little stock or milk should be at hand to thin it if required, either being first heated.

To this ragoût cold green peas, or sprigs of cauliflower, carrots, &c., may be added if liked.

Tinned Meat Sea Hash.—Required: meat, vegetables, and pudding as below. Cost, about 1s. 3d.

This is rather like Sea Pie, but the crust is separately cooked. First make a hash by cutting up a pound of meat in thick pieces and heating it in plain gravy. Put in all sorts of cooked vegetables, equal in bulk to the meat; the greater the variety the better. The mixture should be thick. Put it in a deep, hot dish; then cut up a plain suet pudding, boiled on purpose—a roly-poly is best. The slices should be an inch thick, and put all over the meat, &c., to form a cover. Brush with fat and brown in the oven. This is a good dish in cold weather.

Tinned Meat, Shepherd's Pie.—Required: two pounds of meat, half-a-pint of canned tomatoes, half-a-pound of fried onions, salt and black pepper, and any herbs preferred, four pounds of potatoes, and some gravy. Cost, 1s. 6d. to 1s. 8d.

First grease a deep baking dish with some of the melted fat from the tin. Boil or steam the potatoes, mash and season them (*see* Potatoes), and put them an inch thick at the bottom and sides of the dish. Then put the onions all over the potato layer. Mince the meat, add the jelly from it, and the tomatoes, with a little more stock or plain gravy of any sort; pile this in the centre of the dish; put the remainder of the potatoes thickly on the top; rough the surface with a fork, and bake until well browned in a moderate oven about three-quarters of an hour. The potatoes will absorb some of the gravy and be very savoury. The dish is an excellent one, considering its small cost.

If liked, some pork can be added, and apple sauce used instead of the tomatoes. Tinned ox-tails, ox cheek, kidney, &c., may take the place of the beef or mutton. Either will provide a hot, cheap meal in a short time.

Tinned Mutton, Curried.—Required: mutton, rice, and sauce as below. Cost of meat, 10d. to 1s.

Take a two-pound tin of mutton, remove the fat and melt it in a frying pan; set the tin in a pan of boiling water until the jelly melts and can be poured off, then cut the meat through the grain into neat pieces, as even in size and as square as the condition of the meat will allow, then make Curry Sauce as directed, using the fat to fry the onions, and the jelly from the meat in place of some of the stock. When the sauce is ready, put in the meat, let it heat, then turn the whole carefully on to the hot dish, and serve

rice with it. From a pint to a pint and a half of sauce will be wanted. A few ounces of cooked ham or bacon, or boiled pickled pork, may be used; it will improve the mutton considerably; and for a plain family meal, some small dumplings can be sent to table. (*See* DUMPLINGS.)

Another way.—This is for a dry curry, and is very simple. For half a pound of meat fry a small onion in fat; when brown, take it up, sprinkle the meat with a teaspoonful of curry powder, and fry it also; then put the onion back, add a tablespoonful of apple sauce or tomato sauce, and the jelly from the meat, with seasoning to taste: let the moisture evaporate, then serve the meat with rice. During the heating, stir lightly now and then with a thick wooden skewer.

Tinned Mutton, with Eggs and Beans.—Required: a pound of meat, half a pint of gravy (*see* GRAVY FOR HASHES, MINCES, &c.), a tablespoonful of pickled gherkins or capers, with a little vinegar, five eggs, some French beans and toast. Cost, about 1s. 6d.

Mince the meat, add it to the gravy with the gherkins, sliced. Cover the bottom of a flat dish with a slice of toast; turn out the mince on it. Then fry or poach the eggs; dish each on a little round of toast; lay one on the top of the mince, and one at each side and the ends of the dish. Boil the beans; pile them between the eggs, round the mince. Put a bit of gherkin on each egg, and serve hot. This is tasty, attractive in appearance, and made nutritious by the addition of the eggs. Broad beans, with chopped parsley, may be used instead of French beans.

Tinned Mutton, with Eggs and Carrots.—Make a plain purée of carrots, and fry some small ones whole (*see* VEGETABLES). Dish the mince as above; use the whole carrots in place of the beans, and make a hollow in the centre, into which put the carrot purée; about half a pint will be wanted. This is very cheap, but is a most tasty dish.

Tinned Mutton, Haricot of.—Required: a pound of meat, some stock and vegetables, seasoning, &c. Cost of meat, 5d. or 6d.

This mode answers for the utilisation of scraps of previously cooked vegetables. Supposing carrots, turnips, onions and potatoes to be at hand; melt the fat from the meat, cut up the meat in squares, and flour it well, season with pepper and herbs, and fry it lightly; then cut up the vegetables, and brown them in the same fat. Make a gravy in the pan, following the directions given for plain hashes, &c., and using the jelly from the meat; half a pint or rather more will be wanted; let it be well seasoned, then pour it over the meat on a dish and put the vegetables round.

Another way.—If no cooked vegetables are available, boil some purposely, and then finish them off in the gravy. If not convenient to fry the meat, it can be just heated in the gravy, but is not so tasty. When fried, it must be kept hot until dished, should the gravy not be quite ready; but it is always better that the gravy should be ready, and the dish served at once. Fried meat is never so nice if it has to stand for any length of time.

Tinned Mutton, Rolled and Baked.—Required: a pound of mutton, a quarter of a pound of boiled bacon, the same weight of bread-crumbs, seasoning, gravy, &c., as below. Cost, about 1s.

Mince the meat, cutting through the grain, or it will eat stringy; scrape the bacon or cut it small; put it with the meat, add a half teaspoonful each of salt and pepper, a teaspoonful of mixed sweet herbs, the crumbs, and a chopped mushroom, or cooked onion. Mix well, and when it has become a paste, shape it with the hand on a floured board. Then brush it over with a little liquid bacon fat, and lay it on a thin sheet of plain POTATO PASTRY; wrap

it up, and close the ends: the crust should be just large enough to go once round the roll, and wrap over slightly. Then bake it in a sharp oven to a rich brown. Take half a pint of stock, No. 1 or 2, and add any jelly from the meat; thicken and flavour to taste; a little onion vinegar or walnut vinegar is suitable · boil it up, and pour round the roll.

Tinned Rabbit Hot Pot.—Required: a tin of rabbit, vegetables, pork, &c., as under. Cost, about 1s. 9d.

Take a deep dish, grease it with bacon fat, and dredge the bottom and sides with bread-crumbs. Put a layer of fried onions at the bottom, then one of boiled pork in dice, and season with pepper, salt, and mixed herbs. Then put in the rabbit, cut up, and the bones removed; season in the same way, cover with more pork and onions; about half a pound of pork and a pound of onions should suffice for the dish. If some cooked carrots are handy, chop up a few tablespoonfuls and mix with the rest. Take a gill or so of plain thickened stock, well seasoned, and pour over the rabbit; it should not be thin enough to run amongst the crumbs. Cover the top with some browned potatoes cut in halves: all the materials are to be used while hot. Set the dish in the oven for ten minutes, then serve.

Boiled pork is the nicest; it may be fresh or pickled; but ham or bacon may take its place. Roast pork, with the kidney, will also serve; if cold, heat it in a little gravy or stock, and mix it amongst the rabbit.

Another way.—Prepare a cow's, or a couple of pig's kidneys, by stewing (*see* recipes in JOINTS, &c.); when hot and ready for table, turn a tin of rabbit into the stew-jar, and leave it to get hot through. Then turn on to the dish, and cover with halves of browned potatoes; or some boiled sliced potatoes can be put in the gravy. This is a good dish; the kidney flavour gives zest to the rabbit.

Another way. (*See* recipes for plain savoury dishes of rice in next chapter.)—Line a pie-dish at the bottom and sides with a layer of the rice while hot; turn in the rabbit, well seasoned; put a few thin slices of broiled bacon over, then more rice, and, when heated through, serve. Curried rice may be especially recommended, and some hot mixed pickles, minced, and stirred amongst the rabbit.

Note.—A tin of rabbit and one of lambs' tongues may be served together in either of these ways. A cooked calf's foot, or pig's foot may also be used, or the remnants of calf's (or other) head. When dishes of this sort are well seasoned, and attention is paid to the gravy, they may be very tasty at exceedingly small cost. (*See* recipes in GAME AND POULTRY.)

Tinned Tongues, Lambs', Sheep's, or Pigs'.—These are generally eaten cold; but they are convertible into tasty hot dishes at small trouble and cost. They are by no means of uniform quality, and regard should be had to their condition, some being rather hard and salt, as if brine-cured, while others are very tender, and almost insipid by reason of their mildness. The first thing is to remove the tongues from the tin, then to heat them by setting them in a dish or basin in a saucepan of boiling water, and let the water boil round the tongues, or they may be put in a potato steamer in the same way. Another plan, and a good one if at all hard, is to pour a little plain stock over to moisten in a stewpan, and bring to the boil. The tongues are then ready for the sauce in which they may be put, or it can be poured over or round.

A glance at the chapter on SAUCES will furnish a good choice, and a number of vegetable purées can be used in the same way; or a nice plain gravy will be preferred by some, with vegetables served apart. Curry must not be forgotten. Whether the tongues are heated in curry sauce, or curried rice only is served with them, the dish is sure to be acceptable to those who like

curry in any other form. A mixture of tongue and the meat of a cooked calf's foot, or a portion of head, makes a good curry. Then there are fried onions, mushrooms, &c., very useful as adjuncts on account of their savour. (*See* recipes under TINNED MEATS, from which many hints may be gathered. *See* also INDEX, as directions for re-heating large tongues apply equally here.)

Tongue, with Eggs and Caper Sauce.—Required: half a pound of tongue, four or five eggs, a gill of caper sauce, half a glass of light wine, a border of rice, macaroni, or potatoes, a few spoonfuls of white sauce, some chopped capers and red chillies, and a couple of ounces of ham. Cost, about 1s. 10d. to 2s.

The tongue should be in thin slices from the thick end; put it in a saucepan with the wine and a little stock, and heat through; take the tongue up, add the sauce, and pour over the tongue; put it in the border, then garnish with the eggs, fried or poached, and pour the white sauce on them; sprinkle with the capers and chillies, and put the ham in little squares about the eggs, or any trimmings of tongue may be so used.

A border of spinach, little heaps of cauliflower or sprouts, and many other vegetables can be used, and other meats may be so served.

Tongue, Grilled with Fruit.—Required: a cooked tongue (calf's, sheep's, or pig's), butter, bread, seasoning, apples, tomatoes, and gravy. Cost, about 1s. without gravy.

Skin and slice the tongue; smear both sides with butter that has been mixed with mustard, pepper, and powdered herbs; dredge with crumbs, and grill or broil until hot through and brown. Fry or grill about half a pound of sliced tomatoes, and fry the same weight of apples, or prepare a little apple sauce, as convenient. Put the tongue-slices in a row on a slice of fried bread, and garnish with the fruit, placed alternately. GRAVY À LA DIABLE, or any other to taste, should be sent to table, and a plain salad eats well with it.

Tongue, Grilled with Mushroom.—Required: two tongues, calves' or sheep's, seasoning as above, with the addition of mushroom powder, half a pound or more of mushrooms, stuffed or plain (*see* recipes under MUSHROOMS), and a little gravy flavoured with mushroom ketchup. Cost, about 1s. to 1s. 4d.

Cook the tongues, and serve as above, placing the mushrooms round. If liked, fried potatoes may be used alternately in little heaps. Any plain stock, thickened and browned, serves for the foundation of the gravy; or it may be dispensed with. Mushroom sauce is very nice with tongue cooked thus.

Tongue, Rolled, with Onions.—Required: some slices, cut lengthwise, from a boiled or braised ox tongue, onions, and sauce as under. Cost, about 1s. per pound.

Cut, say, half a dozen slices evenly, by taking a portion from the top and bottom, so as to leave a long strip of meat as wide as the tongue allows. Chop up the trimmings cut off, and season to taste; some herbs are an improvement; add a morsel of cold bacon, also cut up, with a few bread-crumbs just to make a paste, then lay a bit on each slice, and roll up; fasten with a bit of thread or a little skewer. Make these rolls hot through in a spoonful or two of gravy, as for plain hashes or stews, laying them flat, and pouring the gravy over from time to time with a spoon. Then fry some onions just as for beefsteak (half a pound to a pound), and lay part of them on a flat dish for serving; put the rolls on in a row, and the rest of the onions on the top; cover, and set in the oven or on the hot plate for a few minutes, then serve. The gravy may be poured round or served separately; the latter is the better plan.

Tongue, Rolled, with Sweet Pickles.—Add some chopped sweet pickles to the stuffing, as above, and use more as garnish.

Tripe and Cow Heel Hot Pot.—Required: about a pound of tripe, a cooked cow heel, a quart of onion sauce, half a pound of fried onions, chopped, three pounds of potatoes, and seasoning, &c., as below. Cost, about 2s.

The meats are to be cut up in convenient-sized pieces, and stirred into the onion sauce while the latter is hot. A deep dish with a lid is then to be lined with the potatoes, which are to be boiled until nearly done, then sliced and fried a little. They should form a good bed at the bottom, but a thinner layer does for the sides. Then sprinkle these with salt and pepper and the chopped onions fried, and if extra zest is liked, a pinch of sage or other herbs. Then put the sauce and meat in the centre, and cover with more potatoes. The dish should be covered and set in a moderate oven, and the cover removed for the potatoes to brown well. Should it be more convenient to use mashed potatoes, the dish should be heated and greased before they are put in; then, if the oven be sharp, they will brown nicely and be very savoury. This is a dish that can be recommended; it is savoury and cheap. In place of onion sauce, some nice savoury preparation of rice can be used. Bits of macaroni, cooked preferably in stock, may be cut up and mixed with the meat; and calf's feet, a couple or so, will give a milder dish than if the cow's foot be used. Remnants of head, sheep's or any other, will come in, the brains being a great improvement. There should not be much fat with the tripe, or it will probably be too rich for most people.

Another way. — Instead of onion sauce, use a larger proportion of fried onions, and put them in layers with the meat, and over the latter sprinkle a few drops of vinegar or lemon juice. In place of potatoes, the top layer may consist of slices of fried bread.

Tripe, Hashed (German Mode).—Required: a pound of tripe, half a pound of onions, thickening, and seasoning. Cost, about 1s. 2d.

Cut the boiled tripe in long, narrow strips. Steam the onions, then cut them up small, add bread-crumbs and milk, and a slice of butter, and a good flavouring of chopped parsley, nutmeg, pepper, salt, and marjoram. The mixture should be thick. Cover for a time, then take the marjoram out, and put the tripe in, re-heat, and serve very hot.

Tripe, Hashed (Normandy Mode).—Required: two pounds of tripe, a few ounces of cooked bacon, a carrot, an onion, a bunch of herbs, half a gill of weak stock, the same of cider or light wine, with water as required, and seasoning to taste. Cost, about 2s.

Cut the tripe in squares, put it in a stewpan, with the vegetables parboiled and sliced, the seasoning, wine and stock, and water to just cover. Cover tightly, simmer until the vegetables are soft, remove the herbs and spices, and thicken the liquor if liked, or leave as it is. Dish, and strain the gravy over. A cow heel is very nice so served, and vinegar or lemon juice may replace the wine or cider.

Veal Boulettes.—This is a very good dish for any meal. Required: two ounces of flour, an ounce of butter, a gill of milk, half a gill of cream, a chopped shalot, six ounces of cold veal, two ounces of cooked ham, salt and pepper, a tablespoonful of chopped button mushrooms, a little lemon rind, grated, eggs and crumbs as below. White stock can replace milk if preferred. Cost, about 1s. 2d.

Make sauce of the flour, butter, cream, and milk; add the seasonings, and the meat chopped, or passed through a mincer; stir for a minute after the sauce has boiled; remove it from the fire, and beat in the yolks of two raw eggs, then set by to cool on a plate. Shape them like sausages, but only half the usual length. When ready to cook, flour the boulettes, brush them with white of egg, and roll them in crumbs, to which a little nutmeg and cayenne should be added. Fry in a basket, and dish crosswise on a square

of fried bread, with fried parsley and cut lemon as garnish.

Another way.—Omit the mushrooms in the mixture, and take out the shalot after it has boiled up in the milk. Add a tablespoonful of grated Parmesan or other cheese, and fry as above. Serve with CHEESE SAUCE or CREAM SAUCE. These may be made some hours beforehand; they are better for standing.

Veal, Fried, with Cabbage.—Required: veal, cabbage, bread, sauce, seasoning, &c., as below. Cost, if a pound of meat be used, about 1s. 9d.

This is rather like the well-known dish called "bubble and squeak." Any veal not thoroughly done, may be reheated very successfully in this way. The meat is to be cut in slices, then into fingers, seasoned with pepper and mixed herbs, dressed with flour, and fried in a small quantity of hot dripping, by the "dry frying" process; it will take but a few minutes. Some boiled cabbage (spinach answers just as well) should then be fried, also some bread, the size of the pieces of meat; or, if more convenient, toast will answer. Arrange on a dish, the meat on the bread, the vegetables round. Before serving, pour a little piquant sauce or brown caper sauce over the cabbage, but leave the meat dry. Or send the sauce to table, and pour a small quantity of hot TOMATO BUTTER or TOMATO PURÉE along the cabbage border.

Another way.—After the cabbage is boiled, it may be pressed dry, and used for lining the bottom and sides of a plain mould. The fried meat, with a little thick sauce is then put in, and more cabbage on the top, and made quite level. The mould is then put in the oven to heat, and the contents turned on to a hot dish. A few raspings should be sprinkled over, and some fried bread put round the base. More gravy can be sent to table.

Veal, Hashed.—A hash may be brown or white, and the ways of varying, by seasoning, &c., are many. For a tasty brown hash, any gravy from the roast should be heated; it should be the consistence of thick cream, and if not enough to coat the meat, stock must be added, any skin and gristly parts of the meat being used in its manufacture. The meat should be in even slices, not too thin. It may lie in a mixture of claret and flavoured vinegar, just enough to moisten, for an hour before being heated in the gravy; or a glass of claret, and a tablespoonful of any vinegar preferred, may be added to a pint or so of gravy. Should the meat be at all under-done, it may be put in the gravy while it is warm, and brought very gradually to not quite boiling-point, at which it should remain until tender and cooked. Brown roux or browned flour is best for the thickening. In place of claret, use good store sauce or ketchup. Garnish with croûtons, and any nicely cooked vegetables, or bacon or ham. (*See* also recipes in MADE DISHES, and MINCE below.)

Veal, Minced, Plain.—Required: veal, bacon, stock, milk, thickening, toast, &c., as below. Cost, about 1s. 8d. without a garnish of vegetables.

For a white dish, take a pound of meat, either braised or roasted, and mince it by cutting or passing through a mincer. Take a pint of plain white stock, in which boil down any bits of skin and gristle from the meat, with a bunch of herbs, and a bit of mace and lemon peel. When well flavoured and reduced to three-quarters of a pint, thicken with an ounce and a half of flour, and add a gill of milk and an ounce of butter. Put in the minced meat, with a couple of ounces of cooked ham or bacon in dice, salt and pepper to taste, a teaspoonful of lemon juice, and a grain of mace or nutmeg and cayenne. Serve hot with sippets of toast round it, or croûtons are nicer; potatoes in various forms are also suitable. Any stuffing may be added to this, or parsley, or other herbs, can be put in, so can a few button mushrooms, cut up; they must be cooked in the

sauce before the meat goes in. Little forcemeat balls, made from either of the forcemeats without suet, are also suitable for adding to the mince, or for garnishing. For better mince, use a richer white sauce, and add more meat in proportion, about a pound to three gills. Cut lemon in fancy shapes should be used for garnishing, or the lemon may be in dice, in little piles.

For a *brown* dish, the gravy should be thickened with browned flour or roux, the milk omitted, and a little store sauce added. Small rolls of fried bacon, or ham fried and cut in dice, may be put round the mince alternately with lemon, or croûtons; lemons, cut, should be handed with the dish if not put on it. Limes are equally suitable. For the most savoury dishes of this class, a clove of garlic may be rubbed across the bottom of the stewpan; this will impart a slight flavour, not a decided taste of the bulb, which is a great favourite with some in veal dishes, but condemned by most because not used in moderation.

For any dishes of veal, mince or any other sort, for which *boiled* meat is used, the sauce must be well seasoned, or it is insipid. A dash of chutney, or the liquor from hot pickles, as piccalilli, will give variety to veal dishes. (*See* MADE DISHES.) A morsel of meat of a gelatinous nature improves veal dishes for some palates: calf's head or foot, for instance. A grate of Parmesan cheese gives "tone" to the dish.

Veal, Minced, with Eggs.—Required: veal, sauce, seasoning, eggs, and vegetables, and garnish as below. Cost varies with the vegetables and garnish.

Mince the meat (about a pound), and heat it in half a pint of good WHITE SAUCE, or ECONOMICAL BÉCHAMEL; season nicely with salt, pepper, and a pinch of mushroom powder, and grate in a bit of lemon peel just before serving, with a few drops of strained juice. Boil three or four eggs hard, slice them, and form a ring round the meat, after dishing it in a pile. Then pour over it a gill of MAÎTRE D'HÔTEL SAUCE. All round the egg border put some vegetables—peas, asparagus points, or flageolets; coat them with thin béchamel—the vegetables should show through—and garnish with cut lemons.

Another way.—Heat the veal as above; dish it, and pour some egg sauce round the base of the pile, and garnish the top with croûtons, glazed and sprinkled with sieved egg-yolk and chopped parsley. Some small sausages, or cakes of sausage meat, fried, may be placed about the dish; or some little rolls of bacon may be used. (*See* recipes.)

Veal, Minced, with Haricots.—Dish the meat as above, and put some triangular croûtons upright round the dish, with little mounds of green haricot purée in between, put through a forcing-pipe. Serve more haricots, whole or a purée, in a separate dish.

Any *fresh* green vegetable purée can be used in the same manner. (*See* VEGETABLES.)

Veal, Minced, with Macédoines.—Required: a pound of cold veal, a quarter of a pound of bacon, about a gill of white mushroom sauce, and twice that measure of WHITE SAUCE or ECONOMICAL BÉCHAMEL, lemons, garnish, &c., as below. Cost, from 2s. 8d. to 3s.

The veal may be from a roasted or braised joint; take skin and gristle from it, cut it in small dice, heat the béchamel, and stir the meat in; fry the bacon (or it may be from a piece of boiled bacon), mince and add it, and season with salt, pepper, and a squeeze of lemon juice. Heat a tin of macédoines; turn them out, and put them round the dish, with the mince in the centre. Fry some triangular bits of bread, and spread them with the mushroom sauce; use them and some slices of lemon for garnishing.

Another way.—Put some cooked button mushrooms about the mince and amongst the macédoines; place a star-shaped croûton on the top, with a

hatelet skewer through, and surround it with small forcemeat balls. This is a very good dish.

Veal, Minced, in Potato Cases.—Required: twelve ounces of cold veal, roasted or braised, with some of the stuffing, two ounces of minced ham, the same of grated cheese, potatoes, seasoning, butter, crumbs, and stock as below. Cost, about 1s. 9d.

Line some little china cases with potatoes as directed in the recipe for KIDNEY IN POTATO CASES. Then sprinkle the insides with a pinch of the cheese; it may be good dry English, but Parmesan is best. Make a mince in the usual way with the veal, ham, and stock; about a gill of No. 9 should be used, together with a gill of sauce; this may be mushroom, parsley, or plain white. Fill the cases just level; cover with more potato—a thin layer only; dredge with bread-crumbs, and a pinch each of grated lemon peel, nutmeg, and cayenne. Put a few bits of butter on, and bake in a sharp oven, care being taken not to burn the bottoms of the cases, or the meat will harden. If the oven is fierce, set them in a tin in a little hot water until hot through, then brown the tops, and serve hot. This is a good method generally. Garnish with fried parsley.

Another way.—Omit the cheese, and use some herbs and grated lemon peel to season the potato cases. The sauce used should be flavoured with the same sort of herbs if possible.

Veal and Rice Cakes.—Required: veal, bacon, rice, seasoning, stock, crumbs, and gravy. Cost, about 1s. per dozen.

Take some rice, such as is prepared for rice borders (any left over from a border, for instance), or boil some in stock (*see* recipes for the various ways of preparing rice as a savoury); add to it half its weight of cold veal, and the same of cold bacon, first finely minced, then pounded. Pound altogether with a little seasoning, salt, pepper, grated lemon peel, and nutmeg; thyme and parsley will improve it—a teaspoonful of the former and half as much of the latter for a pound of the mixture. Add the yolk of an egg, and form into cakes or little balls. Coat with white of egg and crushed vermicelli, or crumbs, and fry brown. Send a sauce or gravy to table; if the former, a piquant brown is as good as any, or a gravy from veal bones, thickened and flavoured with mushroom ketchup, is very good; capers and their vinegar may be used instead. (*See* MADE DISHES and GRAVY FOR ROAST VEAL.)

Venison Boulettes à la Calypso.—Required: twelve ounces of cooked venison, fat and lean together, salt and cayenne to taste, a pinch of ginger and nutmeg, a tablespoonful each of brown sauce and bread-crumbs, an egg, half a glass of claret, and an ounce of grated ham, some cooked beans, and SAUCE À LA CALYPSO. Cost, about 1s. 8d. without sauce.

Mince the meat and ham. Heat the sauce, wine, and crumbs; mix in the meat and seasoning; add the egg, beat it well, and when cold form into balls the size of a Tangerine orange. Dip them into the white of an egg beaten up, then drop them into boiling stock, or the liquor from boiled meat; in five minutes remove them. Have in a stewpan some sauce as above, put the boulettes in in a single layer (the sauce should cover them); in ten minutes take them up, dish in a pile with the sauce over, put French beans round, and garnish with cherries as used in the sauce.

The beans should be plainly boiled, and well drained. Mutton may be used in the same way.

Venison Croquettes.—(*See* MUTTON CROQUETTES.)

Venison, Curried. (*See* recipes under MUTTON and GAME.)—Venison can be used similarly. For other dishes of venison, *see* INDEX.

CEREALS AND PULSE, CHEESE AND EGGS.

GENERAL REMARKS.

VERY few remarks are called for here, as each class of food above named is explained under its heading. By cereals we refer to all the edible grasses and the farinaceous grains that are generally associated with them; likewise what we may best describe as manufactured foods of this class, and to which fancy names are given by the manufacturers. The various products of wheat known as Italian pastes likewise fall into the same group. The dishes themselves are, for the most part, of the savoury order, but a few are included which belong to the sweet variety, yet, by reason of their plainness, would be misplaced in the chapter on SWEETS. The possible combinations of cereals and pulse can only be briefly detailed, but the examples given will, if the preliminary remarks are studied, serve as the groundwork of a great number of dishes.

The amalgamation of cheese and egg cookery in the present section is, for the most part, due to the fact that both eggs and cheese enter into a number of the cereal dishes, and rightly so. Such additions not only produce very savoury and nutritious mixtures, but also more wholesome ones than can be had from the same materials in their natural or separate form. For example, the starch of rice dilutes so to speak, the excess of nitrogenous matter found in cheese; while the eggs are necessary in many cases to bind as well as give richness to the composition. Again, in the grouping of the materials, an opportunity is given of detailing many points in connection, that will be of service in other chapters.

We would call special attention to the variety of *cheap* dishes herein, particularly those of cereals and pulse.

CEREALS AND ITALIAN PASTES.

OF cereals in the whole state, excluding for the moment all the finely-ground forms, simple matter as it may appear to serve them up in a digestible form, no branch of cookery is more generally neglected, or more uncertain in its results. Those unfamiliar with a burnt rice pudding, with the grains as hard as the proverbial bullet; the semi-cooked, lumpy, tepid gruel; or a huge dish of sodden pasty-looking boiled rice, from which the strongest turn with aversion, are in the fortunate minority. Perhaps the main stumbling-blocks are insufficient cooking, and too large a proportion of the grain to a given quantity of water or other liquid. By grasping the simple fact that all starchy foods want plenty of time and room to swell and burst, it follows that hurried cooking is a mistake. Take the

case of rice. What *must* happen if a dish filled to the brim with milk, and with perhaps three times too much rice, is set in an oven unduly heated? Just this. By reason of the intense heat, the milk soon boils; over it goes into the oven, causing waste and a smell that pervades the whole house; the grain hardens, and the milk, that is to say, the albuminous part of it, forms a black skin on the top; the dish burns, and in a short time the rice becomes a hard mass; it cannot go on swelling, as there is no milk left unabsorbed; therefore, the longer it remains in the oven the drier and harder it becomes. This is the point we would press home: starch has a natural affinity for water, milk, or any other liquid—and it is only by prolonged cooking at a gentle heat that the proper use is made of starchy foods.

The finely-ground cereals above referred to, as well as the pastes, like macaroni, that are made from them, naturally take less time to cook; yet even in the case of arrowroot, than which nothing can be finer, a minute or two's boiling is an improvement, though many think that the addition of boiling water answers, and that no actual cooking is wanted. An exception must also be made in the case of cereals in packet form, known as "steam-cooked;" here the starch grains are already ruptured; but even for these our experience is that a longer time than is directed by the makers may, as a rule, be allowed with advantage.

Most of us know that a change of diet is beneficial; and we would advise all whose lot it is to cater for a family to vary these dishes to the fullest extent. A mistaken notion often prevails that, because a certain article is nutritious, one cannot do better than stick to it day after day. Oatmeal is a valuable food, without question, and in many a home oatmeal porridge is a standing dish; but both children and adults might with advantage be served with an occasional plate of hominy, barley, or other grain. The modes of serving, too, may well be varied; the most trifling change sharpens the appetite and gives zest to the dish; the substitution of stewed fruit for the familiar treacle or sugar, or a savoury porridge instead of a sweet one, would break the oft-complained-of monotony, so frequently due to want of thought.

We pass on now to a matter that will be of interest to those who, despite the most careful cooking, find starchy foods hard to digest. We refer to pre-digestion by the aid of *malt flour*, and ask attention to the paragraph on MALTED CEREALS in the present chapter. The value of malt as a digestive agent is a well-established fact, further increased by its imparting no unpleasant flavour to the dish, while its low price is another recommendation: at the time of writing malt flour costs but fourpence per pound. So far as we are aware, no mention is made of malted foods in the ordinary run of cookery books, therefore these hints may be the more useful. The subject is exhaustively dealt with in the writings of Dr. Bridger and Professor Mattieu Williams; but the hints in this work are given as the result of personal experiments, and if space permitted, the dishes named might be largely augmented.

Before quitting cereals we would point out the need of careful storage to protect them from dust, damp, and insects; thorough washing is of equal importance, and soaking of the hardest sorts is very advisable.

Concerning ITALIAN PASTES, but little need be said. A visit to any

good shop in London, kept by Italians, and devoted to the sale of the produce of their country, is a revelation in the variety of pastes exposed to view, which are not obtainable elsewhere. Some of the shapes are very pretty; one sort is not unlike the little paper cutlet frills; another, called "celery macaroni," is in short lengths, ridged, and as thick as a celery stalk; and there are hosts of others. One rule applies to all: they must not be soaked, but when they are added to any clear liquid, soup for instance, they should be parboiled to free them from any adhering flour; that would cloud the preparation. All are made from a hard, nourishing variety of wheat, though the colour varies. The brown kinds, though less inviting in appearance, are considered most nutritious; the yellowest are tinted by means of saffron, by way of pleasing the palate through the eye.

The mode of preparing macaroni as directed under that heading will serve as a guide for all the pastes. With ordinary care, no one need fail to concoct any number of dishes, both savoury and sweet; but first principles must be understood and carried out, otherwise the pasty messes associated with these foods by those who have never tasted them in their proper condition, will continue to be served up, and perhaps nothing is more calculated to create aversion. But those who are willing to take the necessary pains, and to whom Italian paste is an untried food, would do well to try it; it is one of the few articles of diet that gain weight in the cooking; and when its price and nutriment are judged by the meat standard, recommendation on the ground of economy is fully justified.

For adding to clear soups, the small shapes of paste in the form of letters, stars, and various fancy devices, are much used; and those who care to give the time may make their own by following the recipe for HOME-MADE MACARONI on page 545.

Arrowroot.—In this substance starch exists in a state of almost absolute purity. It is made from the root stock of *Maranta arundinacea*, a native of the West Indies. It contains but the merest traces of nutriment in the form of flesh-formers and mineral matter; and no matter what may be paid for it, its value as a food remains the same. Arrowroot, has, however, this to recommend it: it can in some cases of sickness be borne by the stomach when nothing else can; and one writer says that although in itself it is of little value, it appears to pave the way for more nutritious diet later on. For every-day uses in the kitchen, corn-flour can be substituted for arrowroot. The latter is said to be frequently adulterated with potato starch. The price of arrowroot varies from about 6d. to 2s. 6d. per pound. St. Vincent is the lowest; Natal comes next; and Bermuda arrowroot is the highest priced.

For recipes *see* INDEX.

Barley.—There are few more useful cereals than this; for while less nutritious than wheat and some others, it is so soothing and digestible as to be particularly suited to invalids. Pot barley and pearl barley are the same thing, the rounded form of the latter being due to the process of milling, which frees it from the fibrous coats of the grain. Barley flour, or "patent barley," is pearl barley finely ground. It may be bought loose for a few pence per pound; in packet form it is dearer, but, being beautifully fine, is soon cooked. This is the kind generally used for infants and invalids. (*See* the chapter on FOOD FOR INVALIDS AND

INFANTS.) In the preparation of whole barley, both pot and pearl, more than ordinary care in washing is necessary. It is very dirty, and the water may be changed many times and yet come away dirty. The best plan is to scald it, after repeated washings; or to blanch it, by putting it on in cold water and bringing it to the boil; after another rinse it is ready for use. Barley wants long, slow cooking, and care must be taken to avoid burning. Many of the rough grains—hominy, for instance—are much improved by mixing with barley. It also blends well with all sorts of *pulse*. Cost, 2d. to 3d. per pound.

Barley Porridge.—Barley that has been cooked for the purpose of making barley-water answers very well for this. Put as much of the barley as may be required in a saucepan, and just cover it with cold milk. Stir to the boil, and cook for a few minutes; then serve with any of the usual adjuncts (*see* page 556). Made thus, and seasoned with salt and pepper, and thickened with a teaspoonful or so of lentil or pea flour to each half pint, a very good savoury porridge is obtained.

Another way.—This is more nutritious. The above is given for the benefit of those who have to study strict economy. Cook the barley in water as below, using a quart to four ounces, and serve with hot new milk and sugar. By the addition of a little cream, a very nourishing and delicious dish is obtained. Another way is to use a pint, or rather more, of water, and add milk to make up the quantity when the barley is three parts cooked. If a jar is not at hand, a double pan may be used with advantage. By setting the jar in a vessel containing water, less frequent stirring is needed, and it will cook as well on the top of a range as in the oven. For BARLEY FLOUR PORRIDGE, *see* LENTIL FLOUR PORRIDGE; *see* also RICE AND BARLEY PORRIDGE.

Barley, Savoury Stew of. (*See* BARLEY.)—Prepare the grain as directed, and put it in a stone jar, with any weak stock, vegetarian or meat, according to requirements, in the proportion of a quart to a quarter of a pound of barley. Add an ounce of dripping or other fat, a little salt and pepper, and a bunch of herbs; stir and cover, set the jar in a slow oven, and cook for about three hours. Any of the vegetables generally added to soups may be put in, either separately or mixed, and in any desired proportion; but as the whole should be thick when done, supposing the vegetables are of a very watery kind, allowance must be made by reducing the liquid at starting. A dish that can be especially recommended is made by adding a grated carrot, a medium-sized onion, fried, a teaspoonful of mushroom ketchup, and a tablespoonful of chopped celery to each quarter pound of barley, an hour after it has begun to simmer. At the end of the time any other flavouring to develop the savour of the dish may be added at discretion—as flavoured vinegar, a hint of garlic, or a morsel of curry. Any scraps of meat may be put in, and the dish will be found a good substitute for meat for children's dinner.

Buckwheat.—This is extensively grown in temperate countries, and is easy of cultivation. In England it appears to be best known in connection with the feeding of game and poultry; but it is a favourite food in America in the form of bread and cakes (for which *see* recipes in that chapter). In the husk of buckwheat there is much indigestible matter in the form of fibrous material; but in the seed which is made into flour there is a considerable amount of nutriment. The cost of this flour is about the same as the fine kinds of wheaten flour. It is to be had of dealers in American produce and at most vegetarian stores.

Cassava.—Native cassava is prepared from the plant from which we get tapioca. Those who like novelties in food will be interested in hearing that cassava cakes, which are pronounced

a real delicacy, are now to be had in this country. They are in original tins of something over a hundred, and are eaten for tea or with cheese. They are obtainable through dealers in Italian produce.

Cereals, French.—(*See* FRENCH CEREALS.)

Cereals, Malted.—(*See* MALTED CEREALS.)

Cereals, Steam-cooked.—(*See* STEAM-COOKED CEREALS.)

Corn-flour. — Corn-starch is another name given to this, especially in works on American cookery. It is also sold under various fancy titles—as Maizena, Oswego, &c. There may be slight differences in the various preparations; but they can only be regarded as starch rather than flour, and the feeding value is the same in all. Corn-flour is, however, generally amalgamated with milk, eggs, butter, &c., in the form of cakes, creams, &c.; the nutriment is thus increased, and for what we may call delicate cookery, corn-flour is very useful. The remarks made under ARROWROOT, as well as in that devoted to the consideration of food for invalids, apply with equal force here. Cost, from 4d. to 6d. per pound. Directions for use are to be found on all packets of corn-flour. (*See* INDEX for recipes.)

French Cereals.—This is a general rather than a special term, by which we distinguish certain preparations of French manufacture that are well known and largely used in this country—so largely used, in fact, that they would be greatly missed by all who are at all experienced in refined cookery. Their chief advantages over the ordinary sorts are their good quality to start with, the short time in which they may be cooked, and their digestibility. But owing to their cost, they are only likely to be utilised for better-class dishes or for invalids. Perhaps one of the best-known is the crushed tapioca to which reference has been made in former recipes; this is called either *Tapioca Groult*, *Crécy*, or *Exotique*. Of sago there are *Sagou Groult*, *Mignonette*, and others. Either of these will cook in about twenty minutes if stirred into boiling soup or milk. The same rule applies to all—the stirring must be continued from beginning to end, or the grain forms into lumps. *Semoule d'Italie* is fine semolina, and *Crême de Riz* is the finest rice flour. *Crême d'Orge* is a preparation of barley, and *Orge d'Allemagne* is the distinguishing mark of the German barley. Besides these, there are potato flour and chestnut flour, called respectively *Fécule de Pomme de Terre* and *Farine de Châtaignes*, both of which are admirably adapted for cakes and biscuits, as well as for puddings and soufflés, and other dishes where lightness and delicacy are of importance. Recipes for these will be found on reference to the INDEX.

Frumenty or Furmenty.—(*See* WHEAT.)

Home-made Macaroni and other Italian Pastes. — The materials required are fine flour, eggs, water, and salt. The method is as follows:—Put the flour on a board, see that it is quite dry and properly sifted, and use only the best Vienna. To each pound of flour add four eggs, half a teaspoonful of salt, and some water (about four tablespoonfuls); whether this is better warm or cold is a disputed point; some cooks declare that it must be lukewarm, and others say that only an icy coldness will yield good results. Some, again, say that no water is wanted, and use eggs only; but the water does facilitate the rolling; the paste is richer if only the yolks of the eggs be put in, but unless the whites can be used up in some other dish, the whole eggs can be put in. In any case, the paste must be stiff, the board must be thoroughly floured, and the paste cannot be too thinly rolled. In mixing the ingredients a spoon should be used at first, then, as it gets thick, the fingers must be employed; should it prove too stiff

to roll, a few drops more water must be put in; and if too soft, more flour from the dredger. Flour varies so, that the exact amount cannot be stated; but the paste will be all the nicer if the right quantity be put in at first. After the paste is rolled into sheets, spread them on a clean cloth to dry for half an hour or more; the best way is to divide it into three or four parts, then while the first is drying, the second is being rolled, and so time is saved. When the sheets are dry enough, put them back on the board for cutting up into the required shapes. For *macaroni* (by which we refer only to the kind called *tape* or *ribbon*—not *pipe*, *i.e.* that with a hole through it), lay the sheets on one another and cut into long shreds half an inch or so in width.

For *fancy shapes* for adding to soups, use any small star or other pretty cutters that may be handy.

To make *nouilles paste*, cut the paste into strips of a few inches long, and almost as thin as vermicelli; it assists the cutting to use a ruler, such as is used for ruling lines on paper. Besides the above thread-like variety, *nouilles* are cut like runner beans, or shaped like birds' eggs. The paste is also cut into rounds in Germany, filled with a mince of ham and herbs, and rolled up like a tiny pudding, then cooked in broth. These are called *filled nudelns*, the German name for the paste.

Raviolis are made by cutting the paste in rounds with a plain or crimped cutter, and filling with rich forcemeat, making them puff-shaped; or the little ball of forcemeat is laid on one round of paste, and a second round is pressed over it. In this way many dainty little dishes are obtained.

The paste will keep in tin canisters if it is thoroughly dried after cutting; but it is intended mainly for immediate use. It cooks quicker than the bought varieties. A last hint: do not try to roll the paste with a pin that bulges in the middle; it must be quite straight. A marble slab should be used in preference to a board.

Hominy.—This is one of the staple foods of the vegetarian, and is a very valuable article of diet; it is not too much to say of it that almost every person might eat it occasionally with advantage: for growing children it is excellent, but it is not suited to infants. In the United States hosts of the class known as brain workers, of both sexes, indulge freely in hominy at their mid-day meal. It can be served with equal success as a sweet or savoury, and it has the merit of extreme cheapness. But hominy has one drawback; it cannot be got ready in a hurry; to be worth eating, that is. In scores of recipes one may meet with some such direction as "boil for ten minutes;" some go further and advise twenty: we know one American writer who asserts that the propounders of such recipes have never tasted hominy. It may be unfair to take this for granted; but it is not too much to say that few persons, after tasting hominy after a couple of hours' cooking, would ever again be satisfied with the orthodox twenty minutes. This necessitates a double pan for such dishes as are prepared over the fire, or much stirring is involved; but in most cases, even for porridge, the cooking may be done in a jar in the oven, or the jar may be set in a tin of water on a cool corner of the range: some people leave the jar in the oven all night, and wisely. Perhaps no grain derives more benefit from the soaking process than hominy; it softens it as no amount of cooking, minus soaking, will; but it is well to state that there is always a trace of roughness about hominy, however long it may be cooked, and to some this is an objection: it can be considerably reduced, however, by adding a small amount of any cereal of the smooth kind, either whole or ground—sago and barley being amongst the most useful. Hominy comes over to this country in linen bags, so is cleaner than many cereals; but some washing is advisable. It is sold at about 9d. per bag of five pounds. "Steam-cooked" Hominy takes but a short time to cook, but it is not obtainable

everywhere. It is sold in bags as above, but costs more.

Hominy, as a Vegetable.—Wash and place the hominy in a greased jar, with a quart of water or weak stock to each quarter pound; soak it all night if possible. Season to taste, add an onion if liked, cover and cook for at least two hours, better still for three; it should be quite thick, but must not burn, and a little more liquid may be wanted. A thickening of barley, pea, or lentil flour may be put in, or it can be eaten as it is with all sorts of meat; and, almost needless to add, should the meat be a roast or stew, the gravy improves the hominy.

This may be converted into a very tasty dish. (*See* BARLEY, SAVOURY STEW OF.) Cost, a few pence only for a good-sized dish.

Hominy, Fried.—Any spare hominy, prepared as above, should be poured out to cool on a flat dish, and cut into squares or fingers when cold; flour well, and fry brown; the dish is improved by flavouring the hominy with sage and garnishing with little piles of fried onions. This is a tasty breakfast snack, alone or with meat, bacon, &c. (*See* also HOMINY FRITTERS in a later chapter.)

Hominy Kromeskies.—Required: hominy, bacon, batter, &c., as below. Cost varies with the adjuncts.

Take hominy as above, when cool, but soft enough to form into shape; allow half a tablespoonful for each; have a sufficient number of slices of cooked bacon, cut thinly, lay the hominy at one end, and roll up like a little sausage; flour them, and coat with thick FRYING BATTER. Drop them a few at a time into hot fat, and take them up with a slice as soon as a pale brown. These may be varied by adding minced kidney, hard-boiled eggs, scraps of cooked forcemeat from cold meat, a morsel of fish, or some grated cheese to the hominy; they may be served plain, or with a suitable sauce or gravy.

Hominy Porridge. (*See* the remarks under PORRIDGE and the recipes for OATMEAL PORRIDGE.)—Allow about a quart of water or other liquid to a fourth or fifth the measure of hominy, and cook in either of the ways given under the above heading. A mixture of rice and hominy makes a very good porridge; a still smoother one is to be had from sago and hominy. The dish is nicer when the hominy is soaked well beforehand.

Hominy, to serve as a Sweet.—Required: hominy, milk, sugar, and spice, with adjuncts as below. Cost, from 6d. upwards.

Bake in a jar, or cook in a double saucepan, four ounces of hominy and a quart of good milk, with a pinch of salt and any spice to flavour. It will take quite three hours if the dish is to be served in perfection; it should be of porridge-like consistence. If for a hot dish, add a little white sugar, and turn on to a dish, and send sweet sauce, or stewed fruit, or jam to table. This is a famous dish for the nursery dinner. If for serving cold, mix a raw egg with the hominy, then pour it in a mould, and turn out when cold; or spread it in a shallow tin, and serve in squares. There is a good deal in varying the modes of serving even such simple dishes as these by way of making them more appetising.

Italian Raviolis.—Required: a forcemeat, stock, gravy, cheese, butter, and *nouilles* paste as below. Cost, from 1d. to 2d. each.

Take some *nouilles* paste (*see* page 546); roll it out, and cut in rounds two inches in diameter, with a crimped cutter. Make a forcemeat by mixing four ounces of roasted game or poultry, finely minced, with the herbs and other seasonings given in the recipe for NOUILLES WITH HAM (second mode). The proportions may be regulated by taste; then add some grated smoked ham; the result should be a very savoury mixture. Lay tiny balls of this on each round, moisten the edges, fold over, and pinch together; leave them for an hour on a sieve to dry; then simmer them in boiling

stock until done; drain and lay on a dish, sprinkle with grated cheese, and put bits of butter on them; put them in a brisk oven for about ten minutes (but they must be watched); then serve with good gravy.

Another way.—Use the meat as above, but the ham is better unsmoked; omit the herbs, and use some chopped fried mushrooms; cook as directed, and serve with gravy or ITALIENNE SAUCE.

There are a number of preparations in the shape of minces and forcemeats in this work that could be used precisely as here indicated, and which would result in very savoury and, to most people, novel dishes.

Kedgeree.—This is an Indian dish of cooked fish, rice, and hard-boiled eggs, with various seasonings; it is commonly served for breakfast, for which it is well adapted, being easily and quickly prepared. There is no limit to the changes that can be made in these dishes, as all sorts of fish are suitable, and the proportions of fish and rice are a matter of taste or convenience. The recipes that follow will serve as a guide to all the sorts. For a plain dish, put an ounce of butter in a stewpan; when melted, add four ounces of rice that has been boiled and dried as if for curry (any left over from a curry is thus used up in a very nice form), stir for a minute, then put in from five to six ounces of cooked fish, either flaked or in dice; add salt and pepper, with a dash of nutmeg or cayenne; then stir in a couple of hard-boiled eggs in dice. When quite hot, dish in a pile. The dish looks nicer if the whites of eggs only are put in, and the yolks sieved and sprinkled over the top. If the fish used is very dry, rather more butter is wanted, or, for economy, milk will do. Mustard or chopped chillies, or any hot pickles, cut up, are quite suitable as seasonings. For a better kedgeree, use half a pound of fish to a quarter of a pound of rice.

NOTE.—Tinned salmon, sardines, or lobster make a good kedgeree; and mackerel, eels, and other sorts of oily fish, cooked in a piquant way, are excellent thus treated.

Kedgeree, Rich.—Required: four ounces of boiled rice, nine or ten ounces of any white fish, with half a gill of any rich sauce that may be left over, or a little can be made; or cream with the yolk of a raw egg may be used, and is by some liked the better; three hard-boiled eggs, and a few shrimps. Cost, about 9d., but varies with the fish and sauce.

If cream is used, add an ounce of butter only; but if sauce, double it; mix as above directed, pile up, and garnish with the sieved yolk of one of the eggs on the top, and put the shrimps round the base; they are to be heated first in a little fish stock. If a red fish (as salmon) is preferred for this, garnish with small dice of white fish, first filleted, and cooked in any approved fashion. Whole chillies, both red and green, may be strewn over instead of the egg-yolk.

Macaroni.—This is the best known and most largely used of the Italian pastes, and in the country where it is made in perfection, is eaten alone, or in combination with almost every variety of animal or vegetable food. So far as flavour goes, macaroni can only be regarded as a neutral substance; in a perfectly plain state it is insipid, and those who taste it thus for the first time, are not likely to regard it with favour: but on account of this, it may form the basis of any number of dishes, both sweet and savoury. The wheaten flour from which macaroni is made is very rich in gluten; to this it owes its nourishing properties; therefore it must not be classed, so far as its nutriment is concerned, with rice and other cereals that are mainly composed of starch: on the contrary, a dish of nicely prepared macaroni can be served as a substitute for meat. In cooking it a few points must be borne in mind, to ensure success; for simple as is the right way, few things are more often spoilt in the cooking. Do not soak it;

many do, on the ground that it absorbs moisture, and is therefore more economical. This is true, but if soaked it is liable to become "pappy," and if left to boil a minute too long may fall to pieces. The thing is to boil it until quite tender, without losing its shape. Then the water, or stock, should be fast boiling when it is put in, and this is best done gradually, that the liquid may not cease boiling. Crowding is a very common stumbling block: the best cook in the world could not boil macaroni properly in a little pan, with a small quantity of water—barely enough to cover it, as some people use. A couple of quarts of water is none too much for half a pint of macaroni; this is less than many advise; ten or twelve times the measure of water is laid down by one high authority. This is, of course, for the preliminary boiling; the final treatment is described in our recipes. Again, it is no use to lay down any hard-and-fast rule as to the time macaroni will take to cook. This varies according to the quality, kind and age. *Naples*, or pipe macaroni, generally cooks in less time than *Genoa*, or curled macaroni, although the first-named is the thicker. From twenty-five to thirty minutes may be set down as the approximate time for pipe; and from forty minutes to an hour for curled macaroni; but it is best to test a portion when purchased. There is generally a slight saving by buying a box of four or seven pounds, which is none too much for a family. A well-known writer on the cuisine suggests that those who wish to taste macaroni in perfection should pay a visit to a good Italian restaurant in London; at many vegetarian restaurants it is also served in a host of appetising forms. Sir Henry Thompson says that most people can digest macaroni more easily and rapidly than meat, and that it is therefore an admirable substitute for flesh, for mid-day meals, for those whose employment demands attention during a long afternoon.

Macaroni costs from 4d. to 8d. per pound on an average. (*See* also Italian Paste, Sparghetti, and Vermicelli.)

Besides the following recipes, others will be found in various chapters. (*See* also Digestible Cheese Dishes.)

Macaroni in Batter. — Required: macaroni, oil, seasoning, brown flour, eggs, an onion, cheese, herbs, &c., as below. Cost, about 8d.

There are endless ways of preparing this, and any of the batters given in a later chapter might be used; but the following is so popular at the restaurant where it is served that we give it in its entirety. Break up six ounces of pipe macaroni into short pieces; drop it into fast-boiling water, with a little salt, a tablespoonful of olive oil, a sliced onion, and a little pepper. When done drain it, and make a batter with half a pound of brown flour, a pint of the water from the macaroni (when cool), two eggs, and the onion, chopped small. Rub the inside of a deep pie dish with oil, lay in the macaroni, and season with mixed herbs and cayenne, just a hint of the latter; nutmeg can be added if liked. The batter should then be poured over, and the dish set in a quick oven. It will take about three-quarters of an hour to become nicely browned. Make a pint of plain white sauce, flavour it with grated cheese, and serve separately.

Another way.—Bake the above in a shallow baking tin, and cut it in squares when done; many will prefer this, because there is more of the brown.

Macaroni Borders.—These for the most part belong to high-class savouries, therefore the ornamental ones are detailed in the chapter on Garnishes. A plainer sort of border, that is for which no mould is used, may be had by parboiling the macaroni as directed for Brown Macaroni, and cutting it up into half-inch lengths before the stock is added; it is a good plan to brush it over with thin glaze after putting it on the dish, to form the border, as this not only improves its appearance, but also holds it

together. Any of the fancy-shaped macaroni, such as "celery cut," and also some of the varieties of the same paste, shaped as described under HOME-MADE MACARONI, serve the same purpose.

Macaroni, Brown.—This preparation of macaroni may be very plain or rich as required. To serve with a joint or family stew, take as much macaroni as is wanted, parboil it in water, then drain it and pour over it as much boiling stock as will cover it. Nos. 1 or 2 answer for this. Let the macaroni cook gently until it is fully swollen but not broken; the stock is to be absorbed. Then serve as it is in a vegetable dish, or sprinkle the surface with raspings.

For a better dish, suitable for serving with braised beef or a dish of fillets, or a steak, proceed as above, but use stock No. 4. For serving with game, stock No. 5 is better, though No. 4 will do.

For *very* superior dishes, give the macaroni only a few minutes' cooking in the water, and drain it very thoroughly; it is better to let it cool before putting the stock to it; No. 16 or 17 should be used, or if a plainer one has to be substituted, make up the richness by the addition of glaze and extract of meat.

Macaroni cooked as described will furnish a most welcome change for serving with animal food in the place of vegetables, or with a suitable garnish as a separate course. A reference to the chapters on VEGETABLES, both plain and "dressed," will also show that by judicious combination many tasty dishes of macaroni and vegetables are possible. We use the term judicious, mainly with regard to harmony of flavour. Such dishes as celery or onions braised in brown stock, fried or braised mushrooms, or purées into which brown gravy or sauce had entered, would be very satisfactory: relief from an all-prevailing brownness could be given by some bright garnish, as tomatoes, eggs, spinach balls, and other adjuncts. So much attention is now given to dishes that will replace the joint, and to the dainty service of vegetables, that those who may make trial of any such combinations as are here suggested will have the satisfaction of knowing that they are following the tide of fashion, as well as furnishing their tables with digestible and delicious dishes.

NOTE.—Any gravy from a joint may be advantageously added to the macaroni. By the same rule, a small quantity of good game stock, or fumet of game, is an acceptable adjunct. In the latter case, any fruit jelly, or a glass of wine—in fact, any of the usual game seasonings—are quite admissible, and a great improvement.

Macaroni and Cheese.—This is a plain recipe, and these proportions are for a good-sized dish. Required: a pint and a half of milk, twelve ounces of macaroni, eight ounces of cheese, three ounces of butter or very nicely clarified fat, an ounce and a half of fine flour, a little salt and pepper, a hint of nutmeg, and a teaspoonful or more of made mustard. Cost, about 1s. 2d.

Boil the macaroni in water; pipe macaroni answers: it should be cut up when done into convenient pieces, or may be broken up at starting. Make a sauce by boiling the flour, milk, and butter together. Stir in the grated cheese, and let it dissolve; then add the macaroni. Season, and when well mixed pour into a deep baking dish, or a cake tin, sprinkle with a little more cheese and brown it up before the fire or in the oven. If a tin, pin a clean napkin round, and serve at once.

If a cheese too soft to grate be used for this, it should be dissolved in a little of the milk before mixing it in the sauce; but by following the above recipe, cheese which is too hard for table may be used. It is more digestible without the top layer of grated cheese, and raspings can take its place. For a more nourishing dish,

as used by vegetarians, use wholemeal for the sauce. We have also tasted it made with barley-flour and fine oatmeal; such deviations from the ordinary method are entirely a matter of taste.

Macaroni and Cheese, Richer.—Required: cheese, stock, milk, flour, butter, macaroni, garnish and seasoning as below. Cost, about 7d.

This is a very good, though not expensive dish. Make a sauce by boiling together half a pint of milk, an ounce each of flour and butter, a gill of plain white stock, seasoning as above, and adding, after it has cooked for a minute, three ounces of cheese. Prepare four ounces of macaroni, by parboiling it in water, then finishing it off in some of the same stock used for the sauce. Put the macaroni in a hot dish for serving, pour the sauce over and blend lightly. Stick triangles of fried bread or toast round, and if liked coat with grated cheese or raspings.

Either of the recipes given for Stewed Cheese or Welsh Rarebit can be followed for combining with macaroni in the above way. For a still richer dish, add more butter or a little cream.

Macaroni and Cheese with Toast.—This is a nice family dish. Prepare the macaroni and cheese just as detailed in the recipe for Macaroni and Cheese. The proportions must be regulated by requirements. Make some toast and butter in the usual way; it is nicer if somewhat thinner than for table; fill a dish with the macaroni, &c., and the toast in alternate layers, having macaroni at the top and bottom, and finishing off as already described. The toast should be in pieces of a convenient size for serving. If liked, the toast may be moistened with a few drops of brown store sauce, or tomato purée; if the latter add a morsel of mustard and a few drops of lemon juice or white vinegar.

Another way.—This is less trouble. Just put the pieces of toast on a large flat dish; then pour the macaroni preparation over it and dredge with raspings. Cost varies with the adjuncts.

Macaroni à la Chylesdeane.—Required: six ounces of the best macaroni, some garnish as below, a pint of rich Cheese Sauce, a gill of good Béchamel, and some stock. Cost, about 1s. 3d., exclusive of prawns.

Boil the macaroni in white stock until almost done, then put it in the cheese sauce to finish the cooking; turn it on a hot dish ready for serving. Add a little lobster coral or coralline pepper to the béchamel to give a pink tinge, spread this over the macaroni smoothly, then garnish round it with prawns, heated in stock, and some triangular croûtons, placing them alternately. Have some small fancy shapes of Italian paste ready; they must be carefully cooked to retain their shape; dot these over the surface of the pink sauce, forming any pattern according to fancy. The dish must be kept over boiling water while garnishing. This is a very good luncheon dish.

Macaroni à la Ducie.—Required: six ounces of macaroni, three gills of American Cream Sauce (page 94), one gill of lobster sauce (page 97), some fried parsley, and ring-shaped croûtons, the size of a florin. Cost, about 1s. 6d.

Boil the macaroni as above, put it in a pyramid on the dish, after mixing a little of the cream sauce in amongst it; pour the rest over it; place the sprigs of parsley round the base, alternately with the croûtons, and in the centre of the latter put a spot of the lobster sauce; reserve a croûton for the top, and put tiny sprigs of parsley round it. This is a pretty dish, and any other pink fish sauce answers as well as lobster.

Macaroni, Indian.—Required: six ounces of pipe macaroni, a pint of milk, half a pint of white stock, plain, one ounce of butter, a bit of mace, a chopped shalot, a teaspoonful of

celery salt, half as much common salt, four ounces of fat ham or bacon, cut up small, the same weight of forcemeat from cooked veal, and seasoning as below. Cost, about 1s.

Break the macaroni into even lengths, boil for five minutes, and drain it; put it in a jar with the other materials, milk and forcemeat excepted. The stock should be boiling when added. Cook until the stock is absorbed, then add the milk and let the whole simmer until the macaroni is tender and the moisture absorbed. Cut the forcemeat into dice, add it with four ounces of sultana raisins, and a little curry powder and cayenne. The raisins are to be first stewed in a little stock. Turn all into a deep dish, dredge with a mixture of bread-crumbs and curry powder, and brown the surface well. Then serve as it is, or with meat.

Macaroni, Leghorn. — Required: macaroni, butter, cheese, sauce, tomato purée and seasoning. Cost, about 1s. 2d. to 1s. 4d.

This is recommended as a most excellent dish, if the instructions are carefully followed. Put half a pound of macaroni into at least three pints of boiling water; add a teaspoonful of salt, and a morsel of butter the size of a chestnut. Boil fast, and drain as soon as soft. Then put it in a saucepan, add an ounce of fresh butter by degrees, shaking the pan as it melts; then put in two ounces of grated Parmesan cheese, and half a gill of nice white sauce, as BÉCHAMEL. Keep shaking the pan until the contents are thick and creamy, then arrange the macaroni in a dish, in alternate layers with some tomato purée, bottled or fresh; the top and bottom layers to be macaroni. Serve very hot.

NOTE.—The macaroni must not be broken up. The purée should be hot and nicely seasoned.

Macaroni à la Reine.—Required: half a pound of curled macaroni, the same weight of rich white English cheese, three gills of cream, two ounces of fresh butter, seasoning as below. Cost, 1s. 6d. to 1s. 9d.

Boil the macaroni in white stock until tender, drain it and season with salt, cayenne, and powdered mace. Free the cheese from the rind and the hard part adjoining, and cut it in thin slices; dissolve it in the cream, season it like the macaroni, then add the latter and toss lightly until well mixed. Turn into a dish for serving, and cover with fine crumbs of bread that have been fried a pale colour and well dried. Serve very hot.

This is a rich and delicate dish. It is often varied by using a mixture of rich white sauce and cream, then the quantity of macaroni may be reduced a little. It is safer to heat the cream before the cheese is added, to avoid burning; a copper pan is wanted and the heat must be gentle. The cheese cannot be too rich for this; it is useless to attempt the preparation with a poor cheese.

Maize, or Indian Corn.—This is a cereal of world-wide use, and is described as the noblest of the grasses. It contains less nitrogenous matter than wheat, but is richer in mineral matter, and owing to its high percentage of fat it is a suitable food for cold weather. Many preparations of the grain are used in the United States. The ear is called a "cob;" the pearled grains are "samp;" the unripe roasted grains are known as "pop-corn;" broken or split up, it becomes "hominy;" while the starch of maize is termed "corn-flour," and is used as a substitute for arrowroot. In Italy the yellow flour of maize is boiled in water and flavoured with cheese; this is known as "polenta." This meal, commonly called "golden maize meal" may now be had in this country at about twopence per pound; it is apt to become musty, and only enough for immediate requirements should be bought; it is not only very liable to the attacks of insects, but requires to be kept in a dry place; when damp, the flavour is most unpleasant. It

can be used in soups, and many vegetarian dishes, also in bread, cakes, puddings, &c. (*See* also CORN-FLOUR, and HOMINY.)

Maize Porridge.—This is likewise called SUPPAWN. Boiling milk, water or broth is used for the foundation, which is thickened with maize meal in the way that wheatmeal and oatmeal are used in England. It forms a good strong meal, and is thought sufficient as a breakfast or supper dish for a man to work hard upon. (*See* HASTY PUDDINGS.) Maize may be used with, or instead of, wheaten flour.

Malted Cereals.—At the outset it may be well to state that the method here detailed has nothing in common with malt extract, or foods malted by the addition of that agent. Our object is simply to show how cereals of all sorts can be made digestible by the addition of *malt flour*. And without in any way disparaging liquid preparations of malt that are either taken alone or added to food, we have it on very high authority that, for the purpose we are now considering, malt flour is the best and most active. The process is very simple; but certain rules must be observed. The food is to be *first thoroughly cooked before the malt flour is added*, and the temperature must not again reach boiling-point. If this rule be broken, the food is spoilt. Take a dish of porridge, by way of illustration; it may be oatmeal, hominy, or wheaten, or any other; to each quart, *after the cooking is finished*, and while just below boiling-point, add a teaspoonful or a trifle over of malt flour; stir it in well, then set it where it will keep hot, but where there is no chance of its boiling. The malt will thin it; so, if liked thick, allowance must be made for this. Gruel of all sorts may be malted in this way, and in estimating the amount of malt to add, regard should be had to the amount of grain used for the gruel, rather than the measure of the food after cooking; thus, a pint of gruel that had been made with an ounce of fine oatmeal would take only half the malt the same measure of porridge, made from two ounces of meal, would require. To all sorts of farinaceous or cereal puddings, the malt can be added by raising the brown skin after baking, and stirring it in carefully; the skin is replaced, and the pudding left to stand as above directed. There is no need to render it unsightly if proper care be taken. Further hints and recipes are given in other chapters. (*See* INDEX.)

Nouilles, boiled in Milk.—Required: *nouilles* paste, milk, butter, and adjuncts as below, according to the nature of the dish. Cost, from 9d. to 1s. on an average.

Take half a pound of fresh *nouilles* paste in strips (*see* page 546); brown it in a little hot butter in a stewpan, then cover with milk, and let it cook until soft, from ten to fifteen minutes. If for a sweet dish, add a little sugar and flavouring, and stir in two or three beaten eggs; after a few minutes, serve hot and do not boil again. For a savoury dish, to go to table with any delicate white meat, omit the sugar, add a dash of salt, pepper, and mace, with the eggs, or some white sauce or thickened stock. Stir very lightly, that the *nouilles* may not break.

Nouilles with Ham. — Required: *nouilles* paste, stock, butter, ham, cheese, gravy, and toast. Cost, about 1s., exclusive of gravy.

Take paste as above, boil it in light stock, salted a little, for ten minutes; then drain it and put it in a saucepan with an ounce of butter, four ounces of cooked ham in dice, fat and lean together, and two ounces of grated Parmesan; add boiling brown gravy to moisten well, and, after a few minutes' simmering, serve in a hot dish with buttered toast in strips.

Another way.—This is an Italian dish. Add to the foregoing materials a sprig each of parsley and borage, scalded and pounded, with two anchovies and a shalot; these should be

mixed with the gravy used; just before serving, put in the yolk of a hard-boiled egg rubbed through a sieve.

Oatmeal.—Oats are of great value as food, and the meal may be made into a large number of very nourishing dishes. Scotch oatmeal is considered the richest. There is no doubt about its being a good food for breakfast, both for children and adults whom it suits; but we do not on this account agree with those who consider that it should be served every morning, and that no breakfast table is complete without it: for, as we have elsewhere remarked, we believe that the advantages of changes in diet are many. As to the time for cooking oatmeal, we incline to the opinion that it is hardly possible to overcook it. We are quite aware that there are thousands of families who from custom, or, may be, convenience or choice, are content with the often-advised ten or twenty minutes' simmering; and that many a hardy Scot or North of England man can eat and digest it when only mixed with boiling water. But dishes of this sort are for the few, and from experience we know that people who dare not venture upon oatmeal porridge of the half-cooked type, can take it with impunity when reduced almost to a jelly; and the same remark applies to other dishes made from the same grain. Fine oatmeal is generally made into gruel, and the coarse or medium used for porridge and other dishes. Oats in the whole state (called groats) are much liked by some; but they want very long cooking. There are several varieties of cooked or "patent" oatmeal to be had; they are useful when a dish is wanted in a hurry, or when the coarser forms are not found palatable, or do not agree; but their chief uses are in the sick room and for young children. Oatmeal is spoiled in flavour if allowed to become damp, and it should be bought of a thoroughly reliable dealer; for few foods vary more in quality. Cost, about 2s. 6d. to 3s. per stone. The best will be the cheapest. Oatmeal enters into many dishes scattered through this work, for which *see* INDEX.

Oatmeal Porridge.—For a very nice and easily made porridge, take a brown stew-jar, which must be kept for the purpose, or, at any rate, for sweet dishes only; put in as much water as may be required, and four ounces of medium or coarse oatmeal to each quart. Add a good pinch of salt, and if it can soak for a few hours all the better. Then put the lid on, and give it two or three hours in a gentle oven, or the hob will do after it reaches simmering-point. It will keep for a day or two, and may be heated as required in cold weather; we do not advise that it be kept in summer. An improvement on this—as the stirring is dispensed with—consists in setting the jar in a saucepan of boiling water. The exact thickness is best regulated by taste; but, on an average, two ounces of meal to the pint of water is about right. When only cooked for a short time, more meal must be used, as it gets thicker by being cooked longer. The porridge should be served on hot plates, and some like cold milk with it, while others prefer hot; sugar or treacle is also required; the accompaniments *par excellence* are said to be honey and cream. Buttermilk is less known, but a most wholesome addition.

Another way.—Have ready a saucepan of fast-boiling water, with a half teaspoonful of salt to the quart; take a porridge stick in the right hand, or the handle of a large wooden spoon is a very good makeshift; drop in the meal gradually from the left hand, stirring each portion in by degrees, and avoiding lumps. When the full amount is incorporated, put the lid on, and only remove it when the porridge needs stirring; if burnt, it is spoiled. We advise at least an hour's cooking, and more will improve it; but if preferred, it can be served in half an hour; then from three to four ounces of meal to the pint is needed.

The best way, we think, to cook this or any other porridge is by means

of the double pan. (*See* page 556, PORRIDGE, GENERAL REMARKS ON.)

Another way.—Have ready a sufficient quantity of boiling water, salted. Mix the oatmeal (which may be coarse or medium, as preferred) with cold water to a paste; add some of the boiling water and stir well, then pour it into the boiling pot gradually, stirring all the time, and cook for an hour or more. Serve with any of the usual adjuncts. Porridge so prepared has a very good flavour, and is smoother than when the meal is simply sprinkled into the boiling water. It is further improved if the meal and cold water are blended an hour or two before cooking, and if two hours' boiling be allowed.

Oatmeal, Stewed.—Attention is called to this, as it may take the place of ordinary porridge as a breakfast dish, where sweet foods are not liked, though it is equally suited for a dinner dish. A jar or double pan should be used for making it. Allow half a pound of coarse oatmeal to two quarts of vegetable stock; soak for some hours, and cook from three to four hours. Any herbs can be added, or a little curry powder, or a spoonful of sauce or ketchup, or a fried onion or two. Pepper and salt should be added to suit the palate, and the stew served hot. (*See* DIGESTIBLE CHEESE DISHES and MALTED CEREALS.)

A small proportion of sago or tapioca gives smoothness to this.

Pilau.—The *pilau* or *pilaff* of the Orientals has been described as the analogue of the Italian *risotto*. The basis is rice boiled in some sort of broth or stock, and the dish is generally popular. The pilau of the Turks is thus described by Sir Henry Thompson :—"Wash well six ounces of East Indian rice, and boil in a pint of water for five minutes at the most. Then throw it into a colander that it may thoroughly drain. Next place it in a stewpan with an ounce of butter, salt and pepper to taste, stirring well, and adding by degrees half a pint of good fowl broth. After fifteen or twenty minutes it should be properly done, turning out with the grains separate. It is to be served perfectly hot. The foregoing is a true pilau; but additions may be made of the meat of the fowl, of thin slices of bacon, or grated beef or ham, of a little curry powder, of chutney, of fried onions, mushrooms, &c., &c., and it can also be made with beef and veal broth, and treated as above; but in none of these forms could it be regarded as the true Oriental dish."

Pilau, Arabian.—Required: mutton, stock, rice, butter, &c., as below. Cost, about 1s. 6d., exclusive of garnish.

This is a much more substantial dish than the foregoing; in fact, it is a savoury stew. About two pounds of neck of mutton, a quart of well-seasoned stock, half a pound of Patna rice, and two ounces of butter will make a good-sized dish. The meat is first freed from fat, and stewed in the stock until done. Then the rice and butter are put in the stock and cooked gently. The meat is fried brown in butter, and added at the time of serving. Sometimes forcemeat balls, rings of onion, fried very dry, and hard-boiled eggs are used to garnish the dish.

Pilau, Indian.—Required: mutton or lamb, onions, butter, rice, and seasoning as below. Cost, about 3s.

This is recommended as one of the best of all the rice dishes. Take three pounds of lamb or mutton, cut it in neat joints, and chop up three large onions; fry the onions in three ounces of butter with a chopped mango; a pickled one will do, or four ounces of sultana raisins can be used. Add a dash of garlic and the meat, with a sprinkling of curry powder, and stir for half an hour over a gentle fire. While this is going on, the rice is to be cooking in another vessel. This is done by boiling it in stock until nearly done, then draining and drying it and frying it brown in butter. About half a pound of rice (Patna) will serve for the above quantity of meat. The stock the rice is boiled in comes in for soup. After

browning the rice, season it with lemon or lime juice, powdered herbs, and spice. For the richest pilaus some cream is put with it. Lay half the rice on a dish, put the meat over, squeeze a lemon on it, then cover with the remainder of the rice, and serve without a moment's delay.

A chicken may be used in just the same way. Curry powder can be omitted, and saffron and cayenne used. In either case the dish must be well seasoned.

Polenta.—The maize meal that is sold in Italy, and sent to various parts from that country, goes by the name of polenta. Semolina is often used for the preparations that go by this name.

Polenta, à l'Italienne.—Boil a quart of milk, add a teaspoonful of salt; drop in by degrees, stirring all the time, as much golden maize meal as will make it quite thick. Stir and boil until smooth. If properly made, this will look like the English hasty pudding. Add an ounce of grated Parmesan cheese, turn into a buttered mould, and bake for nearly half an hour. This is extremely nourishing, very cheap, and very nice. Cost, about 6d.

Another way.—This will be preferred by those who do not like the flavour of Indian meal; though it is likely that the dislike arises from their having tasted it for the first time in a stale condition. Boil a quart of milk with four ounces of semolina for a quarter of an hour. Stir nearly all the time; if burnt, it is spoiled. Pour it in a plain mould, and let it set; then turn out and cut in slices, rather more than half an inch thick. Now butter a mould; pour in a little clarified butter, then grated Parmesan, then a layer of the semolina. Go on in this order until the paste is used up; the dish or mould should be nearly full. At the top put a thick layer of cheese, then more butter, and bake in a moderate oven to a bright brown, about half an hour. Turn out, and send grated cheese to the table, and, if liked, brown gravy in addition; but it is so good in itself, that many consider that it requires neither.

Polenta, Moulded.—This is to eat with meat, in the way that the English serve Yorkshire pudding. Prepare the meal as in the first recipe above, allowing about four ounces for a pint of milk. When it has boiled well, season with salt and pepper, and beat in an ounce of butter. Bake in a greased mould for half an hour to an hour, according to the depth of mould. These dishes may be cheapened for family use, and will be found very nice, by using clarified fat instead of butter. A variation of this is made with a mixture of maize meal and cooked rice. Send to table in slices if the mould is deep; in squares, if a shallow one. Cost, about 4d.

Porridge, General Remarks on.—Under their separate headings we have given the recipes for the concoction of porridge; we here add a few remarks that may enable the inexperienced housekeeper to present the various sorts at table in somewhat novel forms; by taking a little trouble, dishes of this kind may be made more agreeable and wholesome than they are as a rule. First, the utensil. This seems the place to sound the praises of the "double saucepan" or porridge-pan. These are of block tin usually; but they are made with copper bottoms both to the inner and outer pans, and are well worth the extra sum charged. Most of the leading gas-stove makers have a good selection of such goods, or any tinman will make one; one of poor material is worthless, as it is soon worn out where porridge is a standing dish. We have already spoken of the stew-jar; and another first-rate cooking medium is to be found in a recently introduced article, made of earthenware, with a metal handle. It is to be had in various sizes, is most inexpensive, fits into ordinary saucepans on the glue-pot principle, and may be had of ironmongers everywhere. Food cooked in these vessels can neither burn nor boil over, and no stirring is needed;

and anything that obviates this comes as a boon to the busy housekeeper. The cleanliness of any vessel is of primary importance. Many a child loathes porridge through life by reason of the burnt or "foreign" flavour imparted by cooking in a pan that has only been imperfectly washed. To ring the changes on porridge is very easy in houses where forethought is the rule; and those who find that the plate of porridge palls—as it will sometimes—upon the appetite of the child, will do well to try the effect of a dish of stewed apples or oranges, or one of dates or figs, as an accompaniment. Raisins, too, are excellent, and a glance at our chapter on FRUIT will suggest other dishes. Then, it is a simple matter to alter the flavour by the aid of some such food as chestnut flour or banana flour; the latter is too sweet to be agreeable to many people when made into porridge of itself; but as a sweetening medium it is very nice. Then there is buttermilk; many country residents might indulge in this; it is to be used in place of water, and is considered very wholesome, particularly in connection with oatmeal; skim milk, too, so often given over entirely to the pigs, is a valuable porridge basis; or either may be served with the porridge.

Some may contend that such variations are not necessary, and that children ought to eat whatever is good, or pronounced good for them by their elders. So far so good; but never is fruit more enjoyable than at breakfast, and never is it more wholesome; therefore the expenditure is amply justified; while it is agreed by all who have studied the subject, that food that is eaten with a relish is more beneficial than that which is "forced" down; and no one can object to the use of such harmless zest-givers as we have enumerated.

As to the "savoury" porridges, their name might indeed be legion; from salt and pepper upwards, hardly anything in the way of savoury condiments comes amiss. It seems to be taken for granted very often that a child will eat anything sweet; but where distaste for sugar exists, a porridge to which a spoonful of gravy from a joint or a little savoury stock has been added, will frequently be relished when a sweet one would be left upon the plate.

Lastly, the time of year ought to regulate to some extent the food chosen. The oatmeal or maize dishes of the winter may, with advantage, give place to lighter fare when warm weather sets in; rizine, florador, coralline, and many other foods of modern introduction furnish a pleasant change, while we have always with us hominy, barley, and rice to fall back upon. It is necessary to remember that the more starchy and constipating the grain chosen, the greater the need of the fruit as a counteractive.

Rice.—This is a native of India, and is also grown in China and the East generally, as well as America and the southern parts of Europe. Carolina rice is large, and generally the dearest, from 4d. to 5d. per pound; it is used for such dishes as puddings, casseroles, &c., when the liquid is intended to be absorbed. For curries, or when the rice is required dry, Patna is the sort to use: this is long and white, a trifle cheaper than Carolina usually, but the finest kinds are the same price. Then there are Italian and Japanese rice, both a little cheaper than the last named: with some, Japanese rice is the favourite, as it is said to be the most nutritious of all the varieties. Rangoon and Java are the cheapest sorts; they cost 2d. or less per pound. Both answer well for cheap soups and other dishes; so does broken rice, which is still cheaper, but needs very careful washing. Rice is said to form the main food of one-third the human race. Alone, however, it is not a perfect food, being deficient in flesh formers, and very poor in mineral matter; to the latter fact is attributed the difficulty with which some persons digest rice. As a matter of fact it is considered very easy of digestion in

most cases; nevertheless, many persons find that when consumed in a plainly boiled state it causes discomfort, and that this is less marked when condiments of some sort are added. This seems to justify the opinion that in such cases the trouble is due to the inert properties of the grain, and that any food adjuncts that compensate for the lack of mineral matter are decided improvements. Rice has constipating properties, and its value in dysentery and all kindred disorders is well known. In order to meet the wants of people other than the dwellers in tropical climates, fat in some form, with a little nitrogenous food, is needed to make a dish of rice complete. Butter, cheese, bacon, &c., may all be employed to give variety to, and increase the feeding value of, the dish. When bought in quantities rice needs careful storage to prevent the attacks of insects; it also requires most thorough washing, and for puddings, or whenever it is to absorb the liquid, it is a vast improvement to soak it. (*See* also RICE À LA CHICAGO.) Steamed rice is not we think much known in this country; but it is very superior to boiled rice for many purposes; besides, there is less loss of nourishment. It has been many times said, probably with truth, that when rice is boiled and the water drained off, the water contains the larger share of nutriment. Many recipes for dishes of rice will be found in various parts of this work.

In some of our recipes the words "rice boiled as for curry, but in stock instead of water," occur; in such cases we advise the blanching of the rice first in water, as detailed in RICE, BLANCHED. It is then to be put into the stock, which should be clear, although it need not be clarified. It must be remembered that unless the stock is afterwards used for soups, &c., the process is a very wasteful one. When boiled in fish stock, for fish curries, take care to skim the stock, and add rather more than the usual allowance of lemon juice, that the rice may not suffer in colour. (*See* PILAU, page 555.)

Rice, Andalusian.—Required: oil or butter, rice, meat or poultry, tomatoes, onions, lemons, and seasoning as below. Cost, about 2s. if meat is used; more if poultry.

This dish, which is one very commonly served in Spain and Portugal, is valued as a tonic during the heat of summer, and is also recommended as a preventative of intestinal indisposition: it is peculiar, but the taste for it is an easily-acquired one. Warm in a saucepan a quarter of a pound of best olive-oil or fresh butter. Throw in half a pound of picked rice, and one pound or one pound and a half of veal or poultry flesh, cut into neat squares. Add half a pint of tomato sauce, or three or four fresh tomatoes, one or two chopped onions, a tablespoonful of chopped parsley, a pinch of powdered saffron, and a little pepper, salt, and cayenne. In Spain a clove of garlic is always added. Stir these ingredients into the warm oil, and let them stew gently for ten minutes; pour over them a pint of stock or water, cover the saucepan closely, and let its contents simmer gently until the rice has absorbed the liquor. Throw the whole into a heated strainer for a minute, to drain off any oil that may be left, and pile the rice, which will be a bright yellow colour, upon a hot dish. Hold a red-hot shovel or salamander over the top for a minute or two to brown the surface, and send the dish to table with cut lemons, that each guest may squeeze a little juice over his plate. The time for cooking depends upon the sort of meat used; about an hour and a quarter is the average. Any cold meat may be used up thus; the rice should cook until nearly done before the meat is added. It will be found very savoury.

Rice, Blanched.—After washing in the ordinary way, put the rice in a saucepan, cover it with cold water and bring it to the boil slowly; a little salt should be added. Strain it and rinse with clean cold water; it is then ready to cook in any desired

manner. We need scarcely point out that this takes away some of the nutriment, but it ensures that desideratum —whiteness—for delicate dishes.

Rice, Boiled Plainly.—This can go to table with meat, bacon, or fish. Wash and soak the rice in the water or stock in which it is to be cooked, allowing about a pint of liquid to a quarter of a pint of rice. Bring to the boil, and let it boil rather quickly for a few minutes, then let it swell and simmer only until done. It will take an hour or longer, and all moisture should be absorbed. More stock may be required, but should be put in little by little. Greasy stock is best for this; or a bit of any fat can be put in with ordinary stock or water; it is a wise precaution to grease the bottom of the saucepan. Season with salt and pepper, and serve hot. It will be seen that this mode of boiling rice is economical, as nothing is strained off. When to serve with fish, a fish stock is best for the boiling, and various additions in the way of seasoning may be put in, according to the dish it is to accompany. Just as it is it makes a tasty meal for children, if some fried onions or anything of a similar nature be added; a little cheese is also a good addition. Cold vegetables of all sorts can be chopped and stirred in for economy's sake in a very plain dish.

Note.—By using milk, the rice can be served as a sweet—a little sugar and spice being added towards the end; a bit of butter improves it.

Rice, Boiled, Savoury.—By cooking the rice in the above way it may be readily converted into tasty savouries at little cost. A stock well flavoured with onions or celery can be used, and a tablespoonful or so of chutney be added to a pound of rice; any remnants of bacon also go well with this. A sprinkling of saffron shreds gives colour to a dish of rice, and some mixed hot pickles may be put in to flavour. A grated carrot and an ounce or two of sultana raisins will improve the dish for those who like mild compounds. They are to be put in at first, and the whole seasoned with salt and pepper. A dash of lemon juice or vinegar and a little browning gives another simple dish. A tin of mushrooms and their liquor to a pound of rice result in a nice dish; or a few fried fresh mushrooms are better. Cost, variable; from 3d. to 6d. for a good-sized dish, exclusive of mushrooms. (*See* Rice Borders, page 560.)

Rice Boiled for Cold Savoury Dishes.—This is intended solely for use as an adjunct to ornamental dishes; tongues, pressed beef, and similar savouries may be sent to table on blocks of it, and it also answers well for borders and fancy shapes for the dishing of cold entrées. In any case it is not intended to be eaten. First wash and blanch the rice; if these are neglected, instead of looking white when done, it will be a dirty putty colour. Put it in a delicately clean stewpan of copper or steel, cover it with cold water, bring to the boil very gently, then let it cook until dry; care must be taken that it does not burn. If more convenient, it can be cooked in a slow oven, the pan being set in a tin of water. About two and a half hours will be wanted for a pound of rice, and now and again a very little water is to be put in, but not at the end of the cooking. While hot, pound it in a mortar to a smooth paste, and then work it a little with the hands; they will need moistening with cold water, and a marble slab or flat dish is better than a board for the operation. Next lay the rice on a clean soft napkin, fold it over, and press out any moisture; then press it into any plain moulds, or stewpans answer equally well; either will need a rub over with oil or butter first. Then leave under pressure to cool, and use as required. (*See* the chapter on Garnishes.) In hot weather, or if the rice is wanted to set quickly, add a small quantity of dissolved gelatine to it before moulding. To save trouble and time in pounding, the rice is sometimes passed

through a sieve or potato masher first.

Rice, Boiling for Curries.—To boil rice properly, so that each grain is distinct and the rice tender without being broken, certainly requires care, but it is not the difficult or mysterious process that some seem to imagine it. First wash the rice in several lots of cold water until it ceases to look cloudy. Patna rice is the kind to use. It will look nicer if blanched, but this is not always necessary, though when it is done it must be remembered that the rice will boil in less time afterwards. (*See* RICE, BLANCHED.) For each quarter pound of rice have ready a saucepan with at least a quart of boiling water in, and a larger quantity is better still. Add a teaspoonful of lemon juice, this is to whiten it; and half a teaspoonful of salt, this raises the temperature of the water. Drop in the rice and let it boil for about thirteen minutes, or a trifle over or under according to the quality of the rice; the way to test it is to take a grain between the thumb and finger; it should be tender but not smash up; after a little experience its appearance will indicate the moment for straining. When this point is reached, strain the rice through a colander, and pour a little cold water over to separate the grains. Many prefer to use hot water, as the rice takes so long to re-heat after the cold treatment; and it answers nearly as well. Shake the colander well, and pass a fork lightly through the rice a few times. Take care not to break it. To finish it off, several ways are open. A good one is to set the colander on a plate, and crumple an old soft cloth lightly on the top to absorb the steam; then set it on the plate-rack or in a meat-screen, or anywhere, for it to dry thoroughly and gradually. A plan better liked by some is to butter a saucepan and turn the rice into it, and set it on the hot-plate with the lid half on—though we think there is nothing like a cloth—to swell and dry. The rice may be left for an hour or two, or it may be got ready some time in advance, as it can be re-heated by putting it between two soup plates over a saucepan of boiling water, and will take but a few minutes. In order that this may present a nice appearance, it is very necessary that all discoloured grains be picked out.

We may mention that we have seen directions for soaking rice for two hours before boiling it for curry; but straight from the washing water to the cooking pot is the motto of the majority, and that we have found to be the best. For rice that is to soak up the liquid, the soaking is advisable, but not when dryness is to be the main feature.

Rice Border for Hot Savouries.—There are many ways of making these borders; some of them are very troublesome, for which written instructions would be of little use, and others are far from economical; we give, therefore, such as may be prepared by any intelligent cook, and which are as little trouble as is consistent with the class of dish. First wash and blanch the rice, which should be best Carolina; put it to boil in white stock, adding a quart to a pound of rice; put in two ounces of butter, and cover the rice with a buttered paper; a copper stewpan is best, the heat is more evenly sustained. Cook softly, adding more stock now and then, but by the time the rice is done, it must all be absorbed and the rice dry; it is a good plan to take off the lid and paper towards the end of the cooking, for if the rice is left wet, the dish is sure to be a failure. Then pound it or sieve it, or beat it to a paste with a large wooden spoon. Supposing a pound of rice to have been used, add the yolks of four eggs, and a little suitable seasoning; for instance, if for a delicate mince of poultry or fish, the seasoning must be adapted to it; if for a dark mince, a brown stock (such as Nos. 6, 7, or 8) should be used for cooking the rice, and the seasoning may be in increased proportion. When the rice and eggs are cool, take a border mould, round or

oval, plain or fancy, as required, or as convenient. It must be most carefully buttered in every part; the best way is to put in some clarified butter, and turn the mould round and round, and then pour out all the spare butter; then dip a paste-brush in the butter, and go over the mould in every part; by treating the mould as first described, the corners get a fair share of the butter. Press the rice in, and bake as long as is necessary to give a golden brown surface and to make it firm enough to turn out. The moulds are shown in the chapter on GARNISHES. But it may happen that a mould is not available; then take two cake-tins, one, say, 7, and the other 5 inches in diameter. By putting one inside the other, and filling the space with the rice, a border an inch wide is obtained. The inside of the large tin, and the outside of the small tin, must be buttered, and the inner tin must be carefully removed. For a wider border, the inner tin must be smaller. The quantity of rice given would be enough for a very large mould; but it will be a guide to proportions for a medium-sized one. Sometimes the mould is sprinkled with fine bread-crumbs after buttering, for brown dishes. All sorts of rich ragoûts, minces, &c., are served in these borders.

Rice Borders for Hot Sweets.—The mode of preparation is the same as the above, but milk is used in place of stock, and less butter is needed; it is a good plan to just butter the bottom of the pan to prevent the rice sticking. In place of four yolks, two whole eggs can be used; the border should be more delicately baked for this. Sometimes the rice is left in the mould to set, then, after turning out, is brushed over with warm butter, and baked on a copper sheet. In this way it can be watched, and as soon as hot through and dark enough, it should be served. The various uses of this are given in later chapters.

Rice, Browned.—This is the dish referred to many times in this work; it is appetising in appearance as well as taste. Patna rice, boiled as for curry, is wanted; it must be left to get cold. Then take a baking-tin and butter it a little, put the rice in a thin layer, and bake it in the oven to a golden brown, turning it about to colour equally. It must not get dry; but only as much butter as is needed to keep it from burning is to be used. This is admirably adapted for the class of dishes above referred to. If boiled in stock, the rice is nicer. Cost, about 4d. for a dish of half a pound. (*See* RICE CASSEROLE below.)

Rice Casserole.—This differs from a border by reason of its having a bottom, and, in some dishes, a lid also. The word means, as here used, a case. The rice is prepared as for a border, then a mould is filled with it; or a better way, because less wasteful, is to line the mould only, and put a piece of bread in to fill up the middle; more rice is put on the top, and a mark made with a fluted cutter if for a fancy mould, or with a plain one if a plain mould: the latter are the easier, though less effective. The part marked forms the lid when baked, and must be cut out with great care, and the bread removed. The hollow is then filled with a mince of some rich savoury kind. The rice is sometimes scooped out, so as to leave a very thin wall all round; but it should always be fairly thick to start with, or is liable to break: it need not be wasted, as there are endless ways of using it up. A very useful mould to use for casseroles is the one illustrated under RAISED PIES in a later chapter, and the directions there given for the pies will enable the reader to apply it to this and other purposes; speaking broadly, we are of opinion that a casserole is more difficult and less useful than a border of rice.

If the cover is not put on, the top is generally garnished nicely; details given under VOL-AU-VENTS and other dishes in PASTRY apply equally to this class of casserole.

Rice à la Chicago.—Required:

rice, seasoning, stock, and an onion as below. Cost, about 5d.

Take half a pound of good rice, wash it and pick out all faulty grains. Put a gallon of water in a saucepan, add a tablespoonful of salt and a large onion, previously scalded; then bring the water to the boil. Put the rice in a thin cloth, drop it cautiously in the saucepan to form a bag, but it must not touch the water. Put the lid on, which, as the edges of the cloth are outside, will fit well. Let the water boil fast until the rice is tender, then turn it into a clean saucepan, and add a teaspoonful each of mixed mustard, grated horse radish, chopped parsley, and lemon juice. Chop the onion from the boiling water, add it with a gill of brown meat stock, thickened with a heaping teaspoonful of baked flour. Stir for a few minutes, pile on a hot dish, and send to table with beef or veal.

We call attention to this recipe, as it is a very good way of cooking the rice, which is practically steamed; thus prepared, it is very handy for conversion into rice cakes and other little snacks; or the rice can go to table as a sweet or savoury. In the first case no addition beyond salt must be made to the water. This method hails from Chicago.

Rice, Curried.—For a plain dish, the rice may be boiled to absorb the stock (*See* RICE, BOILED PLAINLY); to each pint or so, after cooking, add a fried onion and a teaspoonful of curry paste or powder (*see* CURRIES), and simmer for a short time. For a better dish, take rice boiled for curry, and mix it with a small quantity of CURRY SAUCE; it should not be sloppy—the rice is only to be moistened; a bay leaf can be boiled in it. For a really rich dish, any of the adjuncts given in the recipes for curries of meat, &c., may be put in. Cost, from 4d. to 8d. for a dish of half a pound.

NOTE.—Almost any cereal or macaroni may be curried thus.

Rice à la Custard.—Required: rice, stock, butter, cream, eggs, and seasoning. Cost, about 6d.

This is a good dish to serve with cutlets; it is equally nice with braised or boiled poultry or meat. Use the best Carolina rice, and cook it in veal stock; allow a pint to four ounces to begin with; cover with a buttered paper, and let the rice cook slowly. More stock may be wanted, but by the time the rice is done it should be almost dry, and swollen to the fullest extent. Take the cover from the pan, and lay a soft cloth over the rice for a few minutes; then add an ounce of butter, a dust of cayenne and salt, a morsel of ground mace and a little white pepper. Have ready the yolks of two eggs and half a gill of thick cream, heated together; add them, and stir carefully with a fork just to blend the ingredients, but avoid breaking the rice. Serve at once. This is also a first-class dish for separate service; it should then be flavoured with cheese and garnished with croûtons.

Rice à la Custard, with Ham.—Required: rice as above, white sauce, ham or bacon, toast or fried bread, or any green vegetable. Cost varies with the adjuncts.

This is a tasty luncheon dish. Prepare the rice as above, but add a little thick white sauce in place of half the cream, so that the mixture is a trifle firmer. Have some small square slices of ham, it must be hot, and the pieces cut thinly, and all lean; a boiled or braised ham is best, or a piece of lean bacon does as well. Put a pile of the rice mixture in the middle of each piece, about a dessertspoonful, take the four corners up, and join them at the top by means of tiny plated skewers. Set the dish over boiling water for a minute or two, then serve on squares of dry toast or fried bread; or, if preferred, on a green purée.

Rice Cutlets, Plain.—Required: five ounces of rice, seasoning to taste, a little fat bacon or butter, an

egg, and some bread-crumbs. Cost, about 5d.

The rice should be boiled and dried as if for curry, then mixed when cool with the seasoning and fat; of the latter, a teaspoonful will be enough; if bacon, scrape it; if butter, melt it; a very little thickened stock is better liked by some, and serves the same purpose. Add the white of the egg, and mould the mass into cutlet shapes. Or spread out on a flat dish until cold, and cut out with a cutlet cutter. Beat the yolk of the egg with a tablespoonful of milk, flour the cutlets, then egg them, and coat with the crumbs. Fry them brown, and serve with little dishes of meat or fish.

The zest may be increased by adding herbs, a morsel of fried onion, curry powder, and various other flavourers.

Rice Cutlets, Rich. (*See* recipe above.)—Use the whole of an egg in mixing the cutlets, and moisten the preparation with a little thick brown sauce. Let it stand for a few hours before shaping, then egg the cutlets, and coat them with crumbs or crushed vermicelli. Fry golden brown, and serve in a ring, with fried parsley in the centre. Cost, about 8d.

If for a separate dish, add the remains of any cooked game, or meat of any sort; many recipes are given for minces under their respective headings, which will be found suitable. They must not be made too soft, or may break in the frying. A sauce or gravy of the brown kind should be served with these. Any of the rich preparations of rice, that are stiff enough to shape when cold, can be used for cutlets; or bread-crumbs may be stirred in to bring the mixture to the desired consistence.

Rice and Egg Stew. — Required: milk, stock, eggs, butter, and seasoning. Cost, about 6d.

This is a very good *maigre* dish of French origin; it furnishes an excellent dinner for children. It is served in soup plates. Wash a quarter of a pound of rice, and put it on to boil in cold milk and vegetable stock, a pint of each. Cook until the liquid is nearly dried up, then add a seasoning of salt and pepper, an ounce of butter, and a grate of nutmeg. Finish the cooking, take the pan from the fire, and beat in two raw eggs. The rice will take about an hour and a half, and should resemble rice pudding in consistence. A carrot or an onion can be cooked and chopped, and added before serving. By thinning with more stock a nice soup is obtained.

We are acquainted with a practical Frenchwoman who often uses bran water in the preparation of such dishes as the above. The hint may be of service to those who do not despise anything on account of its cheapness, as so many unfortunately do.

Rice and Egg Stew, with Onions.—This is a light and nourishing dish for any meal. It is recommended to sufferers from insomnia, as a good "night-cap." Make a stew as above, and for the proportions there given allow a pound or so of boiled Spanish onions. They should be cut up if large. Put them on a hot dish, and pour the stew all over them. This is varied sometimes by the addition of a dash of grated cheese.

A layer of thick celery sauce or purée can be used instead of the onions.

Rice Favourites.—Required: rice, white sauce, ham, tomato pulp, seasoning, vegetables, cream, and parsley as below. Cost, about 2s. per dozen cases.

Take some rice boiled as for curry; add as much rich white sauce of any kind as will make it moist; it should be about as thick as ordinary bread sauce. Grease some small china cases, oval or round, and lay in some strips of hot boiled ham, seasoned rather highly with French mustard, cayenne, and a morsel of chutney. These are to be so placed that they stand up above the edge of the case. Fill with the rice. Over the tops pour a teaspoonful of sauce, made by mixing cream and tomato pulp, equal parts,

and colouring it a pale pink. Between this sauce and the strips of ham put a narrow ring of any cooked white vegetable, cut in shreds, and moistened with cream; celery or French turnips answer as well as any; or hard white of an egg does equally well. Dust this with coralline pepper, and the pink sauce with tiny sprigs of fried parsley. This is a good second-course dish; it should be garnished with fried parsley. Any sort of Italian paste may be similarly served.

Rice Fingers à la Dijon.—Required: rice, milk, butter, cream, eggs, sauce, meat, crumbs, &c., as below. Cost, about 1s. 4d., exclusive of sauce or gravy.

Put a quarter of a pound of blanched Carolina rice into a stewpan with three gills of milk, a bay leaf, and an ounce of butter. Cover with a buttered paper, and simmer softly for an hour or more; the rice must be dry, and the milk absorbed. Then stir in half a gill each of cream and SUPRÊME SAUCE. Add the yolks of three eggs, and beat the mixture well. Take the pan from the fire, stir in a tablespoonful each of braised sweetbread, cooked ham, and any game or poultry, all in shreds. Season nicely, and turn out to cool on a flat dish, well buttered. It must be spread evenly. When cold, cut it in fingers, coat with egg and crumbs, and fry nicely. Serve in a pile, and send a tureen of good brown gravy or sauce to table.

Rice Gâteau, Rich.—This is prepared as described above; the difference consisting in the strength of the stock and the number of eggs. Take a pint of rice after cooking and cooling, and add the yolks of four well-beaten eggs, with a good seasoning of salt and pepper, with a dust of cayenne, and any nice herb mixture. (*See* the chapter on SEASONINGS.) Then beat up the whites of two eggs to a froth, and incorporate them lightly. If for a separate dish, put in four ounces of minced game or poultry, previously cooked; prepare the mould as directed, and cook gently. A ladleful of BROWN SAUCE improves the mixture. Turn out carefully on to a hot dish, and pour gravy or sauce round it. Stocks 4 or 5, or either of the richer ones, can be used for this. Cost, about 1s.

Rice Gâteau, Savoury.—Required: rice, stock, an egg, seasoning, meat or bacon, and bread-crumbs as below. Cost, about 5d.

This recipe is for a very cheap dish; but it will be found a tasty accompaniment to a dish of meat, or can be served alone. First boil some rice in any weak stock until soft and the liquid is absorbed (*see* RICE, BOILED PLAINLY). Supposing a pint of rice, which will make a good-sized dish; mix with it, after it has cooled, a raw egg, well beaten, salt, and pepper, with any other seasoning, about a gill of bread-crumbs, and a morsel of fat bacon in tiny dice; or cold fat meat answers. Beat the whole well together. A nicer gâteau is to be had by using another egg, and reducing the crumbs by half. Prepare a plain round or oval cake tin, by greasing it very thoroughly and coating it with bread-crumbs. Or it can be greased, and strips of bread, cut to fit the tin, be put round it. If this is done, the bread must be dipped in warm liquid fat of some kind. Nearly fill the tin with the mixture, level the top, and bake in a moderate oven for about half an hour. It should be a nice brown, and slip easily from the tin. Sauce or gravy may be put over or round it.

For separate service, any odds and ends of meat or fish may be put in the mixture.

Rice à la Lucknow.—Required: rice, butter, onions, meat, and seasoning. Cost, about 8d., exclusive of meat or other adjunct named.

Put four ounces of blanched Carolina rice in a stewpan with an ounce and a half of butter, a bay leaf, and half a pint of the liquor from a boiled fowl or rabbit. Lay a buttered paper over and cook for an hour and a half, adding

more liquid as required. Season it with pepper, salt, and a pinch of ground coriander and cloves. Put this in heaps round a hot dish. Fry some onions in dice to a nice brown, and add a good seasoning of LUCKNOW CHUTNEY. (*See* the chapter on PICKLES.) Put a little in between the heaps of rice; the precise quantity of onions used is a matter of taste. Fill in the centre with a pile of BROWNED RICE. This is a tasty dish for serving alone, or with meat. It forms an excellent medium for the re-serving of cold meat, game or poultry; a small quantity of either can be cut in dice, and mixed with a little thick brown gravy or sauce that may be left over from the dish, then piled over the centre.

Rice à la Lymphe.—Prepare the rice as in the recipe for RICE À LA CUSTARD, but use a brown stock instead of white, and in place of cream add a mixture of sherry and brown sauce; the other materials are the same. Put this in a fire-proof china dish, and level the surface; garnish the edge with a purée of flageolets (*see* VEGETABLES), then put a ring of sieved egg yolk; go on thus until the centre is reached. Heat before serving. This is a very dainty dish. Cost, from 1s. upwards.

Rice, Moulded.—This is a very plain dish, often liked in hot weather. Allow a pint of milk to a quarter of a pint of well-washed rice; cook together for an hour and a half or so, then flavour and sweeten to taste, and pour into a damp mould to set. Turn out, and serve like the RICE SNOWBALLS. The cheapest rice may be used for this if well washed. Cost, about 3d.

Rice and Pickle Stew.—The dish may be made mild or very piquant, as desired. The foundation consists of rice cooked as for RICE AND EGG STEW; to this is added, a short time before dishing, some finely minced mixed pickles; they may be clear or thick. The eggs must be put in first, and the pickles warmed in a little stock; the stew must not be allowed to boil again. About three good tablespoonfuls of cooked meat are also wanted; the most suitable being calf's or pig's head, or calf's or cow's foot. Tripe is often used in the same way; a morsel of ham or bacon is a welcome addition. This is complete in itself, but a tureen of onion sauce can be served with it.

If a really substantial meal be required, increase either of the meats above-named to a pound; cut it up neatly, and pour the rice over.

Rice Rings, Savoury. (*See* the recipes for RICE CUTLETS.)—Make the mixture for these in the same manner; it should be spread on a tin to the thickness of a little less than half an inch, and, when cold, cut out with a round, crimped cutter, two inches in diameter; cut the centres out with a smaller cutter, leaving the rings half an inch wide. Finish off, and fry the rings the same as the cutlets. They may be used for garnishing a dish of mince or hash; or can be filled with any nice mince of fish, or any kind of meat; or forcemeat balls may be put in the centre; so may the yolks of hard-boiled eggs, coated with a good sauce: in fact their uses are numerous, as they can take the place of croûtons in all sorts of savouries, the seasoning of the rice being regulated by the filling of the rings.

A particularly pretty savoury is made by making three mixtures: one of rich egg sauce; one of brown meat or game with brown sauce; and a third with a white mince, moistened with parsley or any other green sauce. After filling, arrange the rings round a dish, for the three colours to contrast nicely, and put in the centre the small rounds that were cut out. They are to be fried like the rings. Either of the three mixtures should be put in a thin layer on the dish before the rounds are piled on it. This can be served as an entrée.

Rice Snowballs. — Supposing sweet snowballs are wanted, the preparation given for RICE, MOULDED,

may be poured into little cups or deep patty-pans and turned out when cold. They are best with simple custard or some jam or stewed fruit. For a cheap savoury, take some rice that has been boiled until nearly done; spread it on small cloths, and put a little cold meat seasoned and just moistened with thick gravy in the middle. Draw the rice round and tie to form a ball, then steam or boil until the rice is done. Turn on to a dish, and pour plain White Sauce over.

Rice à la Sœur. — Required: rice, fish stock, haddock, eggs, cheese, butter, and seasoning. Cost, 7d. to 8d.

Boil six ounces of rice as if for curry, but in white fish stock instead of water. Let it dry well. Add to it two ounces of butter, and a seasoning of salt, pepper and nutmeg. Take half a pound of dried haddock that has been cooked in any way preferred, but it should not be dried up, and a fleshy fish is wanted. (*See* recipes under Haddock.) Tear the fish into flakes, and add with it the whites of two hard-boiled eggs, chopped up. Pile this on a dish that will stand the oven, sieve the egg yolks, and mix them with an equal bulk of grated cheese, Parmesan for choice; coat the pile with this, pour a little oiled butter over, and heat the dish in a sharp oven; the surface should be a nice brown. It will be found an excellent dish for any meal, and if prepared in advance, it may be heated over boiling water before putting it to brown; this prevents dryness, which is to be guarded against.

Rice, Steamed.—If a potato steamer is to be used, proceed as follows:—Spread at the bottom either a piece of muslin or a thin cloth, then put the rice in an even layer; the thinner the layer the quicker it will cook. Have the water well salted and keep it boiling fast. Turn the rice about if the layer is thick, that the top may get equally cooked. Any sort of rice will cook in this way, and will take from an hour to two, in proportion to the quantity and kind. It is a very convenient as well as economical method, as a pudding, or anything of a mild flavour, can be boiled under it, and the rice will be perfectly cooked.

Rice à la Tremain.—Required: an onion, gravy, jelly, wine, eggs, croûtons, rice, and seasoning as below. Cost, about 7d. or 8d., exclusive of eggs and gravy.

Chop a medium-sized onion, fry it as dark as possible without burning; then stir to it, after draining the fat off, half a pint of gravy, made by boiling down the bones of any cooked game. Stir in half a glass of sherry, a teaspoonful of black currant jelly, and a bit of glaze the size of a nut. Simmer for ten minutes and rub through a hair sieve. Take as much Browned Rice as will fill a half-pint measure, pile it on a dish, pour the sauce over, and mix lightly together with two forks. Have ready four boiled eggs, plovers' or pheasants', quarter them, and put round the base; sprinkle the top with small dice-shaped croûtons, and serve as a savoury. The gravy should be well seasoned.

Rice à la Turque.—Required: rice, butter, an onion, raisins, lemon, stock and seasoning. Cost, about 7d. to 9d.

Take a pint of Browned Rice while still warm; this will make a good-sized dish. Chop and fry a good-sized onion a delicate brown in two ounces of butter; turn the rice in the pan with it, and stir well that the butter may coat the rice; add salt and pepper and a dash of nutmeg, a chopped capsicum and the seeds, a teaspoonful of glaze dissolved in stock, and a couple or three ounces of sultana raisins that have been stewed in a little stock, and cut through. Turn out and garnish with strips of lime or lemon.

This may go to table with any highly-seasoned meat dish, and may be served instead of plain rice with a curry; it is also excellent with fish stews of the piquant brown sort.

Another variation of this consists in adding the lime to the rice and using the raisins for garnishing.

Rice-flour. — This is a superior form of ground rice; it is very white and fine, and is a most useful preparation. It is adapted for gruel and other invalid dishes; also for cakes, pastry, biscuits, &c.; while for the thickening of white soups, and all sorts of vegetable stews, &c., it is excellent. It has the further advantage of cooking very quickly. It costs but a trifle more than ground rice—about 4d. per pound is the average; the French preparation, *Crême de Riz*, costs from 9d. to 1s. per pound. In addition to the following, recipes for the use of rice-flour are given in various other sections.

Rice-flour Porridge. — Required: rice-flour, milk, sugar, &c., as below. Cost, about 3d. to 4d.

This is a good breakfast dish for children, and may be made sweet or savoury. For the first, take three ounces of rice-flour, and mix it smoothly with cold water or milk to a paste. Add a pint of boiling milk by degrees, stirring all the time; pour into a clean saucepan, and simmer for a quarter of an hour or twenty minutes. Unless a double pan is used it must be stirred all the time, as it burns quickly. Serve with milk and sugar, or treacle or a little honey is as good or better. Some will prefer this made with water, with an accompaniment of stewed fruit. Ground rice can be used in the same way; but it takes nearly as long again to cook, and two or two and a half ounces to the pint of liquid will be sufficient. Ground rice is generally sold loose, while rice-flour is in packets, and is on that account much cleaner.

Risotto.—This is a dish to be had in perfection in Italy; there are various ways of preparing it, most of which are very tasty and much liked. It is a famous dish for the commencement of dinner in the place of soup, though it may be eaten at any meal. The following recipes will illustrate the different sorts of risotto.

Risotto, Austrian.—Wash four ounces of rice and boil until done; pour the water off, and wash the rice in cold water. Drain it, and put in a pan with a couple of ounces of fat or butter and two ounces of grated Parmesan; when the cheese hisses, serve with melted butter over it. Cost, about 5d.

Another way.—This is very nice. Put some marrow in a saucepan, and before it is quite hot add some shredded onion and chopped parsley. Then put in some raw veal in dice, and cook until done. Wash and drain some rice and add it with enough stock to prevent burning, then cook until the rice is done; it should not be stirred; flavour to taste with grated Parmesan, stir then for a few minutes, and serve on a very hot dish.

The precise proportions of the several materials are here left to the discretion of the cook; but we think that the dish will be liked best if only enough marrow to cook the veal be used; the rice may be double the amount of meat, and the stock may be increased in proportion to the consistence desired.

Risotto, Italian. — Required: an ounce of butter, a small onion, from two to three ounces of rice, a pinch each of saffron and nutmeg, about a teaspoonful of grated Parmesan, and half a pint of any nice stock. The onion is cut up finely and fried in the butter to a yellow colour, the washed rice goes next, and, if a thick dish is liked, the full quantity above named may be used; it should be stirred rapidly for a few minutes; the stock goes next, and the rice is left to cook until swollen and tender. After seasoning, it is ready to serve. This is risotto for one person, as served abroad. Cost, about 3d.

Another way.—This is a more substantial dish. The onions are fried in a mixture of marrow and butter; the fat is then drained off and the rice put in and stirred for a short time; about

half a pound of rice to four ounces of fat will answer. The onions can be put back if liked. Some good stock to cover goes next (it should be fast boiling); when the rice is about half done, sliced sausages and chopped mushrooms are to be added, with salt, and saffron to make the whole a rich yellow. By the time it is ready to serve it should be a thick stew. Butter is put in last thing for a rich dish; and cheese is added or handed with the dish. Any nice sausages may be used for this; they are to be first partially cooked. Cost, about 1s.

Risotto, to serve with Fish.—Cook the rice on the principle detailed above, using a mixture of stock and tomato conserve for the purpose. A morsel of onion should be fried in the butter at starting, and a bunch of herbs is an improvement. Season nicely and colour a pale pink. Any white fish with sauce, left over from a previous meal, may be divided and put in the centre or round the rice; or small fillets of fresh fish may be cooked with it. Lobster coral is the best colouring, and the addition of cheese is quite optional. Cost, uncertain.

Saffron Rice.—Required: half a pint of rice, a pint and a half of milk, or weak white stock, or the two may be mixed; a teaspoonful of salt, half as much white sugar, an ounce of chopped onion, cayenne to season, and enough saffron to give a rich yellow tinge. Cost, about 6d.

Blanch the rice (*see* page 558), and cover it with the stock; bring it to the boil very slowly, then add the rest of the ingredients, with a morsel of butter. Cook softly until the rice is done, and the moisture absorbed, then turn out for use. In the event of this being required as an adjunct to any fish dish, use a fish stock in preparing it. If to go to table with a curry (with which it is very good), use the same sort of stock the curry is made with. It forms alone a nice dish in warm weather; but various additions are admissible—such, for instance, as chopped ham or tongue, scraps of poultry, cold meat with a little stuffing, or the remains of any tasty fish snack: in fact, it can be varied in dozens of ways.

For a vegetarian dish, use water, milk, or stock No. 11 or 12.

Saffron Rice Cakes.—Prepare the rice as above directed; take half a pint, after it has cooled, add a tablespoonful of grated ham, a little powdered bay leaf and mustard, a gill of thick sauce, and a well-beaten egg. Then mix in by degrees as many fried bread-crumbs as will make the mixture firm enough to shape into cakes; they may be round or oval, about a quarter of an inch thick. Brush them over with raw egg, and coat them with fine white bread-crumbs, then fry them a delicate brown. Cost, about 8d.

The flavouring can be varied by adding cold fish or chopped pickles instead of ham; vermicelli may take the place of crumbs for the exterior; and, for a cheaper dish, the white of the egg can be reserved for the coating.

Saffron Rice Sausages.—Shape the foregoing mixture into small sausages, and either fry them, or brown them in a quick oven, or before the fire. They are a nice addition to a breakfast dish of bacon or eggs. They are also suitable for serving with liver or kidneys.

The rice is sometimes moulded in the form of tiny cottage loaves, and served as Saffron Rice Loaves.

Sago.—This is obtained from the sago palm. It is a starchy food, and from a nutritive point is not to be compared with semolina, or any foods made from nitrogenous grain. At the same time, sago is a useful and generally liked food; it is a popular thickening medium for soups, vegetable stews, and many similar dishes, and is considered light and easy of digestion. Sago absorbs the fluid in which it is cooked, and becomes soft and transparent, but retains its shape. There are several kinds—small or pearl, medium, and large or bullet sago; for

general purposes the first-named is the most useful. Sago must be well washed; it should be rubbed between the hands, and the water changed several times. Cost, from 2d. to 3d. per pound.

Sago meal is imported into this country, and used for the foundation of custard powder and other articles manufactured on a large scale. In this form it can only be distinguished from arrowroot by microscopic examination. For various dishes from sago, *see* INDEX.

Sago, Moulded.—This is simple, but very nice with stewed fruit, or a sweet sauce. Put four ounces of washed sago into a saucepan that has been rubbed at the bottom and sides with a bit of butter; add a quart of cold milk, stir to the boil, and cook for an hour and a half. Sago burns very quickly, and if no double pan be handy, watchfulness and frequent stirring are needed. Beat in the yolk of a raw egg off the fire, then pour into a damp mould or basin, and turn out when cold. If preferred without fruit or sauce, the sago must be sweetened; for the sake of economy the egg can be left out. Cost, about 5d., exclusive of sauce or fruit.

Semolina.—This highly nutritious cereal is made from wheaten flour of the best kinds. There are two sorts—the white and the yellow, the latter being considered the best. In appearance semolina is similar to hominy, but is less rough and cooks in a shorter time. It is admirably adapted for invalid dishes of all sorts; and for general purposes it can be used like hominy; it is added to many kinds of soups, both meat and vegetable. Cost, about 3d. per pound, or, for the best Genoa, 4d. (*See* INDEX for other dishes.)

Semolina Mould, Savoury.—Required: semolina, milk, liver, ham, mushrooms, eggs, cheese, crumbs, seasoning, and sauce as below. Cost, about 10d., exclusive of sauce.

Cook in a jar or saucepan, two ounces of semolina and a pint of milk for an hour. (*See* the recipes under HOMINY.) Draw the pan from the fire, and add a tablespoonful of calf's liver that has been fried and minced, the same measure of fried mushrooms, and two ounces of grated ham. Season with salt and pepper, and a pinch of cayenne and mace. Add half a tablespoonful of grated Parmesan cheese, and the yolks of two raw eggs; beat hard for a few minutes; then stir in the whites, whipped to a froth. Grease a plain mould, coat it with bread-crumbs, and pour the mixture in—the mould being only two-thirds filled. Bake until the top is firm and a golden-brown colour; about twenty minutes. Turn out carefully on to a hot dish, and brush over with thin glaze; pour BROWN SAUCE round, and serve for luncheon or dinner.

This is a very good dish; for another variety, omit the cheese, and add any remnants of cooked game. The mould may be surrounded with braised mushrooms or tomatoes (*see* DRESSED VEGETABLES), and the sauce or gravy, such as would be served with game, sent to table in a boat.

Semolina Mould, Sweet.—Use three ounces of semolina to a pint and a half of milk; the grain should be very carefully washed and looked over for this. Cook as above, add an egg, after it has cooled a little, with any essence to flavour, and white sugar to sweeten, about an ounce. Pour into a damp mould, and turn out when cold. Serve with jam or fruit. Cost, 5d. or 6d., exclusive of adjuncts.

Sparghetti.—This is a form of macaroni, thread or taper-shaped, instead of pipe-shaped. It is served at the commencement of dinner in Italy, and the ways of preparing it are many. A very simple one is to boil it in slightly salted water or plain stock, then to turn it into the dish for serving, and mix with each quarter pound a tablespoonful or more of grated Parmesan cheese. This is tossed lightly but quickly, until the cheese melts and has a cobwebby appearance; or, to use the correct term, until it "spins." About as much tomato conserve as cheese is then stirred in, and the dish served at once.

The addition of a hint of garlic is common in Italy.

Sparghetti with Eggs.—Required: sparghetti, eggs, and sauce as below. Cost, about 1s. 2d. to 1s. 4d.

Boil the sparghetti as above, and allow six hard-boiled eggs to half a pound. Turn the sparghetti into the dish, and pour over it half a pint of sauce; this may be plain white, parsley, onion, celery, caper, or tomato. The eggs may be sliced, and put over the sauce, or the whites can be cut up and put in the sauce, and the yolks cut through and used for garnishing. This is a substantial dish, calculated to reduce the butcher's bill, and is almost sure of a welcome by reason of its novelty.

Sparghetti with Tomato Rolls.—Required: stock, sparghetti, cream, cheese, butter, and rolls as below. Cost, about 10d. to 1s., exclusive of the rolls.

This dish is particularly recommended to those in search of a delicious and novel dish of the kind. Boil half a pound of sparghetti in any white stock from poultry or meat. When done, lay it in a stewpan and pour half a gill of cream and the same measure of the stock it was boiled in over it. Cover, and let it absorb this; meanwhile get ready the rolls, about half a dozen (*see* the recipe for TOMATO ROLLS, ITALIAN, in *Dressed Vegetables*). Take a second pan, slice into it two ounces of any rich English cheese, and the same weight of grated Parmesan, and butter; pour in a gill of the stock from the sparghetti, and shake the pan—do not stir the contents—until all the ingredients are well blended. Pour this over the sparghetti in a dish as hot as possible, and serve at once. The rolls are to be placed round the sparghetti.

NOTE.—For savouries of this sort, a hot-water dish is an almost indispensable adjunct.

Steam-cooked Cereals.—There are a large number of foods to be had, which are said by the makers to require very little further cooking; and as the number is likely to increase, a few words on their uses and treatment may be acceptable. First we would say that, as a rule, they are improved by longer cooking than the makers direct; especially so far as various preparations of wheat, maize, barley, and oatmeal are concerned; but it should be understood that we are for the moment referring to the whole or coarsely-ground cereals, not any in the fine state. By the longer cooking here advised, the grain has a better flavour, and is more digestible. Such foods are very useful when required in a hurry, and the time needed for the cooking of the ordinary cereals cannot be given. Some of the American articles of this kind are excellent. Then there are fancy or manufactured foods of the same kind in an endless variety; some of these are very nourishing; others are more starchy, and less valuable for nutrition, but are easily and quickly converted into various tasty dishes, both savoury and sweet. (*See* INDEX.)

Tapioca.—This is of the same nature as sago, and our remarks with respect to the uses and nutriment of that food apply equally here. The cost is about the same, and the best kinds are the cheapest in use, as they are much more satisfactory, however cooked. For invalids' cookery, or any dish of a very delicate nature, the French tapioca is recommended (*see* FRENCH CEREALS, page 545). The store jar containing tapioca must be well covered, as it is liable to the attacks of insects. In washing it, throw away all floating grains. (*See* INDEX for other dishes from tapioca.)

Tapioca, Baked.—Put three pints of cold water in a greased jar, add a little salt and six ounces of tapioca, and leave to soak for a few hours. Then bake it in the oven, which can hardly be too slow, for at least three hours. It should be of a thick jelly-like consistence. Prepared in this way, many uses will be found for it, as it will keep for several days and

only requires re-heating. This should be done by setting the jar in another of boiling water over the fire. It is also very handy as a base for savoury stews, by adding vegetables and seasoning. (*See* the recipe under BARLEY.)

Tapioca with Cheese Sauce.—Take a pint of tapioca as above; add while hot a little celery salt, pepper to taste, and a grate of nutmeg. Stir in an ounce of butter, and make the whole hot. Turn it out, and pour a pint of CHEESE SAUCE over it. The appearance is improved by dredging with bread-crumbs and grated cheese, and browning it in the oven. Cost, about 6d. to 8d.

Tapioca with Cheese and Tomatoes.—This is a nice supper dish. Halve some medium-sized tomatoes, and spread them thickly with tapioca as above. Sprinkle with crumbs and cheese, and put a morsel of fat of some kind on each half. Cook in a sharp oven, and pour cheese sauce round them.

Another way.—Bake the tomatoes, plain or savoury (*see* VEGETABLES); when done, lay a thin slice of cheese on each, and as soon as it has melted—after a minute in the oven—cover with the tapioca; sprinkle with browned crumbs and grated cheese, and serve as hot as possible. Cost, from 1d. to 2d. each inclusive, according to size.

Vegetarian Brawn. — Required: a pound of pipe macaroni, half a pound of tomatoes, two ounces of cheese, an ounce each of corn-flour and barley-flour, six eggs boiled hard, two raw eggs, a teaspoonful of sage and parsley mixed, a tablespoonful of mushroom ketchup, salt and pepper, and half a pint of water. Cost, about 1s. 9d.

First boil the macaroni, cut it in half-inch lengths, and put it in a saucepan. Pour half a pint of the water from it, boiling, over the tomatoes. Then sieve them to leave skins and pips behind. Add them with the water to the macaroni in the saucepan. Then chop a large onion, or a few stalks of celery, according to taste—either must be cooked; add it with the grated cheese and the other seasonings, and stir to the boil; then mix in the thickenings and boil for a few minutes, stirring all the time. Take the pan from the fire, and add the raw eggs gradually, beating hard; they must first be well beaten and strained. Take a basin or mould, and add the hard eggs to the mixture, either in slices or dice; when cool, fill the mould and set it in a cold place for at least ten hours, then turn out and garnish with green salad or parsley.

Brawns of this sort are varied in many ways; curry powder or paste can take the place of ketchup; boiled white haricots, ground or split, may be used instead of some of the macaroni; lentil flour can be used for the thickening; but the above is very nice, both to look at and to eat. A further improvement is effected by using a good vegetable stock instead of water, and flavouring with a good store sauce and a dash of chutney.

Vegetarian Haggis. — Required: onions, oatmeal, seasoning, herbs, wheat, lentil flour, bread, eggs, milk, and potatoes. Cost, about 8d.

Allow a pound of Spanish onions, a teaspoonful of powdered sage, half as much parsley, a teaspoonful of salt and half as much pepper, to four ounces of coarse oatmeal, two ounces of crushed wheat, and one ounce of lentil flour. Chop the onions, put them into a bowl with the other ingredients, then add two eggs and half a pint of milk, or half may be vegetable stock; these should be beaten well first. Then add two ounces of brown bread-crumbs, and beat hard. Put the mixture in a plain tin mould, basin shape, drop into boiling water, and keep it boiling for three hours. Serve with mashed potatoes.

For a cheaper dish, leave an egg out, and add more bread or an ounce of fine sago. Where oatmeal is much liked, the wheat can be left out, an extra weight of oatmeal being used; to vary the flavour, add bay leaf or thyme in powder in place of sage. These are

very cheap and substantial. In tying the cloth over the mould, leave room for swelling.

Vegetarian Kedgeree.—Required: half a pound of boiled split peas, half as much cooked rice, a little stock or milk, a seasoning of salt, pepper, ginger, and curry, half a pound of fried onions, and four hard-boiled eggs. Cost, about 8d.

Mix the rice and peas, moisten with the milk or stock, season, and pile on a dish, and garnish with the eggs and onions.

Vermicelli.—This is a preparation of wheaten flour similar to macaroni, but very much thinner; it is in the form of long threads, and derives its name from its worm-like appearance. It is of Italian origin, and may be used either for sweet or savoury dishes, in the same way as macaroni. When required for clear soups, it should first be boiled for a minute or two in water, or it would cloud the soup; it must then be added as soon as strained, as if left to cool it forms lumps, and cannot be afterwards separated. This precaution must be observed whenever parboiling is necessary, let the liquid to which it is to be added be what it may. This is one of the most digestible of the farinaceous foods; and is of great value in preparing dishes for invalids. Cost, about 5d. to 7d. or 8d. per pound. (*See* recipes under MACARONI; *see* also INDEX.)

Vermicelli au Lait.—This is a simple but very nice dish; it may be served in place of porridge for breakfast, or instead of pudding for dinner; and while good in itself, it is nicer with stewed fruit, or a sauce of any kind (*see* SWEET SAUCES). Spice can be added at discretion, and honey may be substituted for sugar. Blanch five ounces of vermicelli as above directed; drop it lightly into a quart of milk that is just on the point of boiling; stir until all is added, then simmer for about twenty-five minutes, a trifle more or less according to its quality, and serve in a hot dish. Use a double saucepan if possible. Cost, about 6d.

Wheat.—This is the cereal that is consumed in the largest quantities. It has been said that where wheat will grow, there it is grown; and that where people can get it, they will have it. The universal preference for wheat is attributed to the comparative ease with which it is separated from the husk, the large yield of flour from a given quantity of good wheat, and the fact of its containing all the elements necessary for the sustenance of man. The product of wheat is more abundant in countries that have a higher temperature than our own; it is cultivated here with difficulty. The origin of wheat is unknown. The terms red and white refer to the colour of the grain. By soft wheat, is meant the floury, tender sorts; by hard wheat, the firm horny kinds are indicated. The feeding value of the latter is much higher than the former; in the hardest sorts of all, used for Italian pastes, the nitrogenous matter is double the amount found in the softest specimens. In such, the starch is less in proportion; therefore, each has its special uses. It is estimated that there are over a hundred—some say nearer two hundred—varieties of wheat, though, in many cases, the difference is but trifling.

The products of wheat in the shape of macaroni and allied substances may be dismissed here, being treated under their several headings. We will, therefore, confine ourselves to the consideration of wheat in the whole and crushed condition; and will try to simplify matters for the inexperienced, who are sometimes, and not unnaturally, bewildered by the number of names that are bestowed upon the various patent and other preparations of wheat. First, the whole grain; this has but few uses in the kitchen; we use the term whole, though, in most cases, the extreme outer coat of bran is removed. In some localities, the name of groats or grits is given to whole wheat, though strictly, we believe, such terms

should only be applied to oats. Next in degree of fineness, we get cracked or crushed wheat; this is commonly used for PORRIDGE and other purposes. The ways of milling are now numerous, and some are very complicated; and it is due to these differences that the names above referred to are given to wheat: we may cite "rolled," "flaked," "crystals," and "cyclone" as familiar instances. In decorticated wheat, the germ and exterior husk are removed; this is to be had in the coarse state as well as fine for bread, &c. In genuine whole meal the grain is only cleansed before grinding, the outside branny coat being ground up with it. A recently introduced article, known as "germ flour," differs from ordinary kinds by reason of the return of the germ to it; it is first removed, and, by a patent process, so treated that it has no injurious effect on the flour—in ordinary cases it does act injuriously on the flour, hence its removal—which is used for bread and kindred foods with a good deal of success. The various kinds of flour—viz., wheat in its finely-ground state—are detailed in other chapters. As to the best forms of wheat, as here considered, for ordinary uses the changes may, we think, be rung upon them with advantage; for even if one could decide on the very best from a nutritive standpoint, change is beneficial; but more of this when we come to deal with BREAD.

Wheat with Fruit.—This is a dish of ancient origin. It goes now by the name of "Durham Pudding." It is made by baking wheat in water as below, until perfectly tender, and of the consistence of ordinary porridge. It is then put in saucers, hollowed in the middle, and filled in with any fruit that may be in season; blackberries are a favourite; they are stewed, and may be hot or cold; the fruit is to be well sweetened, as no sugar is put in the wheat. A spoonful of cream is put on the top. In place of cream, some thickened milk may be used; it is made by boiling a tablespoonful of corn-flour or rice-flour with a pint of milk, and adding the whole or the yolk only of an egg. But if cream can be had, it should be used; it then makes a famous dish for the breakfast of delicate children; the benefit derived from cream is often very great.

Wheat Frumenty (or Furmenty).—This is a very old-fashioned but nice and nourishing dish, if sufficient time be given to its preparation. Take as much wheat as may be required, wash it well, then put it in a jar, and cover with cold water; leave it to soak for twelve hours, then bake it in a very slow oven until done. It should crack and be soft, but not be broken up; it may take from four to six hours. Some prefer to bake the wheat in milk, which makes it nicer and more nourishing, but it does not cook so well; another way, and a good one, is to use water for the first part of the cooking, and milk for the finish. When ready for the frumenty, take some of the baked wheat, and allow for each quart the same measure of new milk; put both over the fire, and stir to the boil; add about a quarter of a pound of clean dry currants, or raisins, stoned and halved, and in about twenty minutes take the pan from the fire, and stir in sugar to taste and some spice (nutmeg or cinnamon is often used); then beat in a couple of eggs, or, where they are plentiful, more may be used; do not boil again, but beat for some few minutes. This should be sent to table in a junket bowl, and served in cups. To rich dishes of this sort, in the days when frumenty was a Lord Mayor's dish, brandy was one of the ingredients.

When whole wheat cannot be got, cracked wheat may be used. We may mention that other fruits are as nice as those named. For example, prunes, figs, dates, and dried bananas are very suitable; currants are not digestible, and are better omitted if for children; the raisins are improved by soaking for a few hours in water.

Wheaten Porridge.—This can

be made in either of the ways already given for OATMEAL PORRIDGE. About six ounces of wheat may be allowed to a quart of water or milk, and the porridge may be served with the usual adjuncts. If cracked wheat is liked, give it two to three hours; decorticated, if finely ground, will be done in one hour. There are no nicer porridges than this; it often agrees better than any other, and it is very cheap. (*See* STEAM-COOKED CEREALS.)

PULSE.

PULSE is to the vegetarian what animal food is to the meat-eater. The composition is the first thing to grasp. How many have jumped to the conclusion that all pulse is bad and gives rise to discomfort, after a hearty meal of boiled haricots and roast beef; or of lentil soup, perhaps made with meat stock, and followed by a cut from a joint. There is no reason why beef and beans should not be eaten together in very moderate quantities; but it must be remembered that a plate of potatoes and a plate of pulse are two things in more than one sense. Potatoes are about three-fourths water; pulse is only an eighth, or a trifle over. Here, then, we have a highly concentrated food; the amount of nitrogenous matter is very large; and the addition of food of both the fatty and starchy kinds is necessary to make the dish complete, whether it is to form the substantial part of a meal or only an adjunct. Unless this be done, the system will be burdened with an excess of flesh-forming material, as the heat-givers in pulse are disproportionate. Our highest authorities are of opinion that the nutriments rich in starch, sugar, and fat should go to table with pulse, or be amalgamated in the same dish.

Lentils.—These are generally agreed to be the most digestible of the class, though opinions differ, and some writers give the palm to haricots. A few years ago we made various experiments with the whole brown Egyptian lentils; the resulting dishes were rich in colour, but not altogether pleasing to the palate; and in a few instances they caused flatulence. We have since learned that in the skin a certain bitter principle exists; the precise nature has not been determined, but it is this that gives rise to the discomfort. Besides this, in whole lentils, there is a lot of fibrous useless material, and no small amount of dirt; so we discarded them for the same thing, practically, in a cleaner and more nutritious form, viz., split lentils. These are far more generally approved; they are less trouble to clean, cook in a shorter time, and are nicer in flavour.

Then there are the *green*, or German lentils. They are higher in price, but so far as we have been able to ascertain, their superiority consists in their taking less time to cook; and their colour, especially when heightened by a little green colouring, is favourable to their adoption for such dishes as are entitled to rank above the commonplace. *Lentil Flour* is a useful thickening medium for ordinary soups, stews, and the like; it is also of value for invalid dishes. (*See* INDEX.)

Haricot Beans.—White beans are the best known and the cheapest. They are the dry mature bean of the plant whose pods we eat in the green

state as French beans; including the various kinds of kidney and dwarf beans that differ according to soil and locality, and are distributed over a good part of Europe. The "giant" haricots gain preference at most tables; but we prefer the small beans; the skins are thinner, so they are more digestible, and the time required to cook them is more easily reckoned. It is quite possible to boil the "giants" for four or five hours before the desired softness is attained; while a very good sample of the same beans might be done in little more than half the time.

Split White Haricots are handy when time runs short, as they take less time than whole beans; and in purées, and all such dishes, the final mashing is greatly facilitated by the splitting.

Brown Beans are about the same price as the white; they make good soups and stews, but must be cooked long and slowly.

Red Haricots are rather dearer; their flavour is excellent, and in consequence of their rich colour they are valued for good soups. (*See* the recipe on page 60.)

Green Beans, called *Flageolets*, are the highest in price; they have thin skins and are of delicate flavour. In the hands of an intelligent cook their uses are legion; they are admirably adapted for winter salads. These cost about fivepence per pound; the other sorts range from twopence to fourpence. If bought in quantities a saving is effected, but careful storage is of importance, pulse being readily attacked by insects.

Peas.—These are familiar to most people in the shape of peas pudding; a dish by no means to be despised when well cooked, and it is found to agree; but of the entire pulse tribe peas are, as a rule, the most difficult to digest. Split peas are preferable to whole ones, but for the majority, *pea-flour* or *pea-meal* is best of all. It should be freshly ground and stored in tins. (*See* the third recipe for PEAS SOUP, page 57.) Lastly, a few words on *dried green peas*. These are to be had both whole and split; the latter are the more useful. The main difficulty is to get them all one sort; "marrow-fats" are the best; a reliable dealer should be applied to for them, for the mixing is a hindrance to successful cooking. When dishing-up time comes, it is a common experience to find half the peas green and mellow, and the rest a bad colour and of flinty hardness—all due to the mixing.

We now turn to the initial treatment of pulse generally, and for the whole and split it is the same, and is simplicity itself if a little forethought be exercised, and just a few rules are observed. The first thing is the washing, and this is certainly some little trouble. To put peas or any other sort of pulse into water, and pour it off, is not washing and will not suffice. Lentils are the dirtiest of all as a rule. Plenty of water is wanted, and it must be renewed several times. The pulse should also be rubbed between the hands until quite free from dirt. Renew the water until it comes away clean, then put the vegetables in a sieve, or colander, under a running tap for a final rinse. The soaking should be from twelve to twenty-four hours, according to convenience; use plenty of cold water, and if very hard add a morsel of borax or bicarbonate of soda. Do not use ordinary washing soda. When the time comes for the cooking, the soaking water should be thrown away, and with it all vegetables that float; they are grub-eaten, therefore worthless. We may remark that

oatmeal has a very softening effect on pulse, and is, therefore, a good addition to the soaking water; a couple of ounces will serve for a pint of beans and a couple of quarts of water. When used, increased attention to the rinsing is necessary.

Concerning the cooking, as a rule, the water or stock should be cold when added; *green* peas and beans of the best kinds *may* be put in hot liquid, and as a natural consequence, the colour will be improved. Salt must not go in at first; it retards the cooking by hardening the skins; a pinch of sugar is useful, so is a morsel of fat free from salt; it induces softness and swelling, and improves the flavour. A wooden spoon is the best for stirring; an iron one tends to shrivel the vegetables; this is especially noticeable in beans. The slower the process the better, but the cooking should be continuous.

And what of the residue in the shape of superfluous liquor? We may take the case of a dish of beans to be served as a vegetable. If during the final stage of the cooking the water be allowed to evaporate, there will be little, if any, to strain off; but it is quite common to see a quart or more poured down the sink, carrying with it a good deal of nutriment; so common in fact, that we have ceased to regard it with surprise, only with regret. To the thrifty Frenchwoman, who makes much of the liquor from boiled vegetables of all sorts, it seems incredible that the wilful waste of such a valuable residue as pulse liquor can be the rule in our country. One thing is certain: it is so useful for all sorts of purposes that, once tried, no intelligent housekeeper would willingly dispense with it.

Beans, Haricot, Boiled.—This is a plain dish, suitable for serving with roast meat. Wash and soak the beans, put them on in cold water, add a lump of dripping the size of an egg to the pound, and, when they have begun to soften, a little salt and a few peppercorns; cook until done (*see* remarks on page 575), then add more seasoning to taste, and either put the beans in a hot vegetable dish, shaking them up with a little butter, or, what is by many considered the nicer way, put them on a dish with the joint, and some of the gravy. This is excellent if the joint be a shoulder or neck of mutton, and a tureen of onion sauce is served with it. Cost, about 3d., without sauce.

Another way.—Stir an ounce of butter and some chopped parsley, with seasoning to taste, into the beans, and shake the pan over the fire for a few minutes: add a squeeze of lemon juice, and serve in a dish. This way is popular; so cooked, the beans go well with a hash or stew. For vegetarians, oil or butter must replace the dripping used at first. A suspicion of garlic is added abroad to beans so cooked (*see* GARLIC in *Vegetables*). Green or white beans may be cooked in either of these ways. Cost, from 4d. upwards, according to kind.

Another way.—With white beans, boil some small onions, or a little celery (white part only), and serve with the beans. There may be about a fourth the bulk of either of these. Sometimes the water is poured off when the beans are nearly done, and some hot milk is put in, with a thickening of flour and butter. This is a delicate and delicious dish; but the surplus water should be used for soup. In all the foregoing recipes, a plain meat stock, or a vegetable stock, can replace the water at starting.

just according to taste and convenience.

Beans, Haricot, Curried.—For an ordinary plain curry of white or green beans, follow the instructions given for LENTILS. For brown or red beans, the stock used should be brown; it may, of course, be a vegetable or a meat stock (*see* STOCKS), and should be made more piquant than for the others; fried onions are always suitably added to the beans at first, and it is a good plan to serve some rice cooked in a savoury manner with them. (*See* recipes under RICE; for instance, CURRIED RICE or SAFFRON RICE would be suitable.) Cost, variable.

A very simple way of making a curry of beans, when only a mild flavour is liked, is to dissolve some curry paste in boiling stock (brown or white) and stir into the beans ten minutes before serving. From a large teaspoonful to a dessertspoonful may be used to each pound of beans.

Beans, Haricot, with Eggs and Black Butter.—Required: beans, eggs, seasoning, croûtons, sauce, &c., as below. Cost, about 1s. to 1s. 3d.

This is tasty. Boil half a pound of white or green beans (*see* preceding recipes), but omit any herbs; season with salt and pepper only. To each pound add six or eight eggs; they should be fried and trimmed (*see* EGGS), and laid round the beans. Prepare some BLACK BUTTER (*see* HOT SAUCES), and pour some over each egg. Place a croûton in the centre of the yolks (a tiny star or half-moon shape looks pretty), and serve hot.

Beans, Haricot, with Eggs and Tomatoes.—Required: beans, eggs, tomatoes, sauce, &c., as below. Cost, from 1s. upwards, if six eggs are used.

Prepare the beans as above; to each pound add a gill of tomato pulp, just in time to get hot through; season nicely. Lay the eggs on, fried or poached; put between them a little pile of tomatoes which have been sliced and grilled, then cut in dice shapes (*see* TOMATOES). Pour a little PARSLEY SAUCE round the white of the eggs; take care not to smear the yolks. The combination of colours and flavours in this dish is very satisfactory. Caper sauce may be used instead of parsley.

NOTE.—White beans are intended, and, after adding the tomato, put in a drop or two of colouring to give a pale pink tinge.

Beans, Haricot, Fried.—One of the most tasty and popular ways of serving beans is in the style of the national cookery of Mexico, called "frijoles," pronounced "fre-o-les." The beans are boiled until soft; they should be swollen to their fullest capacity, but not broken, and must be left until cold; the more perfectly they are drained, the better the dish. Some thinly-sliced onions are first fried in olive oil; when these are half done, the beans are added; they should be sprinkled with sage and pepper, no salt, and fried a good brown. Toss and serve altogether, piping hot, adding a little salt at the end. This is said by one writer to be "first-rate when cold, but good enough for a king when hot;" "and if for a king," says another writer, "why not for his loyal subjects?" Cost, about 4d. to 5d. per pound.

A crust of bread, rubbed with garlic, may be tossed with the beans for a moment if the flavour is liked. Where sage is objected to, parsley and thyme may replace it; but it is not easy to improve the original recipe.

A very good dish is made by serving any other vegetable, cooked in a tasty manner, round the beans: for example, carrots, turnips, or celery, stewed or as a purée; or potatoes, fried, curried, or in balls or croquettes, or any other tasty form. A dish of rice also goes well with the beans.

Beans, Haricot, Porridge of.—For this, the split beans referred to on page 575 may be used; or, what are still better, ground haricots; these are the same thing in a finer form, but are not so generally obtainable. For a

porridge of the usual sort, the beans should be soaked, and cooked like oatmeal porridge for a couple or three hours, then served with milk and sugar; but a savoury porridge is more likely to be appreciated. Vegetable stock can be used instead of water; it gives softness and a superior flavour; and a morsel of butter stirred in at the end is a great improvement; or some milk thickened with corn-flour or barley-flour (an ounce of either to half a pint of milk) is liked by some; it should be stirred in a little while before serving. Salt and pepper are the only seasonings really necessary. A mixture of haricots and pearl barley makes a famous porridge; they should be soaked and cooked together, and, where no porridge pan (*i.e.* a double pan) exists, we advise baking in a jar; this can hardly be cooked too long, and there are few better dishes for cold weather. Cheese may be used to flavour if approved; with the addition of an onion or two, it forms a good dish for supper.

Beans, Haricot, with Potatoes.—Required: beans, stock, butter, potatoes, an onion, a tomato, crumbs, cheese, flour, and seasoning as below. Cost, about 8d. or 9d.

Boil half a pound of haricots in plain stock until done; red or brown beans are best for this dish. Put them in a fireproof china dish ready for table; put a few bits of butter over, cover, and set in a good oven for a few minutes. This trifling detail has to do with the success of the dish. Next add a good-sized onion and a tomato; both sliced and fried (*see* recipes in VEGETABLES), and cut up small. Stir the whole well, level the top, and cover it an inch thick with mashed potatoes. (*See* VEGETABLES.) Dredge with bread-crumbs and grated cheese, and bake a good brown. Take half a pint of the stock from the beans, add it with a little flour to the pan the onion was fried in; boil up well, season, add a dash of browning and store sauce, and serve in a boat; a bay leaf will improve this, and it must be carefully strained. BROWN SAUCE may be used instead of this gravy.

Beans, Haricot, Brown Purée of.—Required: beans, stock, herbs, seasoning, dripping, and vegetables as below. Cost, about 6d., exclusive of garnish or adjuncts in the form of rice, &c.

Soak some brown beans, cover them with stock No. 1 or 2, add a bunch of herbs, a few black peppercorns, an onion stock with two cloves, a piece of carrot, a stalk of celery, a pinch of brown sugar, and an ounce of dripping to each quart of beans. Bring to the boil slowly; if hurried at first, the beans are very difficult to soften after; skim just before the liquid boils. Go on simmering for three or four hours, or until soft; pass through a wire sieve or colander, and return to the sauce-pan; add seasoning, with a dash of browning, and any approved store sauce. Serve with any cereal—as rice, cooked plainly—and garnish the purée with a few small slices of hot bacon; or it can go to table with meat, if the latter is eaten in small quantities; but in itself it is a highly nourishing dish. (*See* page 574.)

For a *maigre* dish of this sort, use any vegetable stock, oil instead of dripping, and serve with onion or celery sauce, or with vegetarian brown sauce (*see* HOT SAUCES). For a more savoury dish, add a fried onion or two to the beans.

Beans, Haricot, Brown Purée of, Rich.—Cover the beans with stock No. 4 or 5; cook as above, and, when nearly done, add half a gill of claret to every pint of beans. After sieving, season highly with black pepper and a pinch of cloves and nutmeg, with salt to taste; stir in a teaspoonful of red or black currant jelly, and the same of tomato conserve. This is very nice, and may go to table with any hashes of game or dark meats. Cost, about 8d., for a dish of a pint of beans.

Beans, Haricot, Green Purée of.—Put as many green beans as

may be wanted in white stock to cover them, No. 9 for a rich dish, or any plainer variety for a cheaper one. The beans must be first washed and soaked (*see* page 575). Add a slice or two of onion, turnip, and a stalk of celery; cover with a buttered paper, and cook until no liquid remains. Sieve the beans, and put back in the saucepan, with an ounce of butter and a tablespoonful of chopped parsley to each pint; add salt, stir, and sharpen up with lemon juice or flavoured vinegar, after taking from the fire, and add a dash of green colouring. For a cheaper dish, the butter may be reduced; for a better one, add a little cream also. Cost, from 5d. to 6d. per pint inclusive.

NOTE.—All green purées should be more delicately seasoned than red and brown ones. When for separate dishes, sauce served in a tureen should go to table; it is a great improvement; as a guide to this, so far as kind and richness go, the stock used for the beans will best serve; if that is rich, the sauce may be any of the good white sorts, or PARSLEY, or any other; and for the plainer purées, the cheaper sauces detailed in our recipes furnish a good choice.

Beans, Haricot, Red Purée of.—Required: stock No. 4 or 5, vegetables and herbs to flavour, wine, jelly, garnish, &c., as below. Cost, about 6d. to 8d. per pint inclusive.

Cook the beans in the stock very slowly, with the vegetables and herbs, a few peppercorns, and a clove or two. Add a little claret or port near the end, with a morsel of any fruit jelly; the stock should be absorbed when the time comes for sieving the purée. Re-heat and season, and dish in a pyramid. It may be garnished with croûtons or dredged with fried crumbs. A little thin brown sauce may be poured over before garnishing. This can be recommended both on account of flavour and nutrition; it may be served with game, well-hung mutton, or braised beef, &c.

Beans, Haricot, with Succotash.—Required: beans, succotash, parsley sauce, and white sauce. Cost, about 1s. 4d., exclusive of ham or bacon.

Boil half a pound of haricots, and dish them. Pour a gill of PARSLEY SAUCE over. Put round them a tin of succotash (*see* VEGETABLES), heated, and mixed with a gill of any nice white sauce. The dish can be served as it is for a vegetable, or some bacon or ham will complete it for separate service. Canned corn (*see* VEGETABLES) can be used in the same way.

Lentils, Boiled.—Prepare the lentils as directed on page 575; drain, and put them in a saucepan, with an ounce of fat and a pinch of sugar for each pound. Cover with cold water or any vegetable stock; bring to the boil, and skim well; add a bunch of herbs and a pinch of ground nutmeg, or other spice, and cook until done, putting in a little water now and then. Near the end, boil fast with the lid off, that the liquor may be nearly dried up, add salt to taste, and a sprinkling of black pepper. Time, according to kind and quality. Whole Egyptian may take three hours or more; split ones will probably be done in two-thirds the time. Cost, from 2d. to 4d. per pound.

To make the above more piquant, a little vinegar, ketchup, or store sauce may be added; the dish, for some, is further improved by the addition of a few onions, chopped and fried; or they may be boiled with the lentils; or any cold vegetables that may happen to be available can be put in, in time to get hot through. Cost, about 2d. per pound.

Lentils, Curried.—Required: half a pound of brown split lentils, a teaspoonful each of curry paste and chutney, half a lemon, an apple, a tomato, an onion, a pinch of powdered bay leaf, a sprig of thyme, an ounce of dripping, and a dessertspoonful of rice-flour. Cost, about 6d. without rice.

Heat the fat, chop and brown the onion in it; skin the tomato, cut it in dice; slice the apple, and add both to the onion, with the herbs and curry

paste mixed smoothly. Then take half a pint of liquor from the lentils, which should be boiling in a separate saucepan; add it with the rice-flour, and boil gently for about half an hour. When the lentils are done, put them in the centre of a hot dish, and pour the sauce round, after removing the herbs, and adding the lemon juice and seasoning. The sauce is improved by sieving.

Another way.—This is very simple. When the lentils are boiled almost enough, and not much moisture remains, add the ingredients above detailed, after frying them. They should be put in half an hour before dishing—the lemon juice, &c., being added at the end. Rice with these dishes is quite optional.

Another excellent dish is obtained by adding a large fried onion to half a pound of lentils, and about two or three tablespoonfuls of cooked carrot, mashed or chopped. Curry powder can be used in place of paste; but it is less soft and smooth.

Lentils, Curried, with Rice and Barley.—There are few cheaper curries than this; it is very easy to prepare, and a trial will convince anyone of its excellence. Required: half a pound of lentils, two ounces of rice, the same of pearl barley, a gill of tinned tomatoes, the same measure of chopped vegetables (carrot, onion, celery, &c.), seasoning as below. Cost, about 6d.

First fry the onion brown with a good bunch of herbs, put in a baking jar or dish, with the lentils, vegetables, rice, and barley, all washed and soaked; add a tablespoonful of oil or butter, and cover with cold water. Set in a very gentle oven, and cook for three or four hours, until most of the liquor has dried up. The contents of the jar must be stirred now and then. Add, half an hour or so before serving, salt to taste, a dessertspoonful or more of curry paste or powder, a pinch of brown sugar, and enough vinegar to give a pleasant acidity. Beat the whole well before serving to blend the ingredients, take out the bunch of herbs and serve hot, alone, or with meat. With such a dish, a little meat goes a long way.

Lentils, Green, Boiled.—Cook as above directed, and add a little colouring before serving; or boil a morsel of spinach with them; chopped parsley, or dried mint, or any other herb can be used to season this dish, which is all the nicer if a little butter be stirred in just before serving. Cost, about 3d. per pound.

Lentils, Potted.—This is a well-known portable savoury; the taste for it is an acquired one, but it is very sustaining, and may be a very palatable compound; much depends upon the care taken in its preparation, and the nature of the seasoning.

First boil some lentils in water or stock until soft enough to sieve; the pulp should then be mixed with butter, salt, pepper, and a little mushroom powder, or curry powder or paste, or some nice herb mixture or celery salt; anything of the kind to taste; a pinch of cayenne and mace will also increase the zest of the dish. A little good cheese, dry enough to grate, is a very general addition; an ounce will be enough for half a pound of lentils; and bread-crumbs are frequently mixed in, but we think that they are well replaced by some well-cooked rice. The whole should be well pounded, when it may be pressed into small pots or used for sandwiches. Cost, about 6d. or 8d. per pound inclusive.

The exact proportions of the several ingredients must depend upon circumstances; if for keeping, more oil or butter will be wanted than if for present use. Small pots are best, as they can be used up quickly. The surface of the paste should be brushed over with oil, and a paper tied over if it is likely that the lentils will soon be eaten; but for storing for a week or more, clarified butter should be poured over, the same as for potted meats. (*See* page 497.)

Lentils à la Provençale.—Required: lentils, oil, herbs, an onion,

lemon, eggs, and seasoning as below. Cost, about 8d. per pound inclusive.

Boil some lentils (*see* LENTILS, BOILED) until three-parts done; let them drain from moisture, then put them in a stewpan when cold, and add some good oil to keep them moist; in this the cooking is to be finished, the pan being shaken now and then. A good seasoning of chopped parsley is wanted, with a shredded onion, and some thyme and other herbs; the dish should be very savoury. Shortly before serving, add a dash of lemon juice, and beat in the yolk of an egg to every half pound of lentils, which must not boil after this addition. Serve hot. In many recipes for this dish, it is advised that the lentils be put into the oil after soaking, without preliminary boiling; such involves great care and trouble during the cooking, and we give the preference to this; but both methods can be tried.

Lentil Purée, Vegetarian.—Required: lentils, rice, a lettuce, onions, oil or butter, an egg, seasoning, bread, &c., as below. Cost, about 6d. to 8d.

Cover some German lentils (soaked and drained) with cold water; add two ounces of washed rice for each half pound, and a small lettuce, cut up, with a few young onions; bring to the boil, stir in a lump of butter the size of an egg, or a tablespoonful of oil, and cook gently, skimming as required. When nearly done, pour off some of the liquor, a quarter pint or thereabouts; beat it up with a raw egg, return this to the pan as soon as the lentils are tender, and beat well for some minutes. Keep below boiling-point, but quite hot; add seasoning to taste, with a squeeze of lemon juice, and serve with fried bread cut in dice or strips. This is very nourishing, and the egg gives softness. When no lettuce can be had, a little of the heart of a parboiled cabbage may be used. Sorrel and many other plants of the kind are advantageously combined with lentils; vegetable stock is a further improvement. Sometimes the green lentils turn a dirty brownish colour, and a few drops of green colouring are necessary to make the dish look appetising.

Meat-eaters may make a purée in the same way, with plain meat stock, and serve with either white or brown meats.

Lentil Rolls.—Required: lentils, bread, eggs, herbs, seasoning, parsley, lemon, vermicelli, &c., as below. Cost, about 6d., exclusive of sauce or gravy, for rolls made from a pound of lentils.

See LENTIL PURÉE, VEGETARIAN.

Prepare the lentils as therein directed, and, while hot, add some fine bread- or plain biscuit-crumbs to make a stiff mixture; set by to get cold, then flour the hands, and mould into two-inch lengths, the thickness of an ordinary sausage. Dust them with a seasoning of herbs, salt, pepper, grated lemon peel, and nutmeg. Dip them into beaten white of egg, and roll them in crushed vermicelli or biscuit-crumbs. Lay them in a frying-basket, and plunge into hot fat to cover. They should be brown and crisp. Serve with fried parsley and cut lemon, or any sauce or gravy. They are tasty and satisfying, and nice hot or cold. Another variety is made by taking plainly-boiled lentils, and adding a little butter and a good seasoning of grated cheese and cayenne; a dash of chutney improves these. Boiled macaroni, with a squeeze of lemon juice over, goes well with them; they should be sprinkled with grated cheese before serving.

Lentils à la Venne.—Required: lentils, chestnuts, eggs, vinegar, &c., as below. Cost, about 10d. per pound, inclusive of chestnuts.

Prepare the lentils as above detailed, but instead of the herbs named, use sage, about half a dozen leaves to the pound of lentils, and omit the parsley; and in place of lemon juice, use the vinegar from pickled walnuts. Take the pan from the fire before beating the eggs in. Put the lentils in a ring on a hot dish, and fill the centre with hot boiled

chestnuts, passed through a coarse sieve, and allowed to fall lightly in. This is very tasty, and a good accompaniment to sausages or liver. Brown lentils are intended, and they should be par-boiled in stock.

Peas Brose.—"In the West of Scotland, especially in Glasgow," says Dr. Andrew, "peas brose, as it is called, is made of the fine flour of the white pea, by forming it into a mass, merely by the addition of boiling water and a little salt; it is a favourite dish with not only the working classes, but is even esteemed by many of the gentry. The peas brose is eaten with milk or butter, and is a sweet, nourishing article of diet." Milk is sometimes used for it. With reference to this dish, it is not too much to say that the number of persons who could digest it in England is comparatively small. Certainly, those who have been trained to cooked fare would not be wise to attempt experiments with dishes of this class. (*See* remarks on page 575.) When *cooked*, the brose is to be recommended to those who work hard in the open. It may be served with any of the usual porridge adjuncts.

Peas, Dried Green, Boiled.—Soak whole or split peas (*see* page 575); if oatmeal be added to the water, rub them between the hands while rinsing, to get rid of it; if they seem soft, and look a nice pale green, something like fresh peas, they may go into hot water; if not, put them in cold; to either, add a pinch of white sugar and a little fat free from salt; oil or butter is best; use plenty of water, and cook slowly without the lid until done. Mint may be put in the water, or added after dishing, together with some butter, or the peas may be served without either. Add no salt until they have softened. It is impossible to lay down any time for the cooking; we have found some samples tender in about three-quarters of an hour; others have taken more than double the time. It is a good plan to try a sample, and note the time required, then, if good, to lay in a stock. They must be stored in a dry place; we think that canisters or jars with good lids are the best things for the purpose. Some prefer stout brown paper bags, suspended from the ceiling, the peas being first enclosed in calico bags.

For superior dishes of boiled peas, reference should be made to the recipes for cooking fresh peas, in the next chapter, which will meet all requirements. Cost, about 2d. to 3d. per pound.

Peas, Dried Green, Purée of.—Required: peas, stock, butter, cream, seasoning, &c., as below. Cost, about 9d. or 10d.

Put a quart of split green peas in a saucepan, and cover with white stock (No. 9 for a rich purée); an ounce of butter, with a little white pepper and sugar, and a bunch of herbs should be added, and the whole covered with a sheet of buttered paper. After simmering until soft and rubbing through a sieve (the finer the sieve, the better the purée), a few minutes' re-heating with a gill of cream, salt to taste, and a suspicion of green colouring finishes the purée, which should be dished in a pyramid, and served with meat or as a separate dish. The nature of the dish with which the peas are to be served will be a guide as to garnish. When these peas are good and well dressed, they may be used as substitutes for fresh ones when they are not obtainable.

For a cheaper purée, use a plainer stock, reduce the cream, and add milk, with a little corn-flour to thicken.

Peas Pudding.—Wash and soak a quart of split peas; drain and tie them in a cloth, leaving room to swell; the best way is to tie the cloth in two places—the first within a couple of inches of the peas, the second a couple of inches higher; then, when the peas have swollen up to the first string, it can be cut. This is less trouble than having to re-tie the cloth in a second place, while it is hot. Put them on in

cold water with a bit of fat in it, or use greasy stock—from pork or ham. Boil until done (from two to three hours), then rub the peas through a colander, better still, a wire sieve, and put with them two ounces of dripping or butter, and salt and pepper to season well. A beaten egg makes it richer and smoother, and ensures its turning out a good shape. Flour or grease the cloth, tie the peas tightly, and boil again for half an hour or rather more. Serve hot with boiled pork or bacon; and it is just as good with boiled beef. Many persons like the addition of mashed potatoes; they may be equal in bulk to the peas, or in less proportion, and may be added when the peas are sieved. They should be mealy and perfectly mashed; if lumpy or the least watery, they will spoil the pudding. (*See* POTATOES.) Mint or any other herbs may be added to the pudding, or dried mint served with it. Cost, 5d. to 6d.

Peas Pudding (very Superior).—Required: a pint of soaked split peas, a saltspoonful each of white sugar and pepper, a bunch of herbs, stock No. 11 or 12, and an ounce or two of butter. Cost, 5d. to 6d.

Butter a stewpan at the bottom and round the sides as far as the peas reach, add the sugar, and cover the pan, then shake it over the fire for a few seconds; add stock as above just to cover the peas, lay a sheet of buttered or oiled paper over, and bring very slowly to the boil; skim thoroughly, and cook until soft, about three hours; an occasional shake is required, and a little fresh stock from time to time. When done, remove the herbs, add salt to taste, and rub all through a sieve; then put the peas back into the pan, add either an ounce more butter or olive oil, or cream may be used if preferred. Beat hard until the purée is hot through, then serve in a pile with strips of toast or fried bread round it, and send dried powdered mint to table. It may be served as a vegetarian dish, or with pork or beef.

Peas Pudding, Superlative.—Proceed as directed above, but use stock No. 1 or 2, with herbs to taste, and a pinch of celery seed. Sieve and finish as above, or pour round it a purée of carrots, onions, or celery, and send brown gravy or sauce to table in a tureen.

Another way.—To every pint of peas, add about four ounces of fried ham or bacon in strips, and a fried onion, sliced, a short time before serving, and serve as a separate dish. This is very tasty. Many other ways of finishing off, according to convenience and preference, may be adopted; we wish, however, to call attention to this method of preparing peas pudding as very superior to that of tying it in a cloth and boiling it in a large quantity of water. In the one, much nutriment goes into the water; in the other, it is retained; while the difference in flavour is very pronounced. The same principle may be carried out in the very cheapest forms of pudding; a morsel of dripping, or even some greasy stock, will supply the necessary fat, for stock that is too greasy for any other purpose (so long as it is not very salt) answers excellently for peas. For persons who like a very soft pudding (many do)—a sort of go-between a pudding and a soup—the stock may be increased or the peas reduced at pleasure.

CHEESE.

CHEESE, as an article of food, is deserving of attention from the fact that it can be brought from all parts of the world, and may be readily stored and kept for a considerable time. As to its composition, that varies greatly; but cheese must always be looked upon as a concentrated food,

because of its comparatively low percentage of water. A good sample of such a cheese as "double Gloucester" might contain less than half the water present in lean beef. But a practical question is, can we assimilate and convert into our own substance the cheese food as easily as the flesh food? This is answered very decidedly in the negative by those who have given careful study to the matter. But the digestibility of cheese is, to some extent, dependent upon its age, texture, and composition. With few exceptions, a moist cheese, of the fatty kind, is less likely to cause trouble than one made from skim milk. A brief consideration of the kinds in common use will best serve our purpose.

Stilton is a general favourite; its quality varies according to its ripeness. A naturally ripened one, *i.e.* one that has been carefully stored for some time, is said by competent judges to be the best. The purchaser completes the ripening, in the case of a new cheese, by pouring in ale or port. *Gorgonzola* is a similar cheese in composition, both being of the fatty class; but much imitation Gorgonzola is said to be palmed off on the public. *Cheshire* is a favourite; it is rich and of good flavour. *Gloucester* is a milder cheese, that called "double" Gloucester being richer in cream than the "single." *Cheddar* is a well-known and much-liked sort. Of the American cheeses, there are good, bad, and indifferent; of the good ones, *American Cheddar* is said to be the best. *Dutch* cheese may be looked upon as a perfect specimen of a skim-milk cheese, the consumption of which, just before retiring, is likely to result in "a very eventful night." The celebrated *Parmesan*, which is one of the most expensive, is another specimen of the not easily digested sorts; the same may be said of all that are dry enough to grate easily. The several varieties of *Swiss* cheese possess a fine and pronounced flavour; *Gruyère* is largely eaten in England; its peculiar taste is due to the addition of a special dried powdered herb. Many of the "cream cheeses" from France are very good, and some are made from a mixture of milk and cream from the cow and the goat. Some of the home-made varieties, though very nice, can only be regarded as solidified cream; the "milk cheeses," made on the same principle, are preferred by some, being less rich.

Tastes differ much in the matter of cheese, and it is one of the few foods that the buyer may test by tasting; but a few hints as to the tests of goodness may be serviceable. In selecting any of the fatty sorts, look out for a moist, smooth surface, with rounded edges and sides, though the latter should not be over-swelled. The top should not be elevated. Sharp edges and straight sides indicate a poorer quality. A rough-coated, dry, rugged cheese will have in it mites or hoppers, or both. This is not wholesome; but we do not suppose that those on the look-out for it will be deterred from eating it so long as they can get it; still, there are people who are equally anxious to avoid it. One good test for cheese is to take a portion between the finger and thumb, and rub it slightly; if it softens readily, leaving the hand greasy, its richness is assured.

When a whole or large portion of cheese is bought, the reserve part should be kept in a stone jar or pan, with a lid; the place it is stored in must be dry and cool; some persons keep the cut surface moist by the aid of fresh butter. When cheese is too dry or too near the rind to send to table

it may be used up in endless ways—not a scrap need be wasted. It should be grated and put into bottles for use in any of the dishes in the present and other chapters.

Many cheese dishes, especially those of the WELSH RAREBIT type, owe much of their excellence to their "piping hot" condition; to attain this, a cheese dish is almost a necessity, and those who do not possess one should convert any dish of a suitable kind into a hot-water dish by way of a substitute. A muffin or kidney dish will serve the purpose.

Other cheese dishes are given in various parts of the book, under pastry, soufflés, puddings, etc., for which *see* INDEX.

We will close these remarks with a reference to a few preparations of cheese with cereals, etc., to which the term "digestible" has been employed. The dishes are detailed on page 589. We think we are correct in stating that the treatment of cheese by the addition of bicarbonate of potash, the digestive agent in question, originated with the late Professor Williams, and the recipes herein are the outcome of experiments made in accordance with the suggestions given in his admirable work "The Chemistry of Cookery." The main advantages of this particular treatment are summed up thus:—It makes up any deficiency of mineral matter that is left behind in the whey in cheese-making; it neutralises the acid; and converts the *casein* into its original form, as it existed in the milk. The average amount of potash required is a quarter of an ounce for each pound of cheese used, whatever may be the nature or amount of the other materials added. If these proportions are used, the bitter flavour of the potash will not be detected; but, in excess, it is readily perceptible. One result of what the Professor calls his cheese-cooking researches is cheese porridge, and he recommends it especially to those who work out of doors; it must be cautiously used by sedentary livers, "lest they suffer from over-nutrition, which is but a few degrees worse than partial starvation."

Beignets of Cheese and Semolina.—Required: milk, butter, potato-flour, semolina, cheese, seasoning, eggs, and bread-crumbs. Cost, about 9d.

Cook together in a double saucepan a pint of milk, an ounce of butter, three ounces of semolina, and an ounce of potato-flour. It will take about an hour. Draw it from the fire, add salt and pepper to taste, and the yolks of four raw eggs; beat hard for a few minutes; then stir in two ounces of grated cheese. Turn out to cool on a buttered dish, and when firm cut it into rounds with a pastry-cutter. Brush over with beaten egg, and coat with fine crumbs, seasoned like the interior, then fry delicately. Serve on a folded napkin. These beignets are inexpensive and very dainty.

Cheese Aigrettes.—Required: three ounces of Vienna flour, one ounce of butter, the yolks of three eggs, and the whites of one and a half, a pinch of salt, cayenne and ground mace, an ounce of grated Parmesan, and the same weight of Cheddar cheese, a gill each of milk and water. Cost, about 6d.

Boil the milk and water together, add the butter, stir in the flour by degrees, it must be dry and sifted, then take the pan from the fire and drop in the yolks of the eggs, singly,

beating hard; season, and stir in the stiffly-whipped whites; then put by to cool a little, but not to get quite cold. Have a deep pan of hot fat ready; then drop in the mixture from a fork, to form rocky or feathery shapes; they should be as large as a chestnut. The instant they are pale brown and crisp take them up, or they will become too dark; a slice must be used, and the aigrettes well drained on soft paper. Dish them in a pile on a hot serviette, and sprinkle them with grated cheese. This is a very good dish, but care is needed in the cooking; the fat must be hot as well as "clean."

Cheese Balls.—Required: cheese, bread, butter, seasoning, eggs, and flour. Cost, about 4d. or 5d.

Cheese that has become too dry for table answers for these. Grate two ounces, put it in a mortar with an ounce of butter, a small tablespoonful of bread-crumbs, half the measure of cream, a pinch of dry mustard, salt, and cayenne or white pepper, then pound all to a paste. Then add the yolk of a hard-boiled egg, and pound again. Test the mixture, and add, if it requires it, a little raw egg to moisten, but this depends upon the condition of the cheese; if very dry, the egg will be wanted, but if soft it can be shaped as it is. Flour the hands and a board, and make the balls the size of a common marble; then set them by to become firm. They are intended for soups, and can either be egged and crumbed, and fried in the usual way, or simmered in boiling stock for a few minutes. If the first mode is preferred, and the soup clear, be careful to drain them free from fat before dropping them in. They answer too for garnishing many dishes of cheese; or by increasing the proportions, and making the balls as large again, they can go to table as a savoury, in the way directed for Cheese Aigrettes.

Cheese Bombes, with Spinach.—Required: a custard as below, cheese, bread, hard-boiled eggs, seasoning, and spinach. Cost, about 1s. 6d. to 1s. 8d., inclusive.

Prepare a custard by beating the yolks of four eggs with the whites of two, a gill of milk, half as much cream, a dust of cayenne, and two ounces of grated cheese, half English and half Parmesan. Then add a large tablespoonful of bread-crumbs, soaked in half a gill of rich white sauce; pour all into a saucepan, and stir until it thickens; then take from the fire, and when a little cool fill some buttered bombe moulds, garnished with chopped ham at the bottoms. Steam them for about a quarter of an hour, and turn them out on a bed of spinach; this is to be put on a dish in the form of a border. Just before serving, fill the middle with four hard-boiled eggs sliced, and coated with thick white sauce, flavoured with cheese. Serve very hot. The mixture above will make seven or eight bombes.

Cheese Cream.—This is a very delicious savoury. Required: bread, cream, eggs, cheese, crumbs, sauce, and seasoning as below. Cost, about 1s. 8d. to 1s. 10d.

Prepare the cases as in Dresden Patties. The filling should be in readiness, and is made as follows: slice some Gruyère and rich English cheese into a stewpan, equal parts of each; allow an ounce of cheese for each case; and supposing eight ounces of cheese and half a gill of cream, add the same measure of béchamel, rich creamy; season with cayenne—it will probably be salt enough—and stir until the cheese is melted; it is then ready for use. After filling the cases, replace the portions that were cut from the tops; they should be fried with the rest. Dish on a serviette or lace paper. A dash of French mustard can be put in the seasoning, if liked.

Cheese Custard, Moulded.—Required: milk, cream, eggs, gelatine, and seasoning, with adjuncts as below. Cost of custard only, about 1s. to 1s. 3d.

This is a savoury for use in hot weather. To make it, put into a saucepan a gill each of cream and milk, the yolks of three eggs, and a pinch of cayenne and grated nutmeg. Whisk the mixture until on the point of boiling, then take it from the fire and strain in a gill of milk in which half an ounce of French sheet gelatine has been separately dissolved. The two preparations should be cooled a little before mixing. Two ounces of grated Parmesan should be stirred into the first pan as soon as taken from the fire. This may be put in one large or a number of small moulds, holding about half a gill each. A very superior dish is made by adding a gill of stiffly-whipped cream just before the custard is moulded; it should be cool when this is done. Place the moulds on ice or in an ice-cave, and turn out when cold and firm on to a bed of green salad; or chopped aspic and sprigs of parsley can be used to garnish the dish. Cheese Straws or plain crisp biscuits should be served with the custard.

Cheese Cutlets à la Merivale. — Required: eggs, cream, cheese, vermicelli, seasoning, white sauce, and garnish as below. Cost, about 1s.

Break into a basin the yolks of six eggs and the whites of two; add half a gill of cream, two ounces of grated cheese, half Parmesan and half Cheshire; season with mace and cayenne. Whisk this very thoroughly, then beat in half a gill of any rich white sauce: Béchamel for choice. Pour the mixture into a buttered tin with turned-up edges to the depth of half an inch, then let it steam gently until firm. This may be done in a potato steamer or in a tin of water in a slow oven. When perfectly cold, cut this into shapes with a small cutlet cutter, and dredge both sides with grated cheese as used for the mixture. Next coat them with raw beaten egg, and finally with crushed vermicelli. Lay them carefully in a frying-basket, and plunge them into clean fat, very hot. As soon as golden brown, drain on soft paper, and dish. They may either be placed on a ring of fried bread or laid on separate croûtons the shape of the cutlets, but a trifle larger. This is a dainty dish, and care is needed in its preparation.

Note.—Take care to remove the specks from the eggs before adding the cheese, etc.

Cheese, Devilled.—This can be varied with respect to flavouring, but it is, as its name indicates, a piquant preparation. Slice some cheese into a stewpan: a mixture of sorts is often liked; then add a little butter, or milk, or cream to moisten, regulating the quantity by the condition of the cheese. Stir until melted, when it should be of the consistence of thick custard. Add cayenne, salt, mixed mustard, and some finely-chopped mixed pickles; chutney is another suitable adjunct; and many would think the dish lacked completeness without a dash of Worcester sauce. This can go to table in a hot water dish, or the mixture may be poured on toast or fried bread, in strips or squares. To be eaten in perfection, it must be piping hot. Cost, about 6d. for a small dish.

Cheese Meringues.—Required: cheese, flour, butter, eggs, and seasoning as below. Cost, about 10d. to 1s.

Melt in a saucepan six ounces of sliced cheese, of which half should be Gruyère and half rich English; three ounces of butter and a gill of water are to be stirred in as soon as the cheese begins to melt, and the whole must form a smooth creamy mass after a little stirring. Have ready some dry sifted Vienna flour, stir it in little by little until the whole becomes a stiff paste, then add the yolk of an egg, beat well; add a second, and beat again. Take two tablespoons, grease the insides of both; take up a spoonful of the paste, level it, and by means

of the second spoon slide it out on a slightly buttered baking-sheet; proceed in this way until the paste is used up, then bake gently to a nice brown. While baking, whip the whites to a froth, add a dust of cayenne, and coat the meringues with this as soon as done. A bag and pipe will be wanted, and if a small one is used, by which little dots of the egg can be "piped" on in rows, the effect repays the extra trouble; but a plain pipe will do of the large size, such as is used for vegetables. The meringues are to be put back in a cool part of the oven until they are a delicate brown, then dusted with a pinch of coralline pepper, and dished like Cheese Aigrettes.

Cheese, Potted. — Required: cheese, butter, and seasoning as below. Cost, from 6d. to 8d. when half a pound of cheese is used.

This is a popular savoury amongst vegetarians. The cheese should be sliced into a mortar, and pounded with butter or oil, about a fourth its weight, but taste and the condition of the cheese must be considered. The usual seasonings are salt and pepper, with a morsel of mustard, but curry paste or powder, cayenne, and store sauce or ketchup are used by some. All must be added gradually during the pounding. Then press into little pots. It will keep well in a cool place, but for long keeping the seasoning must be increased and the directions for Potted Meats followed. This is useful for taking on a journey, and may be eaten with bread, plain biscuits, dry toast, or bread and butter. A little cress or other salad is an improvement.

Cheese, Stewed. — This is a cheap and simple dish. Some sliced cheese is put in a saucepan with a little milk, then stirred until heated, and seasoned with pepper, mustard, and salt. This is a good way of using up stale cheese. It should be soft enough to spread on toast for serving, or it can be sent to table in a dish with triangles of toast stuck round it. Cost, about 4d., if four ounces of cheese be used.

Cheese Straws. — Required: cheese, butter, flour, eggs, and seasoning. Cost, about 6d. for a small dish.

Mix together equal weights of grated Parmesan, fresh butter, and fine flour; the butter and cheese are to be rubbed in the flour until the mixture is like bread-crumbs. Season with cayenne, a pinch only, and a dust of pounded mace. Add as much raw egg yolk as will make a stiff paste, roll out thinly, being careful not to break it, cut it into lengths of three or four inches, and a quarter inch wide, and bake to a rich yellow colour in a good oven, but not fierce enough to burn them. Remove with care and serve cold, either in transverse rows or put in bundles through rings cut from the same pastry, and baked with the straws.

Another way.—These are plainer. Add to the above as many bread-crumbs as will equal the weight of the cheese, and of the latter use any kind available. These can be served hot, if liked. Either of the kinds will keep in a tin with a good lid, but they are nicer freshly made. (*See* Pastry.)

Cheese, Toasted, or Welsh Rarebit.—For a superior dish, put any good cheese, as Cheshire, in a stewpan; it should be thinly sliced, and moistened with a tablespoonful of cream and an ounce of butter to each quarter pound. A very good cheese will not need quite so much butter. Stir until hot. Add mustard and cayenne to season pleasantly, with a little salt; celery salt is an agreeable and suitable addition. Have some nicely-made toast well-buttered, and cut in strips or fingers, pour the cheese over, and brown it before the fire or by the aid of the salamander. Serve in a cheese dish (*see* page 585). Cost, about 6d., inclusive.

Cheese, Toasted, or Welsh Rarebit, Plain.—A good American cheese answers for this dish. Melt the cheese in a saucepan, adding a

little milk or butter to moisten it; by some persons a spoonful of ale is preferred, and others add a dash of store sauce. This is served on a slice of buttered toast. When slices of cooked bacon are laid on the top, it becomes "buck rabbit"; and if further enriched by a poached egg, the title changes to "golden buck." If poor cheese be used, it will not melt, and will be "leathery" when cooked.

Digestible Cheese Dishes.—*No.* 1.—This is a simple form of pudding or mould. Take a deep pie-dish, butter it, and nearly fill it with alternate layers of bread and butter and grated or sliced cheese; the bread and butter is to be soaked in a mixture of eggs and milk, two to the pint. Bicarbonate of potash, in the proportion of a quarter of an ounce to one pound of cheese, is to be dissolved in the milk. This should stand before baking, to give time for saturation, and the oven must be gentle. If liked, the bread may be grated; and those who think the browned surface the best part of a Yorkshire pudding will use a baking-tin of the same sort for this. Cost, about 6d. or 7d.

Dishes of this sort are too nutritious to supplement a joint, and should be used as a Swiss peasant uses his *fondu*, *i.e.* as the substantial part of a wholesome dinner.

A dish a little less savoury than the above, but very good and more digestible, is the same mixture steamed; it must be made stiffer by the addition of more bread, or an ounce of flour to each pint of milk, as well as an extra egg; any previously cooked cereal—rice, for instance—is a good addition, as it helps to bind as well as give bulk, thus making it more economical, as well as more adapted to the requirements of some people.

Note.—It may be remarked that the use of the potash is not so necessary when milk can be had and used straight from the cow, that being in itself slightly alkaline, and the softer the cheese the more easily will it dissolve.

No. 2.—This is of the *fondu* class. Take a gill of milk, as much bicarbonate of potash as will cover a threepenny-piece, and four ounces of grated cheese; heat these carefully in a saucepan until the cheese is completely dissolved, then add three eggs, and pour the preparation into shallow dishes or trays of metal or earthenware that will stand the fire, and bake until *nearly solidified*. The advantage of using shallow utensils is that as less time is required for cooking, "an air-tight leathery skin" on the surface is absent. For a cheaper dish, use fewer eggs and add bread-crumbs; the seasoning is composed of mustard, cayenne, white pepper, and, if liked, a dash of nutmeg. This is Professor Williams's own recipe. Cost, from 5d. to 6d.

Referring to dishes of cheese and any Italian paste, the author contrasts the usual English method with that of the Italians. The latter, he says, take care that the cheese is *delicately cooked;* while in England "the top layer, being often of grated cheese, is browned and converted into a horny, caseous form of carbon, that would induce chronic dyspepsia in the stomach of a wild boar if he fed upon it for a week." We recommend the following as a light dish of the sort, if made strictly according to instructions:—Mix an ounce of corn-flour or potato-flour with a little cold milk; heat the remainder of a pint of milk, and add it to the flour; boil for a few minutes, stirring well. Take it from the fire and let it cool slightly; then stir in, until quite soft and smooth, two ounces of cheese, grated or sliced, according to its condition; season to taste, then pour the mass into a dish into which about four tablespoonfuls of boiled macaroni has been laid. Stick sippets of dry toast round, and serve. A few grains bicarbonate of potash are to be stirred in after the milk and flour have boiled; but without the potash, this will not disagree with anyone who can take cheese at all. Cost, about 5d.

No. 3.—This is the typical cheese porridge. It is described as "ordinary

oatmeal porridge, made in the usual manner, but to which grated cheese is added, either while in the pot or after taking it out, and yet as hot as possible; it should be well stirred in." All forms of porridge may be prepared in the same way.

We can fully endorse Professor Williams's recommendation to add cheese to the old-fashioned "hasty pudding," which converts it, as he says, into a savoury and highly nutritious porridge. It is not always necessary to add milk; those who prefer it may, after mixing in the cheese, add a little gravy or sauce. Another dish, to be had by the blending of cheese with mashed potatoes that have been boiled in their skins, and thinned with milk or stock to the consistency of porridge, is worthy of consideration. Boiled potatoes will not do: that is to say, the dish is not the same thing, as only by baking potatoes in their skins are the saline constituents preserved, and these, as already explained, are especially demanded in combination with cheese.

EGGS.

Eggs contain all the necessary constituents of food, and are amongst the most useful of the ingredients that contribute to the composition of every sort of dish, both savoury and sweet. The eggs of many birds are used for food; but we are for the moment considering the egg of the common hen, as the most largely used for culinary purposes.

Eggs contain a good deal of nourishment in a concentrated form. Weight for weight, they may be placed on a level with butchers' meat. The yolk is the richer; it has in it more oil and fat, as well as more albumen and mineral matter than the white; there is also a lower percentage of water. It is owing to the presence of the oil that the yolk cannot be whisked to a stiff froth, as the white can; and it is only while the egg is in a fresh condition that the white can be so treated.

On an average, eggs weigh, in the shell, from an ounce and a half to two ounces; to reach the latter weight, they must be large and fresh. They lose in weight as age increases, by reason of the porosity of the shell; therefore, apart from the fact that a stale egg is of all-round inferiority, it is not the economical purchase that some people imagine, when this is considered, although the money cost may be but little more than half that of fresh eggs. Not that it is necessary, nor is it possible, to buy absolutely new-laid eggs for cooking purposes; we only desire to say that the lowest-priced ones are not always the cheapest; the shells may be only three-parts full, and out of each dozen two or three may be really bad. We may, however, point out that there is such a thing as using an egg *too* fresh, particularly for poaching. An egg a day old will retain its shape, but when quite fresh, there is a certain milkiness in the white, and a consequent tendency to run. No one wants telling what a bad egg is like: once seen, it is never forgotten; but various tests are employed for judging of the condition of an egg without breaking the shell. One is to apply the tip of the tongue to the large end, which will be warm if the egg be fresh. Another is to hold the egg up to a good light or before a lighted candle: if fairly clear, it is a sign of goodness; opacity is indicative of staleness, and a black spot proves

unfitness for use. Some persons pin their faith to the brine test (two ounces of salt to a pint of water). A fresh egg will fall to and remain at the bottom, while any that float are very doubtful, and most likely quite worthless. Again, one may judge of an egg by shaking it: if no sound is emitted, it is full and fresh; if stale, it will "gurgle."

When more than one egg is wanted for any dish, they should always be broken separately into a cup, because one bad one may spoil a dozen unless this precaution be observed. The specks or germs are to be removed with a fork for every dish; to get one in the mouth is a very common but unpleasant experience. For dainty dishes, the precaution of straining after beating is well observed. The manner of beating, too, is of no small importance; this applies more especially to certain dishes: such are indicated under their headings; but we may here mention, as it applies to any dish, that in separating the whites from the yolks of eggs, if the latter should by chance become mingled with them, the condition described as a "stiff froth" cannot be attained; it is waste of time to try. Neither can the separation be effected if the egg be stale; for the chances are that the two portions are already mingled before the egg is broken. Again, after the firm froth—so necessary when extreme lightness is a desideratum—is obtained, the mass is only to be stirred, *never beaten*, to the other materials. Why? Just because air has been incorporated, and the object is to fix these bubbles by means of heat. Therefore the mixture, whatever its nature, should not stand after the amalgamation, but be cooked at once.

We have referred to the nutritive properties of eggs, but they cannot be indulged in by all; some can take them cooked in certain ways, and not in others; and although there is no fixed rule, it will generally be found that lightly-cooked ones are most likely to agree, and that boiled ones often cause trouble when poached ones do not. Where hard-boiled eggs can be digested, they are a good food, by reason of their staying powers; hence their use on long journeys.

Besides the dishes in the present chapter, there are many others in various parts of the book into which eggs enter, and reference should be made to the INDEX. Particulars and illustrations of whisks and other utensils employed in egg cookery will be found in the present and later chapters. (*See* also KITCHEN UTENSILS, at the end of the book.)

Ducks' Eggs.—There is a great difference in the flavour of these—sometimes they are so strong as to be almost uneatable; but when mild and the flavour is liked, they are generally an economical purchase, as they may often be had for a penny each. They are more likely to agree if cooked out of the shell; we prefer them poached. The ordinary methods are to be followed, sufficient time being allowed in proportion to their size. When done, the whites will look opaque all through. In the making of puddings and other dishes of a plain sort, one large duck egg may take the place of two small hen eggs, so far as richness goes, but their stiffening properties are hardly equal. The albumen of the duck egg is of a bluish cast when cooked, and although we have used the word opaque in connection with the cooking, the same degree of whiteness or opaqueness found in the eggs of the hen will be wanting. If preferred boiled, allow as long again as for a small hen egg. Some are of opinion

that a lightly-boiled duck egg is best; it is a matter of taste, but we find them generally liked best when well done. Owing to their uncertain flavour, do not use these eggs for custards and other delicate preparations.

Pheasants' Eggs.—A note of warning was recently sounded that the eggs of the plover were in danger of failing to meet the demand, and some went so far as to prophesy extinction; so a supply of pheasants' eggs sent daily to a few of the best poultry shops in London supplied the deficiency, and were pronounced very good. They cost from 3s. to 4s. per dozen, therefore are only suitable for high-class dishes. They may take the place of plovers' eggs, and the recipes for the best of the ordinary egg dishes may be followed. To give special recipes for cooking them would involve useless repetition.

Turkeys' Eggs.—These may be cooked and served in the same ways as ordinary eggs, and may be used for puddings, &c., due allowance being made for the difference in size. They are almost as delicate in flavour as hens' eggs, therefore their use is not restricted to certain dishes, as ducks' eggs are. Cost, uncertain.

Swans' Eggs.—The eggs of the swan may be boiled; the following is generally considered the best mode:—Put the eggs into a good supply of boiling water, and leave them for twenty minutes, below boiling-point. Then boil for a quarter of an hour, taking care that the water quite covers them. Let them remain in the water for about five minutes before taking them up, the pan being closely covered. They retain the heat for a long time. Cut them through when cold, and divide them lengthwise into quarters or halves, according to size. Cost, very uncertain.

Wild Fowls' Eggs.—These are coloured or spotted, and generally partake of the flavour of the bird. Those of the sea-fowl have a somewhat fishy taste, as a rule. The eggs of the guinea-fowl are small and delicate in flavour. Cost, uncertain.

Eggs, Anchovy. — Required: eggs, butter, and anchovy paste. The eggs should be boiled hard, and the yolks pounded with about a fourth the bulk of butter, and enough anchovy paste to season. The eggs should be cut in two, and the halves filled with the mixture. Cut a bit from the ends so that they will stand level, and use as they are, or with salad, &c., for garnishing purposes.

Eggs and Artichoke Bottoms.—Required: an equal number of eggs, artichoke bottoms, and croûtons, some sauce, cream, and garnish, as below. Cost, about 4s. 6d. per dozen.

Heat some tinned artichoke bottoms and dish each on a croûton, the same shape, but a trifle larger. Trim some poached eggs, lay one on each, and mask with any rich white sauce: Suprême, for choice. Heat two tablespoonfuls of cream, mix it with the same measure of cooked button mushrooms, chopped and sieved, then stir in the sieved yolk of a hard-boiled egg. Put a spot of this from a forcing bag in the centre of each, and garnish with tiny fancy shapes of truffle.

Eggs, Baked.—Butter a sauté-pan a little, and break in some eggs in the same way as if for poaching; set it in the oven, and let the whites set, but not get hard; serve in the modes directed for poached or fried eggs. Or

they may be cooked in a dish ready for table in this way, which is a common one in France and Germany; it is called "dished eggs" sometimes.

Eggs à la Belgravia. (*See* TONGUE, À LA BELGRAVIA.)—Garnish with the butters used for the tongue.

Eggs, Boiled.—Put the eggs in a small saucepan of boiling water by means of a spoon, so that they are dropped in gradually; then boil for three to three and a half minutes, according to taste and their size; for a large perfectly fresh egg, allow four minutes; always remember that an egg a day or two old takes less time than a fresh one. A plan frequently adopted is to place the eggs in a saucepan of cold water over the fire, and serve them as soon as it boils; but this is not a reliable way, as the time taken entirely depends on the size of the saucepan and the heat of the fire.

Eggs, Boiled Hard.—Put the eggs in boiling water, and cook gently for about ten minutes, rather more or less, according to size; some cooks prefer to put the eggs into cold water, and bring them to the boil very slowly, then give them from eight to ten minutes' cooking. If to be sent to table hot, put them in cold water for a second to cool them, so that they can be handled; then take them up in a clean cloth and shell them carefully. If to be served with gravy or sauce, they can be put in it to heat, or it can be poured over them; in this way they are often dished on toast or fried bread. If to be left until cold, drop them into a bowl of cold water and shell when required; and whether for table or for salads, or other garnishing purposes, do not shell them until they are wanted; and if to be quartered or otherwise divided, leave this operation until the last minute. See that fresh eggs are used for salads, &c., or when cut they will be hollow at one end, and will probably smell unpleasantly.

Eggs à la Boston.—*See* SAUCE À LA BOSTON, and make half a pint for five or six eggs; boil them hard and take the yolks out, slice the whites and lay them on a dish, pour the sauce over and garnish with the yolks, brush them over with thin glaze, and surround them with dice-shaped croûtons. Cost, about 1s.

Eggs, Buttered.—The term "browned eggs" is sometimes applied to this dish. Break as many eggs as are wanted into a buttered dish; season with salt and pepper, and with nutmeg or cayenne, if liked; make some butter hot in a frying-pan, allowing an ounce to two eggs, let it brown, then pour it over them; shake the dish that it may run well amongst the eggs, then set the dish on the hot plate or in the oven for the eggs to set, which they will very soon do, owing to the heat of the oven. Brown the surface with a salamander, and serve in the dish.

Eggs à la Cavalier. (*See* CAVALIERS' SAUCE.)—Prepare an oblong slice of fried bread; hollow the centre to hold seven fried or poached eggs in a row, pour about a tablespoonful of the sauce over each, cover for a moment, then serve. A row of any green vegetable can be put down the sides, or some fried potatoes may be used. Cost, about 1s. to 1s. 2d.

Eggs and Chicken in Cases.—Required: cream, chicken mince, sauce, eggs, and anchovy butter. Cost, about 2s. to 2s. 3d.

Take nine small round china cases, and brush the insides with warm cream. Almost fill them with a mince, made by mixing six ounces of cooked chicken with half its weight of ham, and enough rich PARSLEY or other sauce to moisten it; season very lightly. Poach nine eggs, trim them into neat rounds, removing most of the whites, lay one in each case, and garnish round the eggs with anchovy butter.

Eggs, Cold.—(*See* EGGS, STUFFED.)

Eggs and Cucumber.—Required: bread, cucumber, eggs, ham butter, and green butter. Cost, about 1s. 3d.

Fry a large oval slice of bread; it should be cut with a crimped cutter, and just fit the inside of the dish the eggs are to be served on. Cover this half an inch thick with rich CUCUMBER PURÉE. Boil some eggs hard, cut them through lengthwise, and form a border round the bread, laying them white and yellow side alternately. Garnish the whites with a little HAM BUTTER and the yolks with GREEN BUTTER, keeping the dish over hot water the while, as it must be served very hot. Put a little of the same, garnish in the centre of the sauce.

Eggs, Curried.—Make a pint of curry sauce (*see* HOT SAUCES); boil ten or a dozen eggs, and cut them in two across; cut a morsel from each end so that they will stand, then put the half eggs round a hot dish and pour the sauce over; fill up the centre with half a pound or more rice, boiled as for curry (*see* page 560). This is substantial, and a good dish for any meal. Some of the yolks can be reserved for garnishing the dish.

Another way.—Chop and fry some onions in the ordinary way; add an equal bulk of grated apple, and moisten with stock, but keep the mixture thick; add curry paste to taste and a little lemon juice; stir now and then, and when done lay in some hard-boiled eggs in quarters or slices; there should be enough of the curry mixture to coat them; cover and let the eggs become well flavoured, then serve in a pile, with rice round; or make croûtons or small rounds of toast, and put little heaps of the curry on them. Chutney or hot pickles can be added to this. Cost, from 1s. 6d. to 1s. 9d. when a dozen eggs are used.

Eggs, Curried, Cold.—The yolks of some hard-boiled eggs should be pounded, either with cream, butter, or white sauce to moisten. A teaspoonful of curry paste should be allowed for half a dozen eggs on an average; this is to be mixed with stock or cream, heated, and mixed with the rest after it is cold. The half-eggs are to be filled in the usual way. (*See* EGGS, STUFFED.) Very useful for garnishing salads and other dishes of a piquant sort.

Eggs, Devilled.—If to be served hot, boil the eggs hard, and quarter or slice them, then lay them in a stewpan with enough gravy to cover them. GRAVY À LA DIABLE, *see* p. 85, will be found excellent; but a plainer one can be made on the same principle by using a cheaper stock. A few drops of anchovy sauce is an improvement. Serve as soon as the eggs are hot through, with strips of dry toast, or put croûtons round the dish. Cost, variable.

Egg Dishes for Breakfast or Luncheon.—The undermentioned are given more as illustrations of a few ways of preparing tasty dishes for the meals named than as recipes proper, as they may be varied according to taste and the contents of the larder. Cost is not given, owing to the variable nature of the dishes.

No. 1.—This is a very nice dish. Break some eggs into a buttered sauté-pan; dust over with a dash of salt and pepper and a pinch of dried herbs, with a little fresh parsley scalded and chopped. Set this in the oven until the yolks are just set, then pour a little BROWN SAUCE on some fried or toasted bread, cut into rounds, one for each egg. Trim most of the white off, and lay an egg on each piece of bread; chop the surplus whites up, add them to a little hot tomato purée, seasoned with a dash of mustard and salt; pour this round the eggs, leaving the yolks visible, and serve hot. Seven or nine eggs make a good dish; an odd number always dishes better than an even one.

No. 2.—Chop and fry a good-sized onion, add a tablespoonful of French vinegar, a dash of French mustard, a few drops of anchovy essence, and a little thick brown gravy. Then put in a spoonful of cold game or poultry, minced or chopped. Spread this over some bread, as in the above dish; on the top of it lay the eggs, cooked as above, or in any way

preferred. Put a teaspoonful of brown sauce or gravy on each yolk, and garnish with fried parsley.

No. 3.—Boil some eggs hard, and fry double the number of slices of bacon and bread. These are to be a little larger than half an egg cut lengthwise. Arrange the bread on a dish for serving, lay the bacon next, then moisten it with any sauce handy—one of the brown piquant sort is as good as any—put half an egg on each, white side up, and serve hot.

No. 4.—Cook and divide the eggs as above; spread the bread with a small quantity of thick MUSHROOM SAUCE, put the bacon next, then the egg; a few whole button mushrooms should be cooked, and used for garnishing.

No. 5.—Put a layer of rice, cooked in any savoury manner, on a hot dish; lay in some eggs, lightly poached, then cover with more rice, marking round to show the shape of the eggs. Set this over boiling water to heat, as it is assumed that rice from a previous meal will be used. Form a border of rounds of fried bread, or bacon, or sliced tomatoes; or, if convenient, with a vegetable purée of any sort.

No. 6.—This is a much approved dish. Butter a shallow pie-dish or a fire-proof china one; shake bread-crumbs over, then put a layer of chopped ham and tongue or cold sausages in slices; break three or four eggs over in a single layer, add salt and pepper and herbs of some kind, then go on with another layer of ham, &c., then more eggs, ham again, and crumbs at the top. Put bits of butter over, and brown before the fire or in the oven. This is preferably heated over water before browning, as it is less dry. Time for the eggs to just set, not to get hard, is required. This is considerably improved by moistening the meat with a little gravy, and putting a morsel of butter on each egg. This may be varied by using a little onion or celery purée in layers with the above ingredients.

Eggs, Easter, or Coloured Eggs.—These present a very pretty appearance, and are much served abroad at Easter time. There are many ways of preparing them, some very complicated; the following is the simplest we know. If required striped or mottled, wind some silks of various colours about the eggs previous to boiling them. For self-coloured ones, a solution of spinach-juice should be used for green ones, saffron for yellow, cochineal or carmine for red. Any of the colourings referred to in this work may be used, and by varying the quantity added to the water, paler or darker shades of the same colour may be obtained, and the eggs served in great variety. After they have boiled for a sufficient time they should be left awhile in the water, then laid on a clean cloth to dry. They look nicer if rubbed over with salad oil before serving. The water should boil fast all the time.

Should a "surprise" dish be desired, the eggs should be boiled in the colouring solution, then emptied when cold, and the shells filled with jelly, blancmange, or other liquid that will set when cold. The broken shells are to be neatly joined and fastened with coloured ribbon, which should be gummed or pasted round, then tied in a bow.

Eggs and Flageolets.—Required: a tin of flageolets, a dozen eggs, sauce, garnish, &c., as below. Cost, about 2s. 3d., exclusive of sauce.

Make a purée of the flageolets (*see Dressed Vegetables*), boil the eggs either hard or soft, as preferred, dip them in a little warm butter, and roll them in fried bread-crumbs. Pile up eight of them in the centre of a hot dish, then put the purée round from a forcing bag, to form a border. Garnish round this with small croûtons in pretty shapes, and nicely glazed. Send thick BROWN SAUCE to table in a boat. Any other green purée may take the place of the one given.

Eggs, Fricasséed.—Required:

eggs, sauce, and seasoning, with garnish and adjuncts as below. Cost, very variable.

There is here plenty of scope for variety, and a dish of this sort is generally much liked; being somewhat more substantial than the usual run of egg dishes, a fricassée is a suitable one for luncheon or dinner. The foundation is a nice sauce of the white variety, to which may be added button mushrooms, or the addition of a spoonful or two of mushroom sauce or purée is just as suitable; flavour this nicely with salt and pepper, a dash of mace and cayenne, then pour it over the hard-boiled eggs, which may be in slices or quarters, and should be arranged on a hot dish. If the eggs are first seasoned a little, and moistened with a few drops of lemon juice, the dish is all the nicer. About half a pint of sauce to five or six eggs will be wanted. When the rich white sauces —as béchamel or suprême—are used, make no addition by way of seasoning; but any small pieces of cooked poultry or white meat may be put in, and the dish will be found very delicious. The remains of calf's or lamb's feet or calf's head make admirable dishes of this kind. For a similar dish from fish, cooked white fish with a suitable sauce may be employed; the garnish may be lemon or any such as would be suitable for the fish in the first instance.

Eggs, Fricasséed, à la Bengal.—Required: eggs, onions, butter, stock, cream, bacon, seasoning, garnish, &c., as below. Cost, about 1s. 2d., exclusive of salad and chutney.

This is a particularly nice way of serving eggs; although rather more trouble than many others, the result repays it. Peel and chop enough onions to fill two tablespoons, cook them in butter without browning, then add a gill of cream, the same of good white meat stock, a pinch of grated ginger, cayenne, salt, and pepper; thicken with a tablespoonful of arrowroot, and boil up; then add a teaspoonful of sliced lemon in tiny dice, off the fire; this must be free from peel and pith. Have ready on a hot dish four hard-boiled eggs in dice, and an equal bulk of broiled bacon, cut up similarly; season them a little as above (salt on the bacon excepted), then pour the sauce over. Have the yolk of one egg whole, put this in the centre, with bacon dice round it; then serve with a little dish of Bengal chutney and one of any green salad.

Eggs, Fried.—At the best this is not a digestible, though it is a favourite way of cooking eggs; but it can be made more digestible by using a little fat and cooking the eggs slowly, taking care not to burn the fat; if this is done, the bottoms of the eggs get very dark and are by no means wholesome; in this state they are quite unsuited for persons of weak digestion. The frying medium may be oil, butter, lard, nice dripping, or bacon or ham fat; the latter is quite suitable if the eggs are to be served with these adjuncts, but see that the fat is not too dark in colour. The next thing is the pan, which should be quite clean; so soon as the fat is hot slide the eggs in from a cup, then slacken the heat, and as soon as the whites are set take them up with a slice. Should it happen that the bottoms are done while the tops are hardly cooked, pop the pan in the oven for a minute to finish. Take the slice in the left hand, and trim any discoloured parts from the white with a sharp knife in the right hand; avoid waste, but the eggs are most unsightly if not trimmed. Slide them on to the ham or bacon, if any, or on to dry or buttered toast. Fried eggs for garnishing spinach and other dishes must be so trimmed that only a clear ring of white is round each yolk.

Another way.—Use plenty of hot fat, and as the eggs are dropped in take a wooden spoon and turn them over and over; they will puff out and look like balls; these are often used for garnishing vegetable dishes and hashes of meat.

Eggs, Fried, for Spinach and other Green Vegetables. —(*See* YOLKS OF EGGS, FRIED.)

Eggs au Gratin.—Required: bread, butter, seasoning, herbs, eggs, and an anchovy. Cost, about 9d. or 10d.

Chop an anchovy, a shalot, and a sprig of parsley; add two ounces of butter and a quarter of a pint of fine bread-crumbs; season with salt and pepper, and strew the mixture over a flat dish that has been buttered and heated. Put the dish in the oven or before the fire for the crumbs to brown a little, then break five or six eggs and lay them on the top, sliding them on very carefully. Put the dish in the oven until the whites are just set, then serve at once.

The crumbs at the bottom of the dish require mixing with eggs in the raw state; for the above quantity three will be wanted; or a more economical dish is made by using one egg only, and a spoonful of milk, or gravy, or stock. A tiny onion is sometimes added, and for a very savoury snack rub the bottom of the dish with a clove of garlic.

Eggs à la Mandarin.—Required: rice, eggs, game, sauce, and bread, as below. Cost, from 4d. to 5d. per case; more when game is very dear.

Put a lining of BROWNED RICE in oval china cases, leaving room for the half of a hard-boiled egg, cut side down. Over the egg put a little minced game that has been moistened with MANDARINS' SAUCE (page 103); put a thin layer of rice over, and moisten with more sauce, dredge a few fried crumbs over, and heat in the oven, then serve on a dish with a neatly-folded napkin.

PÉRIGUEUX, SCHILLER, and SAUCE DE MADÈRE can be used in the same way.

Eggs au Miroir.—Melt an ounce of butter in a dish that will stand the oven; break in two or three eggs, and season with pepper and salt. Put the dish in the oven for a minute, then hold a salamander over, but not too near, to finish the cooking; the yolk should look clear and transparent and the white retain a slightly bluish tint. Cost, about 4d.

Eggs and Peas au Gratin. —(*See* the recipe for PEAS AU GRATIN in *Dressed Vegetables*.) Prepare the dish as directed, but cover the surface of the peas with fried or poached eggs before sprinkling with the crumbs. When quite hot, dust over with cayenne and serve. For an elaborate dish, garnish between the eggs with stars of truffle or BRAISED MUSHROOMS. If the latter, glaze them, or coat them with BROWN SAUCE. Cost, according to quantity prepared, about 1s. to 1s. 3d. if six eggs are used.

Eggs, Poached.—If an egg poacher be at hand the process is facilitated, as all that is needed is to break each egg into the little wire receptacle, and place it in boiling water until done; but an ordinary frying-pan or sauté-pan does very well. Put in it some boiling water, and to each quart add a teaspoonful of salt and a dessertspoonful of vinegar; a little lemon juice does, or better still is French vinegar. Break each egg into a cup and slide into the water—four or five can be done together—when the water boils up draw the pan aside, and let it simmer only until done. The whites should look opaque; by watching, one can tell when to dish them. If only one egg, use a tiny saucepan, or one of the little fire-proof china pans called *cocottes*, otherwise the white may run, and the egg look raggy if it has too much room.

In using the *cocotte*, butter it a little, and break the egg in it, then put a bit of butter on the top, and set the pan in a vessel of boiling water; this is a very good way. Small moulds are used as substitutes, or deep patty-pans answer. Poached eggs can be dished on toast, or ham, or bacon; take them up with a slice and drain them; remove the slice with care, or they may break. If

nicely cooked, they want but little trimming; only the part that may have run needs removal. Chopped parsley may be sprinkled over them, if liked.

Eggs, Preserved.—The first thing of importance is the freshness of the eggs; if this cannot be guaranteed, the process will result in loss and disappointment. Many ways are recommended; a solution of gum arabic is said to answer well. The eggs should be smeared with it, and covered when dry with bran or sawdust. They may be preserved by putting them in a net, say a dozen at a time, and plunging into boiling water, in which leave them for not more than twenty seconds. They are then packed as above. The yolks will be fairly soft, and the whites only slightly coagulated. For long keeping, the lime treatment is by many considered the best. A solution is made, in the proportion of three pounds of quicklime, half a pound of salt, and one ounce of cream of tartar to a gallon and a half of boiling water. This is poured over the eggs when quite cold. Salt, as in all cases of food preservation, is of use here. Take a dry box or barrel, cover the bottom with dry salt, and lay in as many eggs as it will take without their touching each other. Put in salt in fine powder, enough to fill all the spaces between the eggs, then add a complete layer of salt. Go on thus until full, and let the top layer be salt an inch or two in thickness. Press it down firmly, and cover with a thick cloth and a tight-fitting lid. The place of storage must be cool and dry. A plan recommended is to smear each egg with salad oil, and wrap up separately in tissue paper; the ends are to be twisted and threaded with worsted, then strung up in a dry, well-ventilated place. Pure lard may be used if free from salt, and if packed in sawdust in a tin, soldered, the eggs are said to be good for any length of time.

Eggs, Pyramid of.—Required: half a pint of melted butter or white sauce, which can be of any desired richness; two ounces of grated cheese, a flavouring of nutmeg, lemon rind, salt, and pepper, and eggs as below. Cost, about 1s. 3d.

To the sauce as above beat in the yolks of three eggs off the fire, and after they are well amalgamated with the sauce stir in a teaspoonful of lemon juice; have ready four hard-boiled eggs, in slices; pile these pyramid fashion on a dish, and pour the sauce over; then sprinkle some pale raspings over the surface and dredge with grated cheese; this should be Parmesan, but that for the sauce may be half English. Put it in the oven to brown, then dot it about with the whites of two eggs that have been beaten to a froth with a pinch of cayenne and nutmeg; do this so that the brown shows between; put it back for the whites to become tinged with brown; choose a cool part of the oven for this. Put a few sprigs of parsley about the dish, and serve at once. This is a very good savoury. The same mixture may be prepared in a number of little cases, if liked, and served one to each person. Or it can be put into scallop-shells, and served as "scalloped eggs."

Eggs, Savoury. — (*See* Eggs, Stuffed.)

Eggs, Scrambled. — *Mumbled*, *jumbled*, and *rumbled* are other names given to similar preparations of eggs. Melt a little butter in a frying-pan, and break the eggs in as for frying; as soon as the whites are on the point of setting, stir the mass together with a spoon, and when done, they will look streaky. If dished too soon, they will run; if left too long, they get tough. Do not let them get dark on the bottoms; great heat is not required. The mass should just set, then be served at once.

Eggs, Steamed.—(*See* the chapter on Invalid Cookery.)

Eggs, Stuffed.—These are to be eaten cold. For a simple dish, take

the yolks from some hard-boiled eggs, and pound with enough butter or white sauce to make a rather moist paste; then season with pepper and salt and any finely-powdered herbs, or a little store sauce or chutney, or the liquid from some thick hot pickles. Grated lemon peel and a little of the juice may be added, and a dash of cooked ham or tongue is a welcome addition. All sorts of potted meats, as well as game and poultry, may be used up in the same way, and serve to give variety. Another way is to pound the yolks with butter, black pepper and cayenne, and chopped parsley. This forms a good breakfast dish with dry toast and a plain salad. Various kinds of gravies and sauces of the most savoury kind, mixed with the egg yolk and pounded to a soft paste, will furnish many tasty snacks. Then there are potted fish and fish essences of all sorts, which may be used as described under EGGS, ANCHOVY. Lobster, salmon, sardines, shrimps, and prawns are all good thus. Eggs stuffed with cheese are excellent; English or foreign cheese may be used, but a small proportion of Parmesan should be added, if possible. Equal parts of egg yolk, butter, and cheese, flavoured to taste with cayenne, and a hint of nutmeg, if liked, may be recommended. If the mixture is put into the half-eggs by means of a bag and pipe, the effect is prettier. (*See* recipes under SALADS and GARNISHES.) Cost of the above varies from 1s. 6d. to 2s. per dozen, on an average.

Egg Toasts à la Soufflé.—Cut a slice of bread, round or oval, to fit the dish for table, and sufficient for seven eggs, that a portion of toast may be served with each egg. Take the crust off, toast and butter it, and lay it on the dish, then divide it into portions. Spread a little warm cream over, and season with cayenne and nutmeg, just a pinch. The eggs are to be poached and cut neatly, free from most of the white, then laid on the toast. While this is being done the following mixture is to be prepared:—Boil together half a pint of milk, a gill of cream, a pinch of salt and pepper, and an ounce of fine flour, for a few minutes; take it from the fire, add the yolks of two eggs, an ounce of grated Parmesan and half as much Gruyère cheese; beat for a minute, then stir in the stiffly-whipped whites of eggs. Coat each egg with this, in such a way that the shape is apparent: this is to facilitate the serving. Set the dish over hot water in a sharp oven, and brown with a salamander, if required; the surface should be dredged with grated cheese and fried crumbs just before dishing. This is a very good dish for luncheon. The mixture will rise like a soufflé if properly baked. Cost, about 1s. 6d.

Eggs and Vegetable Hash.—Prepare a hash of mixed vegetables, as directed in the chapter on VEGETABLES; one of a piquant kind is the most suitable. Pile it high in the middle of the dish, put a ring of eggs, cooked in any approved fashion, round the base, and one on the top, and send a brown sauce of the sharp kind to table. For a *maigre* dish, use BROWN SAUCE, VEGETARIAN. Cost varies with the sauce and the season.

There are many ways of varying this dish, and it is good in all. Some fried crumbs can be sprinkled over the vegetables, and croûtons used for garnish. Or capers may be mixed amongst the vegetables, and a little BROWN CAPER SAUCE poured over the eggs. If the hash is composed of white vegetables, a delicate sauce, rich or plain, as preferred, is suitable. A small proportion of rice or other cereal, cooked plainly or in any piquant way, improves these dishes for most palates: it can be served round or amongst the vegetables.

Eggs à la Volaille.—Required: rice, cream, poultry, garnish, sauce, &c., as below. Cost, variable.

Use rice boiled as for curry, moisten with warm cream, and line the cases as directed on page 593; put in a poultry mince with sauce over (*see* SAUCE

Volaille); finish with rice, level the surface, and steam for a few minutes; sprinkle the tops with chopped tarragon and chervil, and the sieved liver of a fowl or a little chopped tongue. Serve hot. Cucumber or Celery sauce is equally suitable for this dish.

Eggs, to Whisk.—Break the eggs by tapping the shell lightly on the edge of a basin, and drop them singly into a cup before putting them altogether. Remove the "specks" with a fork, and then whisk them well. A wire whisk, as shown, is generally

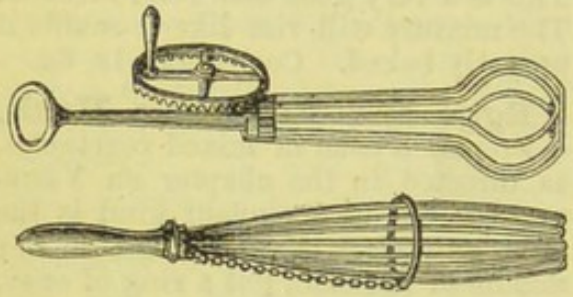


Fig. 106.—Egg Whisks.

The lower pattern is useful for other purposes—as batter, jellies, &c. It is slackened or tightened by moving the centre ring.

preferred; those of the light kind of wire are the easiest to work. Some like a whisk made of wicker; these are to be had of basket-makers. Eggs properly whisked are light, and will go further. When added to dishes that require vigorous beating after the blending of the ingredients, the previous beating of the eggs is of less importance; indeed, in some few instances directions are given to drop them in whole. When the whites and yolks are to be separated, one is more likely to fail by being slow than quick. After the tapping on the basin, pull the shell apart, and pass the yolk rapidly from the one half to the other, letting the white drop into a basin. Whisk the yolks first, then the whites. To attain the stiff froth so often mentioned, fresh eggs must be used (*see* page 591), and a current of air will assist, so will a pinch of salt. Here a whisk is not always used. Some manage better by putting the whites on a plate or flat dish, and beating with a palette-knife. This sounds simple, but some amount of practice is necessary. It is no use to just "tickle" the eggs: they must be carried right over the knife; and as soon as firm, so that the plate can be turned upside down without dropping the eggs, they are ready, and must be used at once.

Nest of Eggs, or Eggs in a Nest.—This may be served for an entrée. Seven to nine eggs make a nice dish. Boil them hard, and when cold, take the whites and cut them in strips the length of the egg. Lay them in a tin with a little butter, and put them in the oven, turning them about for the butter to coat them well. Then take any remnants of cooked white meat or poultry, mince, and pound it to a paste with the yolks of the eggs; a spoonful or two of any suitable sauce, or some cream or gravy, may be used to moisten the mass; it should be nicely seasoned. Flour the hands, and make up into the size and shape of eggs. Take a fireproof china dish, round and rather deep, put the shredded whites in to form a ring, then pile up the eggs, and pour a nice thick sauce over; any that could go to table with the meat used is suitable. Or good brown sauce or thick gravy is mostly preferred, if roast fowl be used. Set the dish over boiling water until the eggs are hot through, then serve. Cost, about 1s. 4d., exclusive of the meat.

Note.—The eggs can be coated with fried crumbs, if liked.

Plovers' Eggs.—These are esteemed as a great delicacy; they are usually boiled hard, and may be served either hot or cold. If hot, they should be sent to table in a neatly-folded serviette; if cold, in a moss-lined basket, unless more elaborate service is required. The eggs are also much used for decorating rich salads. The cost is uncertain, but they are always expensive. In addition to the

following, plovers' eggs can be served in any of the best of the ways given for ordinary eggs. (*See* also SALADS.)

Plovers' Eggs, Boiled.—Boil them in the usual way, allowing from eight to ten minutes; arrange them nicely, and if served in a napkin, garnish with parsley or a substitute. Serve brown bread and butter with them. Some dislike the method of serving in a basket above mentioned; then a napkin may be used for cold eggs; it should be prettily folded.

Another way.—Shell the eggs, and lay them in little cases of fried bread (*see* GARNISHES), then pour over them some rich sauce; amongst others, we may mention as very suitable, BÉCHAMEL, VELOUTÉ, SUPRÊME, SAUCE VOLAILLE, and SAUCE ITALIENNE, WHITE.

Plovers' Eggs, Bouchées of.—These are delicious morsels; they can be served as an entrée. Boil five or six eggs hard, cut them through lengthwise when cold, and mask the cut side with a little nice forcemeat; some pounded cooked poultry, moistened with rich white sauce or cream, delicately seasoned with fine herbs, and a dash of mace, white pepper, and cayenne, is the best for the purpose; or a slice of any rich savoury pâté, such as are sold in tins, answers well. Make this quite smooth, then coat with rich FRYING BATTER, and fry a golden brown. Pile in a serviette, and garnish with fried parsley. Cost, variable.

Another way.—Proceed as above directed, but use some very thinly-rolled puff pastry for the cases, instead of batter; it should be cut in oval shapes, and the edges brought together across the top, then pinched up with the fingers; or, if preferred, the edges can be made to overlap and be neatly joined. Brush these over with beaten egg yolk, then roll them in crushed vermicelli, and fry as before. If the paste for these is not thin, they are a failure, as the moment they are a pale brown they are to be taken up, and should the paste be thick it will have a raw taste. Drain on paper before serving.

Plovers' Eggs, in Cases.—Required: eggs, forcemeat, and garnish, as below. Cost, variable; from 6d. or 8d. each, inclusive, on an average.

Take some fireproof china cases, one for each egg, coat them round the bottom and sides with chicken forcemeat, such as is described above; or it can be made more savoury by frying a chopped mushroom or two with the herbs, and mixing with it. Break an egg into each, and cover with another layer of forcemeat, making it even by the aid of a warm palette-knife. Set these in a tin of boiling water in the oven, and let them simmer for about a quarter of an hour or until firm; or a potato steamer can be used if the tops of the moulds are covered with buttered paper, and the water allowed to boil very slowly. Turn out on a hot dish, pour a little rich white sauce over, and sprinkle them alternately with chopped truffle, parsley, and grated ham; do this as quickly as possible, and serve at once.

Plovers' Eggs, Fritters of.—Required: boiled eggs, sausage meat, batter, and a raw egg. Cost varies with the forcemeat.

Take for six eggs about twelve ounces of rich veal sausage meat, or any preferred (*see* the chapter on SAUSAGES). Shape this into a roll, and tie it in a buttered cloth, then cook it in a potato steamer for about half an hour; it should be the circumference of an egg in its shell in its thickest part. When this is cold, cut it in slices the sixth of an inch thick. Take the eggs, boiled hard and left to cool, cut the ends off, then slice them in the same way. Spread the sausage slices out on a board: there should be as many again as there are slices of eggs; lay a slice of the latter between two of meat, and press them together, sandwich mode; then brush round the

edges with raw beaten egg, and dip them in frying batter; fry and serve like the Bouchées. The tips of white that were cut off will come in for garnishing salads.

Whites of Eggs, Poached.—Butter a plain white jar, such as is used for jam, or a plain tin mould, and put in whites of eggs to an inch or so in depth, then set the jar in a saucepan, with boiling water round it, or place it in a potato steamer; lay a buttered paper over, and cook until firm, then set by to get cold, and turn out. Small moulds can be used, but in this way the eggs will cut up to better advantage. For the uses of this, *see* Garnishes.

Yolks of Eggs, Fried.—In some instances the whites of eggs are disliked and left; and in others a good portion is cut away when eggs are prepared for garnishing spinach and other purées. The following mode will enable anyone to cook the yolks only, and then the whites can be used for other purposes. The eggs must be quite fresh for this method, as the perfect separation of the two parts is important. Drop each yolk into a tiny patty-pan, buttered very slightly; lay them in water prepared as for poached eggs, letting it come over the tops; cook until they will slip from the pans, then lay them in cold water, that they may not harden. Take them up in a few minutes and drain on a cloth, then fry them in a little hot fat; just give them a second or two, and pour the fat over the top with a spoon. If any of the white is by chance left on, it will form a ring that can be removed. These look pretty laid in rings of fried bread when for garnishing.

Yolks of Eggs, Poached.—Poach these in water as above, then drain on a cloth, and at once lay them in a sauté pan and pour a little hot cream over; leave for a minute, then serve; they look nice on a green purée.

PLAIN VEGETABLE COOKERY.

To classify vegetables strictly is by no means an easy task; one person might urge that arrowroot, being the product of the root of a plant, should be placed in this group; while another might contend that a cucumber or tomato would be more fittingly grouped with fruits. Exact classification must, therefore, give way to custom; and the methods of serving the various edibles, for which recipes are given in the following pages, have influenced their arrangement. We will first consider the vegetable world in the shape of *roots and tubers; green plants*, in the form of leaves, stems, and stalk, and the fruit of the plant; *edible fungi;* and *lichens and seaweed.* Of roots and tubers, carrots, turnips, onions, potatoes, parsnips, beetroot, and Jerusalem artichokes afford familiar examples. Of green plants, cabbages, asparagus, marrows, pumpkins, spinach, tomatoes, and celery may be regarded as every-day types; with which must be grouped the entire salad tribe, various wild plants, and pot-herbs of all sorts. Of fungi, the most largely used are mushrooms and allied species, as the truffle and the morel; these are called cryptogamic or flowerless plants. Of the lichen and seaweed family, Iceland moss, Irish moss, and laver illustrate the composition, and are types of the whole range.

To enjoy fresh vegetables in perfection is the lot of comparatively few people. To compare a dish of peas or a cabbage, culled from one's own garden in the early morning and cooked for the mid-day meal, with garden produce that has been closely packed and brought many miles by rail or road, then further exposed for a day or two in the greengrocer's shop, would be tantamount to saying that a mackerel which has lain in the dust and sun of a hot street is equal to one fresh from the sea. The thing is to get our vegetables as fresh as circumstances permit, then to make the most of them.

But do we make the most of them? We fear not, and we believe that most of the charges brought against us in this respect have much truth in them. One of the most frequent is the charge of neglect. It has been said that a number of the most common of our wild plants, that make wholesome and pleasant dishes, and that can be had for the gathering, are unknown to hosts of our peasantry; the British pig, as he roams about our hedges and ditches, gets the benefit of his owner's ignorance. Another accusation is that of prejudice in the matter of diet, especially vegetable diet; in short, this branch of the cuisine is declared to be but little understood in our tight little island. As to tasty ways of serving, those who are best able to judge assure us that scores of dainty dishes, that are regarded as every-day preparations across the Channel, are practically unknown to the majority of English people. And with regard to our "plain vegetable cookery," we are all pretty familiar with the assertion that by the utilisation of the soluble salts, that are washed out of our plants by our ordinary

methods of boiling, and which eventually find their way down the sink, we should all be the richer both in health and pocket: this point surely is worthy of attention.

But how are these salts to be retained? Mainly by management and forethought. In many cases the water from celery, carrots, and other vegetables forms the basis of soup; but everybody does not take soup, and there are other ways of using it up. Supposing the dinner to-day is composed of boiled meat, with the usual adjuncts—carrots, turnips, &c.; and to-morrow's meal is to be a stew of fresh meat and vegetables; many people would boil down to-day's pot liquor, and use it with any left-over vegetables, but an equal number would throw it away. Want of thought, rather than wilful waste, has most to do with acts of this sort. Another way to get the benefit of the saline matter is to cook such vegetables as admit of it in a small quantity of water. The cabbage family are, of course, excepted; neither could one use the concentrated liquor from boiled onions. But take, for example, a bunch of spring carrots: why should they be boiled, as they often are, in a gallon of water, and that thrown away? A less quantity would often get used up, in the above or some other way, where a huge potful is poured off. It has been rightly said that our system of plainly cooked plants for service with animal food is right enough in principle, and well suited to the average digestion; but it must be carried out with judgment, to avoid loss of their good properties.

And here we may very fittingly say a few words about *purées*. A purée forms a pleasant variety at table; it may be very attractive in appearance; it may be so cooked, as shown farther on, as to retain to the full both flavour and nutriment; while it is a most digestible way of preparing vegetables. Some people do not masticate their vegetables; others cannot. A purée is freed from skins, seeds, and tough fibres; and it is noteworthy that cases are quite common where a particular vegetable, served whole, causes suffering, while in purée form it is digested without inconvenience. It seems, therefore, a matter for regret that any vegetable should be condemned as indigestible until it has been tried as a purée. The little extra trouble entailed by the process is not worth consideration, compared with the foregoing and other advantages: special mention must be made of the facilities afforded by purées for the using up of many remnants, and the introduction of a variety of wholesome seasonings—as herbs, &c.

So far, we have for the most part dealt with vegetables as adjuncts; and, no doubt, much of the monotony complained of in this branch of cookery is due to this habit of regarding vegetables, with few exceptions, "as an accident, or a something to be thrown in." English dinner tables of the artisan and middle-class population are seldom furnished with a dish of vegetables as a separate course; but we are one with the French *chef* who said that such an innovation would lead to general reform in matters of diet. Such variety as is here referred to need not be either costly or very troublesome. Take the most ordinary of the class, say a cabbage, or cauliflower, or a dish of beans or potatoes; and it is surprising what deft manipulation with other inexpensive materials will accomplish. To go a step higher, it is not too much to say that in thousands of English homes, where meat is served in plenty, such dishes

as peas in butter, celery or onions stewed in stock, spinach with eggs, or a curry of mixed vegetables are never served. In some houses they would be voted very extravagant. As to the dainty fritter, not of necessity costly, how many—or, rather, how few—of those who eat them abroad ever venture on their concoction in their own kitchens?

These remarks are not made to urge vegetarianism, or to bring the arguments of vegetarians prominently forward; but it is certain that a number of vegetable dishes would furnish a welcome change in many homes where the butcher's bill is a weekly bugbear. A meal *minus* animal food will, if properly planned, meet the full requirements of the human frame. But here judgment is required, and attention to the class of vegetables known as *pulse*, for the preparation of which see the preceding chapter.

Now a few words on *preserved vegetables*. The term "preserved" includes dried or desiccated, and bottled and tinned vegetables. The dried ones are dealt with under their respective headings; and very useful they are, as substitutes for the fresh article; but they can only be looked upon as *substitutes*, and we fully agree that their use as a regular thing is the result of ignorance or indolence. In the drying process much of the flavour and juices are lost; though, in the latter respect, some sorts suffer more than others. To campers-out they are a boon; and of course, under any circumstances, it is better to use dried vegetables than to go without entirely. The remembrance of two points in connection with all goods of the desiccated class may save loss and disappointment. One is exclusion of the air; this is of the first importance; therefore, it is plain that such as are sold in paper packets must soon become almost worthless. They absorb damp, lose flavour, and may turn mouldy. The next thing is the advantage of using a scrap of fresh vegetable or herb to revive the flavour; it is surprising what an improvement may thus be effected. The best French brands are so blended as to need no such addition; we are referring more especially to the ordinary cheap varieties.

As to the canned vegetables, we have given under their separate headings particulars of the chief kinds that may be bought in this form; also a few recipes for the home preservation of some of them; and it is with the latter that we are now dealing. We do not think that it will pay anybody to buy vegetables for the purpose of canning them, and we use the word "canning" in its broad sense, as in America, and apply it both to bottled and tinned goods. Neither do we think that, on the whole, the vegetables will be found as good, or give as much satisfaction, as the bought ones. We do not wish to discourage anyone from making a trial; but the art of canning is less understood here than abroad, and other climates are more favourable to the ripening of the vegetables. The very greatest care will (in England) not always result in success. It is of the first importance that the weather be fine at the time of gathering, and that the vegetables be uniformly ripe. It is sheer waste of time and material to take some old or over-ripe and bruised, and the rest not fully grown. It is also absolutely necessary that the air be excluded, and that the place for storing be neither hot nor damp. Many declare that light is bad; but we cannot think that it has any serious effect on properly canned goods: for if it had, ninety-nine per cent. of the articles

bought of a grocer might reasonably be expected to turn out a failure, considering the window exposure.

For actual details, reference must be made to recipes; but we may here say a word in favour of the method of bottling detailed under TOMATOES later on. It is simple, clean, and inexpensive; the first cost is not great, and there is the advantage of being able to see how the contents are keeping. We believe we are correct in stating that the bottles in question are the first of the kind made in England, and although introduced at first for fruit preservation, they are quite as well adapted for vegetables. In both instances they meet a decided want.

In conclusion, the preservation of vegetables by means of salicylic acid warrants mention; because so much has been written about it. By many it has been highly recommended as a fruit and vegetable preservative; and there seems no doubt that it is a certain antiseptic and prevents fermentation. On the other hand, certain members of the medical profession have condemned the method. By taking any food so preserved, small doses of "salicine" would be taken with it, and to some persons the most minute quantities are hurtful. It is therefore safer, to say the least, to dispense with that or any other *drug* so uncertain in its action. Of other food preservatives, some of them sold under fancy names, for such purposes as we are now discussing, we have had no personal experience; but it is not too much to say that they should be used with extreme caution; what may be perfectly harmless in one case may be the reverse in another; the old maxim that one man's meat is another man's poison, applies with a peculiar and special force to food preserved by the aid of drugs.

Artichokes, Chinese.—These are curiously-shaped spiral rootlets, said to be of a more dainty flavour than their cousins of Palestine. Besides being used as a vegetable, they may be cooked with cheese, curried, and prepared in many other ways as a savoury; they are also sent to table with a dressing of anchovy or other sauce at the commencement of dinner. They will boil in about twenty minutes, and are considered very digestible. In the opinion of a writer, no sauce is so good with them as CHESTNUT SAUCE. He also recommends that Chinese artichokes be planted freely in the West of Ireland, and the islands off, as they would be very useful vegetables to fall back upon in case of part failure of the potato crop: The bulb is said to be so hardy that it matters little how much frost or rain, or how little sun it gets; and it seems likely that in a short time it will be as well known and almost as cheap as the potato.

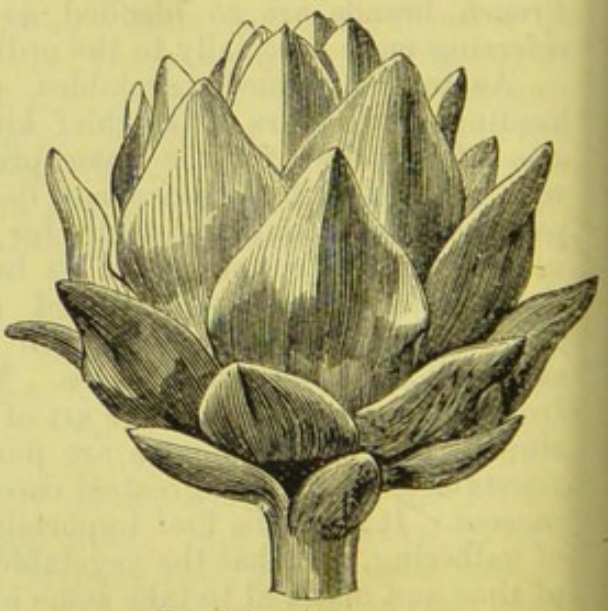


FIG. 107.—ARTICHOKE.

Artichokes, Globe.—This is a very nice vegetable, and, unlike

many other kinds, may be kept a day or two without injury; they are rather expensive, sometimes as much as 5d. or 6d. each, but 2d. to 4d. is a more usual price. They are much used for separate dishes, and can be dressed in various ways. The illustrations above show the artichoke whole, and in section: for some dishes the choke is removed; for others, the bottoms only are used; in such cases the tinned ones answer (*see* next chapter).



FIG. 108.—ARTICHOKE IN SECTION.
A The Leaves. B The Choke. C The Bottom.

Artichokes, Globe, Boiled.—Soak them in cold salted water, upside down, for an hour or two; they should be most carefully washed and looked over, that any insects may be dislodged. The stalk should be trimmed off, also the hard leaves round the bottom, and the points of the rest of the leaves should be clipped. The water should be fast boiling with salt, about a teaspoonful to the quart; cook them until a leaf can be easily pulled out, from twenty-five to forty minutes if quite young; but fully-grown ones will take much longer—from an hour upwards. Drain well, upside down, and dish with sauce over, or in a boat. All the good white sauces, as usually served with vegetables, are suitable; but DUTCH is one of the best; some give the preference to OILED BUTTER, and MELTED BUTTER is very generally liked.

Another way.—Boil as above, but add an ounce of butter to the water, and a bunch of herbs; this is a common French way of boiling. Dish in a nicely-folded napkin laid in a hot dish, and serve quickly.

Artichokes, Jerusalem.—These tubers have been grown in England for nearly three centuries; they are generally liked and are considered wholesome. They are not starchy like potatoes, therefore do not become mealy when boiled. No vegetable needs more care in the preparation and cooking in the very simplest form. A careless cook will spoil both appearance and flavour very readily. Cost, about 2d. per pound.

Artichokes, Jerusalem, Boiled.—Wash them thoroughly, then peel them. They look nicer if trimmed into a round or an oval form, or they are sometimes cut to form a pyramid; but as these methods entail waste, and are not necessary for a plain dish, the artichokes may be plainly peeled, just to look as even as possible. If the cuttings can be used for soup, or in any other way, then they can be shaped as described above, or in any other form according to fancy. While peeling, keep them under water as much as possible, and throw them instantly into plenty of cold water, with a few drops of white vinegar or lemon juice. Have ready boiling a large saucepan of water with salt, at least a heaped teaspoonful to the quart: unless well salted they are most insipid. Put them in, and boil from fifteen to twenty-five minutes, according to age and size. That all may be done together, it is advisable to put the largest in first (*see* BOILED POTATOES). The very moment they are done, strain them; if left in the water after this point is reached, they become flavourless and discoloured.

Have a hot dish ready, and either rub the artichokes over with a morsel of cold butter, or pour WHITE SAUCE or MELTED BUTTER over them. A hint of chopped parsley may be sprinkled here and there by way of garnish. For the sake of extra whiteness, some cooks boil these in milk and water, or parboil in water and finish in milk; and if very old, some favour cold or tepid water in place of boiling water, but in our opinion, when cold water is used, the artichokes are robbed of flavour and nutriment. Old ones are best mashed; recipes under TURNIPS can be referred to for plain dishes.

Artichokes, Jerusalem, Fried.—This way is a failure unless the fat be really hot. The artichokes should be very thinly sliced, washed, and dried, and put in a frying basket, then plunged into enough fat to cover them; when golden-brown the basket should be shaken, and the vegetables sprinkled with salt and pepper (sometimes cayenne and nutmeg are added), then served with lemon juice or vinegar, and bread and butter, if to be eaten as a separate course; or they may go to table with meat, &c., just as fried potatoes are served. Parboiled artichokes can be fried halved or whole.

Artichokes, Jerusalem, Stewed.—Required: artichokes, seasoning, milk, butter, corn-flour, and bread, as below. Cost, 6d. to 8d.

Peel, wash, and slice a pound and a half of artichokes; dry them and put them in an earthen jar with enough milk and water to cover; add a few peppercorns, salt to taste, a grate of nutmeg and ginger, a few drops of lemon juice, and a pinch of celery salt. Cover the jar and cook at a very moderate heat until the artichokes are tender. Take out the peppercorns, add a slight thickening of corn-flour and milk mixed smoothly, and an ounce of butter, with a dash of cayenne, and another squeeze of lemon to bring out the other flavours. Boil for a few minutes, and serve in a pile, on a round of fried bread or hot buttered toast. This looks prettier if a few little Brussels sprouts, or tufts of any other green vegetable be put about the dish. Some dried green haricots, plainly boiled, or a purée, also answer the purpose. (*See* the various recipes in the preceding chapter.)

The flavouring of the above can be varied to taste, all sorts of herbs can be added, and many of the spiced vinegars and other liquid seasonings would give additional zest.

Asparagus.—This delectable vegetable is a favourite wherever introduced, and is one of the few to which English people grant the privilege of a separate course. Very fine asparagus is grown in France; the variety called "giant asparagus" is a good sort to buy, the stalks being so tender as to be all eatable. Asparagus is also imported from Spain and other countries, but its excellence on arrival depends very much upon the state of the weather at the time of packing and in transit. English grown comes into season later, and is smaller and greener than the French. The cost of asparagus is extremely variable, but it is never really cheap, and seldom within the reach of ordinary middle-class families; but it may occasionally be bought for 1s. 6d. to 2s. per hundred, though 5s. or 6s. is a common price, and 10s. may be asked for it. It is very much a question of supply and demand. It is, however, likely that asparagus will be cheaper in the near future, as its cultivation on a more extended scale and under different conditions is receiving attention. Tinned asparagus comes as a boon to people who cannot afford the fresh vegetable; for while the tinned is usually reliable, the quality of the fresh is generally doubtful when it is low-priced.

Asparagus, Boiled.—Place the green tops evenly together, then cut the stalk end, so that when done they shall be all the same length. Scrape the lower ends lightly, and lay the asparagus in cold water for a time

before cooking, then tie the bundles with tape, and put them in plenty of boiling water, salted slightly; cook uncovered gently; when done, take up with a slice and drain on a sieve; then dish on toast, the green part inside, and the stalks outwards. The toast was formerly always dipped in the asparagus water, and sometimes buttered; but now it is as often left dry. As to sauce, if two dishes of asparagus go to table, one may be coated with it—White Sauce, or Melted Butter, or any of the richer varieties as Dutch—but if one dish only, it is better to serve the sauce in a boat, as some persons dislike it extremely. Time, about twenty minutes, more or less, according to size and quality. Brown looking ends and drooping heads are signs of staleness; the fresher it is the quicker it will boil. As a further precaution against breaking, it is a good plan to tie the asparagus in muslin; or the heads to half the depth of the stalk may be thus protected, the stalk itself will not hurt, the green part easily breaks.

Asparagus, Boiled, American.—Cover the points with coarse muslin, bind the bundles in a couple of places with wide tape; then cook in boiling water with salt and a morsel of butter. When done pile on toast, and put bits of cold butter between the stalks, just as it goes to table. This is a very nice way of serving.

Asparagus, Boiled, French.—Boil until done, but let a slight crispness remain, and whatever the kind of white sauce used, let the asparagus liquor be used in making it; send it to table separately, and serve the asparagus neatly in a hot folded napkin, in preference to dishing it on toast. Lemon juice always improves the sauce. For other methods, *see* next chapter.

Asparagus, Steamed.—We are indebted to Sir Henry Thompson for this recipe. He says: "A hint about boiling asparagus is worthy of mention, since the proper method is rarely followed by English cooks. Asparagus of the stouter sort, always when of the *giant* variety, should be cut of exactly equal lengths, and boiled, standing heads upward in a deep saucepan. Nearly two inches of the heads should be out of the water—the steam sufficing to cook them—as they form the tenderest part of the plant; while the hard stalky part is rendered soft and succulent by the longer boiling which this plan permits. Instead of the orthodox twenty minutes allotted to average asparagus, lying horizontally in the English manner, which half cooks the stalk and over-cooks the head, diminishing its flavour and consistence, a period of thirty or forty minutes on the plan recommended, will render fully a third more of the stalk delicious, while the head will be properly cooked by the steam alone. One reason why it is not uncommon to hear the best produce of the fields of Argenteuil insufficiently appreciated here, and our own asparagus preferred, is that the former is rarely sufficiently cooked at English tables."

So far as the cooking alone goes, this mode leaves nothing to be desired; but the removal from the pan is not quite so easy as when cooked in the orthodox way, in a flattish stewpan. Here one cannot take hold of the bundle or bundles, and the vegetable slice is not practicable, because of the depth of the pan. The only thing is to slide the asparagus out very tenderly, on to an inverted sieve, with a cloth laid in it. By steadying the heads with the left hand, covered by a cloth, while the saucepan is withdrawn—supposing the right degree of cooking has not been exceeded—there will be little fear of breaking it.

Asparagus, Tinned.—This is one of the best of the tinned vegetables: some is imported from America. This is large generally, and moderate in price, from 1s. 3d. to 1s. 6d. per tin, enough for a good dish. The French asparagus is smaller and rather

more expensive. Bottled asparagus is also to be had by those who are prejudiced against tinned goods; this is of the very best quality and higher in price than the tinned. To heat a tin of asparagus for table, put it into cold water, and bring it to the boil; it should then be left until heated, from ten to twenty minutes according to size, and opened, holding it with a cloth. If the liquor in the tin is not used for sauce, it should be added to soup or some other dish, as it contains some flavour. Asparagus heads, or points, are also tinned (*see* next chapter). The above is the method recommended by many firms who deal in this class of goods, and it is adopted at several cooking schools. Others, who also speak from practical knowledge, contend that no vegetables should be reheated in the tins. One says:—"Asparagus should be turned out on to a fish drainer, and, if possible, steamed by resting the drainer on two jars in the kettle to keep it out of the water." This is worth attention; but we suggest in place of a fish kettle, unless it is one kept apart from that used for fish, that a substitute in the shape of a close wire meat-stand or pastry-rack on legs be employed; either could be set in a vessel with just enough water to create steam. The difficulty in dealing with tinned asparagus is that it is tender, and the more it is handled, the greater the risk of breaking it. The writer quoted above says of *peas*, that the water should be drained from them, and they should be put in an enamelled saucepan with a little butter, to prevent burning, then the sugar, if necessary, and a little salt and mint be added. (*See* PEAS, page 671.)

Aubergines.—These are very delicate and delicious if nicely cooked. In hot countries they grow wild, and are cultivated in the South of Europe. The colour varies from white to yellow, and from dark purple to red; the purple are considered the best. They are very extensively eaten in France. The seeds must be removed, however they may be cooked. Epicures assert that there is no way of cooking equal to braising; "oil top and bottom of the vegetables, and fire under and over, will ensure good results, if the oil be pure and the fire gentle." Cost, very uncertain; sometimes to be had for a few pence each.

Aubergines, Broiled.—This is an easy and inexpensive method. Cut the aubergines through; cut up the inside part with a hint of garlic, or shalot or onion, if preferred; season well with salt, white pepper, cayenne, and nutmeg; mix in a few bread-crumbs, and replace the mixture in the cut halves. Moisten well with fresh olive oil, and cook gently before the fire; or grill over a clear fire, if more convenient, using a little oil to moisten from time to time.

Aubergines, Fried, à la New Orleans.—Slice the plant a quarter of an inch thick; dust it with cayenne and salt, and roll it in fine dry flour. Put some good cotton seed, or other oil, in a frying pan; brown a few slices of onion in it first, then skim them out, and drop in the slices. Give them about ten minutes' cooking; the heat is to be reduced after the first minute, or the oil may burn. Drain well, and serve with no sauce but hunger. This is a favourite in Louisiana. Young leeks may be cooked in the same way.

Balm.—This is a garden plant with tonic properties; useful in many non-alcoholic drinks, and for adding to claret cup and similar compounds, to which it imparts fragrance and flavour.

Basil.—The perfume of basil is very fragrant; it is something like that of cloves. It is considered a good addition to mock turtle, and other gelatinous soups, and has the character of extreme wholesomeness.

Bay Leaves.—Owing to the kernel-like flavour of these leaves, they are used in sweet as well as savoury cookery; they form an ingredient of

the "bunch of herbs" so often mentioned in cookery books generally. They should be used in moderation, and in many dishes it is sufficient to let the bay leaves, or bunch of herbs, as the case may be, remain in the gravy, or other liquid used for the dish, but a short time only. For many dishes a pinch of powdered bay leaves is enough; a stock of both the fresh and the dried, which should be powdered very finely, is useful in every kitchen. Bay leaves enter into many mixtures of herbs and spices (*see* the chapter on SEASONINGS).

Beans, Broad (or Windsor).—These are excellent eating when young. They are a favourite accompaniment of ham or bacon. Although mostly seen on the tables of the poor and middle-class population, broad beans are convertible into dainty dishes, and in this form make their appearance at first-class dinners. Cost, usually about 6d. or 8d. per peck, when plentiful. Broad beans are much nicer, and more digestible, when freed from the outer skin, there being a very pronounced difference between that and the inner green portion. When this is done, the husks (so-called) need not be wasted; if boiled for a long time, the water from them can be strained off, and with the addition of vegetables or cereals, will make nourishing soup. Cold beans make a good salad.

Beans, Broad, Boiled.—For a perfectly plain dish, shell and wash the beans, and put them on to boil in salted boiling water. Young ones will be done in twenty minutes, or a trifle under; older beans will take about half an hour. The skins will look wrinkled, and the inner bean may be easily slipped out between the thumb and finger when ready to serve. Drain in a hot colander, and serve hot. A lump of butter, and a pinch of salt and pepper, should be shaken amongst the beans, if no PARSLEY SAUCE is served with them.

Another way.—Boil a good bunch of herbs with the beans; drain when nearly done, and put them in a clean saucepan with a little oil or butter, and some chopped parsley; toss them until heated through. Fry some dice-shaped pieces of bread, and sprinkle them over the beans after dishing. Serve egg sauce with these. This is a good *maigre* dish.

Beans, Broad, Boiled (*Superior*).—Take off the husks before boiling, and cook them precisely the same as peas. They are excellent; and, thus boiled, may be served with any good sauce, either with meat, or as a separate dish. A very good dish is made by boiling them with a bunch of herbs in the water, then drain, and add some MAÎTRE D'HÔTEL BUTTER at the moment of serving. The slightest suspicion of garlic may be added. Another good sauce is obtained from MELTED BUTTER; it should be slightly thicker than given in our recipes, and to each half pint, a teaspoonful each of French vinegar and onion vinegar, with a hint of garlic, should be added; some very finely-powdered herbs may be put in last thing. This goes well with pork or bacon; or the beans can go to table alone, or with a garnish of sliced eggs, and the sauce in the centre.

Beans, Broad, Mashed.—This is really the only way in which plainly boiled beans, when old, can be served to advantage. After boiling as above directed in the first method, until quite soft, remove the skins, and mash the beans with a fork, or pass them through a sieve. A little hot stock can be used to soften them; or a spoonful of milk, with a slice of butter in it, is even better. When smooth, add salt and pepper, and re-heat them. Parsley can be chopped and mixed in, or the usual adjunct, PARSLEY SAUCE, be served with them.

Beans, French, or Kidney.—Perhaps no vegetable is more popular than this. One variety is largely grown abroad for the sake of the inner bean, so much eaten in the fresh state,

and which we get dried in the form of haricots. The pods should be young; when fully grown they want very careful preparation in the way of stringing and cutting; it is surprising the difference in the flavour of carelessly cut beans. When quite plainly boiled, French beans are excellent with roast meat—they are said by some to be *the* one vegetable to eat with venison—but they may be served in many nice ways as separate dishes, and they make excellent salads. The green pods of the scarlet runner are eaten in the same way, and closely resemble the French or kidney bean. Cost, variable; about 2d. per pound, when plentiful, but much dearer early in the season.

Beans, French, to Bottle.—Follow the instructions given for PEAS on page 639. The beans should be cut as if for boiling. Young beans may just be broken through after stringing, if more convenient.

Another way.—This is very simple, and either jars or bottles can be used, the beans being broken or cut as preferred. Put them on a large dish, and rub two lumps of dry salt together in the hands; it should be quite warm; let it fall over the beans, then take two wooden spoons or sticks, and toss them together that all parts may be equally coated. Have the jars dry, and put in salt and beans in alternate layers until full, salt forming the bottom and top layers. Tie down with bladder (vegetable parchment will not do), and store in a cool, dry place. They will shrink a good deal, and the contents of some of the jars may be used for filling up the others from time to time. Some may question the necessity for salting the beans separately before putting them in the jars; but without this the layers of salt do not penetrate the beans sufficiently.

In cooking these use no salt, but add a pinch of sugar and borax to the water; do not stint the water, and boil rather longer than usual. They will want soaking in plenty of cold water first.

Beans, French, Boiled.—Gather the beans as short a time as possible before cooking; very small ones are cooked whole, the tips and side strings removed. More fully grown ones are first trimmed in this way, then cut into thin slanting strips. They should be rinsed in cold water, then put into boiling salted water. Time, according to age, fifteen or twenty minutes for young ones; old ones take nearly or quite half an hour. Beans cannot be sliced too thinly; this is a tedious process when a quantity have to be cut, and a handy little machine, called a bean cutter, will be found serviceable; it will slice to perfection enough for half a dozen people in a few minutes. No vegetable spoils more by waiting, and a hot colander should be used for straining, and the hottest of plates served. A slice of butter may be shaken with the beans when liked, but they are frequently preferred plain. For a vegetarian dish, add some oil or butter after the beans are drained; a seasoning of chopped parsley is an improvement, with a little salt and pepper; some like nutmeg, and others will rub the saucepan over with a clove of garlic. The beans look nice served in a border of rice or macaroni, over which WHITE SAUCE should be poured. Plenty of water and quick boiling with the lid off will ensure a good colour. A pinch of soda or borax is, however, optional.

Beans, French, Boiled (*French Method*).—Drain after boiling; return to a clean pan, and add oil or butter, with seasoning to taste, and a little lemon juice; shake the pan until hot through. An ounce of butter will serve for a quart of beans.

Beans, French, Moulded.—When the beans are old, and it is likely that they would be tough in the plainly-boiled state, cook them until done, then chop them, or rub them through a wire sieve, and add a teaspoonful of mixed herbs to each quart, with seasoning to taste; or, instead of herbs, a few young onions may be boiled and

added; or a small proportion of any green vegetable. A couple of raw eggs should be mixed in, and the beans pressed into a plain mould or basin, and baked until they will turn out. Send to table with meat, or as a *maigre* dish. Then it looks nice ornamented a little; some sieved hard-boiled egg yolk is suitable; the white may be cut into rings and put round the base; or some fried bread-crumbs, or plain raspings, may be used. Sometimes bread-crumbs are mixed in to give more consistence.

Beans, French, Purée of.—Old beans are best boiled and made into a purée by sieving; they want only a little butter or oil, and a slight seasoning, with a minute's re-heating, to make a good plain dish; chopped parsley improves them, so does lemon juice. Or if to serve with meat, after sieving, a spoonful or two of sauce or gravy may be used to moisten the purée; the flavour is excellent. To a purée of this sort some other vegetable is sometimes added—lettuce or young cabbage, for instance. Serve in a pile, and very hot. A flavouring of tarragon is a very pleasant one.

Beans, Lima.—These beans are American favourites, and may be bought in England in tins, at about the same price as canned corn and succotash. By mixing Lima beans with canned corn, a very good substitute for succotash is obtained; the exact proportions can be regulated by taste, but generally more corn than beans is liked. When these beans are to be served alone, follow the directions on the tins. Another nice dish is obtained from a tin of Lima beans, mixed with some boiled French or kidney beans when in season. They are also nice for salads, if drained and dried; the liquor and any broken ones being used in soups and stews. Try a dinner of a tin of Lima beans with some fried ham and eggs, and a generous supply of Parsley Sauce; or by way of a change with Celery Sauce; or leave out the eggs, and serve ham, bacon, or pickled pork with the beans, and a tureen of Melted Butter, with a dash of mustard, and a spoonful of lemon juice. Other changes can be rung upon these homely but excellent commodities.

Beetroot.—The red garden-beet, which has long been grown in England, is a very popular vegetable, and valued on account of its beautiful colour; it is much used as garnish to various dishes, and is one of the nicest and most wholesome of all the pickles, being one of the few vegetables cooked before pickling. The garden-beet is rich in sugar. Beetroot is sometimes baked, but unless most carefully done it is spoiled in appearance; the colour suffers, and if the heat is too great, it becomes shrivelled. Cost, about 2d. to 4d. per root on an average. (*See* Garnishes, Pickles, Salads, &c., for other recipes.)

Beetroot, Boiled.—Free it from mould, but do not attempt to cut it before boiling, or, to use the term usually applied, it will "bleed" in the water, and lose its colour; hence it must be most carefully washed, that the skin may remain unbroken. Put it in boiling water, and cook it steadily, from an hour to three hours, according to size: two hours will cook a medium sized one. Take up carefully; a good deal of the peel can be removed by rubbing it; only cut where necessary. If to be served hot, plunge it in cold water for a moment before peeling; if for a salad, let it get cold. Small beet may go to table whole, with Melted Butter or White Sauce poured over; larger beet is better sliced, or cut lengthwise into quarters. The thin ends can be cut off, and placed round the sliced thick part, if several are served together; small heaps of green vegetable in between will make a more inviting dish.

Borage.—A writer says that "Borage has the credit of being a great cordial, but its virtues are best obtained by a cold infusion; therefore

the custom of putting it into cold drinks, of which claret cup is an average specimen, is a wise one." This is, we think, one of the chief uses of this plant.

Bottled Vegetables. — *See* BEANS, PEAS, and TOMATOES.

Broccoli. — This so much resembles Cauliflower that the same recipes answer for the cooking of it. We may remind the reader that the leaves need not be wasted, but can be cooked like large white cabbages, with which everyone is familiar. The thick parts may be stripped from them, not for the purpose of throwing them away, but that they may go into the boiling pot before the tender parts. A dish of these leaves, with a few slices of ham or bacon, and a tureen of plain sauce, is a meal not to be despised on account of its cheapness.

Brussels Sprouts.—These are a very nice green vegetable, welcome at almost every table; they are wholesome, and, as a rule, fairly cheap, about 2d. per pound.

The sprouts want going over one by one; the stems cut evenly, and any outer decayed leaves removed; the part to cook should look like a tiny compact cabbage. Soak for an hour in cold, salted water, after many times rinsing, then drain in a colander, and put them in the boiling water by degrees, that they may not take the water off the boil. Have a good supply of water, and salt it as for cabbage. Boil with the lid off, from twelve to fifteen minutes, if very small and tender; some sprouts may take twenty minutes. Drain very thoroughly on a sieve, or in a colander, and serve very quickly; sprouts soon become absolutely cold. With regard to the pressing of sprouts, if they are to be plainly served with a joint, say roast beef, unless time can be given for them to drain well, and they are afterwards re-heated as undermentioned, it is well to press them a little to get rid of the water, for nothing is more unpleasant than to find one's plate of gravy diluted with the water from greens; yet, they should retain their shape, and after the slight pressure should be well shaken up. But, if the sprouts are to receive the addition of WHITE SAUCE, or to be finished off spinach fashion, then drain them without pressure, and put them back in a clean saucepan over the fire, that the moisture may be got rid of by evaporation, with a little butter, salt, and pepper, and, if liked, lemon juice and a grate of nutmeg. Shake the pan well. When hot through, serve with a garnish of toast or fried bread.

See next chapter for other ways of serving; also CABBAGE, for further hints on cooking greens generally.

Burnet.—This grows by the wayside, and flowers in July; its leaves are very beautiful. It is used in the same way as borage, and is considered equally wholesome.

Cabbage. — This is one of the commonest of vegetables, and a most useful one; it is liked as a rule, but has to be avoided by some persons of a flatulent habit. The entire tribe is a large one, and embraces sprouts and kale, spinach, &c., as they have a common origin in the wild plant which grows upon the coasts of England, Ireland, and Wales. Cabbages are generally cheap; from 1d. to 2d. each is a good price, and they may sometimes be got for less. There are certain rules applicable to cabbage cookery, which may be here noted, and which will avoid repetition in our recipes. All need most careful washing, lots of water, renewed several times, and a good lump of salt added to the last—in which they should lie for a time — will draw out insects; they should be put upside down in the water. If any doubt exists, pour boiling water over, after taking them from the cold; this will dislodge insects if any are hidden in the leaves. Always drain well before putting them on to boil, that they may chill the

water as little as possible, as it should be made to boil up quickly, that the cabbage may be a good colour. There should be a good supply of boiling water; if stinted, there will be a strong smell, and the vegetables will be a bad colour. If it is necessary for any dish that some of the strong smell of cabbage be removed, let it soak for an hour in boiling water before cooking. Add to the boiling water two tablespoonfuls of salt to the gallon, and for *old* cabbages, a half-saltspoonful of bicarbonate of soda, or powdered borax. A bit of stale bread, tied in a linen bag, will reduce the cabbage smell, which is objectionable. Always leave the lid off, and avoid smokiness. Skim the water before the cabbage goes in, and during the boiling. These remarks apply to all sorts of cabbage. (*See* also CABBAGE, SAVOY, COLCANNON, HOT SLAW, and SAUERKRAUT, in this chapter; also the chapters on SALADS and PICKLES.)

Cabbage, Boiled.—For young spring cabbage, cut the stem across twice; prepare and cook them as directed above, allowing twenty minutes or more; their size and freshness must be considered. Keep them well under the water by pressing them down from time to time, and strain as soon as done; over-boiled cabbages are unpleasant. The colander should be hot, and the cabbage pressed; a wooden press is handy, but a small plate or saucer answers; the lid of a brown stew-jar is useful for the purpose. This part of the business is often neglected; and it takes away the appetite to cut cabbage on one's plate, and find it swimming with water. Have a hot dish ready, and serve at once.

NOTE.—Always take the outside leaves off, if withered, as they must be thrown away.

The above is the plainest and simplest way of boiling; a better dish is obtained by putting the cabbage, after pressing, in a clean saucepan, with a morsel of butter; dredge a little flour in while stirring, as it assists the butter to adhere to the cabbage. A little vinegar and a pinch of sugar are further improvements, if to be served as a separate dish.

Cabbage, Large, Boiled.—The difference consists in the preparation of the cabbage; it must be halved, or quartered, if very large; some of the hard stem removed, and the parts tied together with tape; it is not advisable to throw the stem away, but as it takes longer boiling than the cabbage leaves, it can be put into the water first; or some prefer to cut the stem into strips, and boil for another little dish. Another way often advised is to cut the cabbage through, and put in the stalky parts first, and the thin, leafy tops later on. The thing is to avoid rawness of the stalk, and pulpiness of the leaves; all that is wanted is a little management. It is impossible to lay down a rule as to time for these; they may take from forty or fifty minutes to an hour.

Another excellent method of cooking very large cabbage is to shred it, giving the stalk twice the time of the leaves; it should be finished off with butter, as above directed.

Cabbage Boiled in Three Waters.—It has been many times remarked that much of the disfavour shown towards the common cabbage is the result of careless cooking; "the puddling drop of water, or the hasty and imperfect washing, would turn a strong stomach," says one authority. The following is recommended as one of the best ways of serving cabbage in a delicate and digestible form. Take some small white-heart cabbages, wash well, and cut the stalks through once or twice, then put them on in fast-boiling water, lots of it, with salt in the usual proportion (soda is optional; *see* CABBAGE). In ten minutes drain, add a fresh supply of water and salt, boiling as before; give ten minutes more, then renew the water again and finish the cooking. If very small cabbage, supposing it is estimated that they will be done in twenty minutes,

change the water first after seven minutes' boiling. The thing is to give three boilings, and about the same time in each water. There is no objection to this but the little extra trouble, but the result will amply repay it; if the cabbage be well drained and served hot, with melted butter or any other of the usual accompaniments, a dish quite different from an ordinary boiled cabbage is a certain result. Whether boiled in this or any other way, never throw cabbage water down the sink; it should be got rid of out of doors, if there is a bit of ground on which it can be thrown.

Cabbage, Fried. — There are various ways of re-heating cold cabbage; one of the nicest is frying. Chop the cabbage roughly, season with salt and pepper, and a pinch of herbs and spice; melt a morsel of dripping or other fat to keep it from burning, then put it in and turn it about until brown and dry. Cold carrots can be added, so can a morsel of grated apple, it gives a pleasant flavour; onions are liked by some, and any of the edible wild plants may be mixed in. Fried cabbage may form a dish of itself, or go to table with meat. In the first case, make it tasty, and serve neatly with some hard-boiled eggs, or strips of toast or fried bread as garnish: sauce or gravy adds to its excellence (*see* COLCANNON, page 624). Fried cabbage is sometimes flavoured with ground carraway seeds; it is considered a good addition, by reason of cabbage giving rise to flatulence, for which carraways are a well-known remedy. The same seasoning is as suitable for stewed cabbage as for fried. For the above use an ordinary frying pan.

Another way.—Take a pint of boiled chopped cabbage; sprinkle it with a teaspoonful of curry powder, and fry it as above directed. Dish it in a border, and sprinkle fried onions over. Put any mince of meat in the middle: this is tasty and economical.

Cabbage, Red, with Apples. —Required: a cabbage, an onion, two apples, vinegar, seasoning, and thickening. Cost, about 6d.

This is a rather peculiar dish; to many people it will be a novelty, and will become a favourite: it is, perhaps, one of the most wholesome ways of serving this vegetable. Take a close small cabbage; all the stem and heart part must be removed, then cut it up in shreds, and put it in an earthen stewpan with a good-sized onion, chopped, a tablespoonful of vinegar, and a gill of water. Cover and cook softly for a couple of hours; add two large sour apples, chopped; give an hour and a half to two hours more cooking; then season, and thicken with a little flour mixed with water or stock, and add a little more vinegar or lemon juice.

This may be served with roasted or stewed meat, or as a separate course. The seasoning is left to taste; a little spice of some sort is wanted, and a morsel of sugar is generally liked; though those who do not care for sweetened apple sauce will like this unsweetened; salt and pepper are the only other ingredients necessary.

Red cabbage is generally pickled, but many good dishes may be made from it. If stock be used instead of water, the above is nicer. A favourite dish in some parts is made from red cabbage, stewed in thickened stock, and fried sausages. (*See* also PICKLES and SALADS.)

Cabbage, Savoy.—This is distinguished from the close-hearted cabbage by its full heads and wrinkled leaves. There are several varieties of this—the large green, the German (a distinct and superior sort), the yellow, the dwarf, and the globe, are all familiar ones. This cabbage is eaten by some who do not like the white cabbage; again, others prefer the last-named. To keep this a nice colour, give it lots of room and lots of water; take it up as soon as done and press well; cut it into squares in the dish

ready for serving, and to improve the appearance rub a bit of butter over the top. Some dislike this if it is to be eaten with a roast. Prepare the water as directed for CABBAGE on page 614, and wash and prepare the cabbage in the same manner. To serve as a separate dish, treat the cabbage as spinach, or any other green vegetable.

Cabbage, Stewed, Armenian.—Required: a cabbage, a mince of cold meat and bacon as below, dripping, stock, seasoning, and thickening. Cost, exclusive of meat, about 4d.

Scald a neatly trimmed cabbage; the outside leaves must be removed, so as to leave it close and compact. Make a mince of any sort of cold meat and bacon; it should be highly seasoned, and mixed to a paste with about the same bulk of parboiled rice; broken rice does very well. Introduce this in amongst the inner leaves, and tie up the cabbage with tape. Brown it well in a morsel of hot dripping, then add some weak stock, and stew for an hour and a half or two hours. Untie it, and thicken and flavour the gravy to taste, pour it over or round the cabbage, and serve hot. A large lettuce is excellent thus treated.

A similar dish is made by using sausage meat to stuff the cabbage, with parboiled rice, or some cooked peas or lentils, mashed and moistened with gravy or stock. This sort of dish is a change from meat and vegetables as ordinarily served.

Cabbage, Stuffed.—Required: cabbage, forcemeat, stock, thickening, and seasoning. Cost, about 6d. or 8d.

This is a tasty dish. Prepare a plain herb forcemeat (*see* FORCEMEATS), and use it in the manner described above; or take the heart out and put the stuffing in its place; in this case, the heart is boiled and served in another dish. Stew in some plain meat or vegetable stock until the cabbage is done; then serve it on a hot dish and thicken the gravy; add seasoning, and pour over the cabbage. Use a forcemeat without suet.

Cabbage Turnip, or Cole Rape.—This is a vegetable favoured in Germany (*Kohlrabi*); the flavour is something like cauliflower. To cook them, they must be peeled like turnips, and quartered or halved according to size, and boiled in water or stock like turnips; when a skewer goes easily through they are done. Meanwhile, the tenderest of the green tops are cooked just like spinach. The *kohlrabi* are sliced and heated in white sauce, seasoned nicely—a grate of nutmeg is generally approved—and served in the centre of the dish with the green round them.

Ordinary turnips, vegetable marrows, or any other of the insipid class of vegetables, might be thus served, any green-meat in season forming the wreath; it improves the appearance and the flavour.

Cabbage, with Cheese and Eggs.—Required: cabbages, sauce, eggs, cheese, and seasoning as below. Cost, about 10d., without the adjuncts named.

This is a nice *maigre* dish. A couple of young cabbages should be boiled and pressed, then chopped roughly, and put in a saucepan with a gill of plain MELTED BUTTER, or WHITE SAUCE, and stirred for a minute or two. Four eggs boiled hard, and cut in six or eight pieces are then to be added, with an ounce or more of grated cheese, a pinch of cayenne, and nutmeg and black pepper to taste. As soon as the cheese is melted, the whole should be served as hot as possible. With this a dish of macaroni or rice is good eating. Other combinations may be tried; for example, some melted butter and eggs can be put in, and any preparation of rice or macaroni, with cheese, laid round it; or some fried or toasted bread, with grated cheese on a plate, are sometimes handed round with the cabbage.

Cabbage, with Pickles.—Required: cabbage, vinegar, pickles,

butter, flour, and seasoning. Cost, about 5d.

Take the heart from a medium-sized cabbage; boil it in two waters until it is three parts done; then shred it, and lay in a stewpan; chop up a pickled onion or two, also a gherkin, and a few capers; add them, with a gill of vinegar, some from the pickles, the rest plain; cook for twenty minutes or so, then thicken with browned flour, give a few minutes' more boiling, add an ounce of butter, and salt and black pepper to taste, and dish at once. Many persons always add vinegar to cabbage; this will commend itself to such, as the cooking in the vinegar reduces the sharpness, and gives a piquant, but not unpleasantly acid, flavour; but it may be improved for some, by using half vinegar and half stock. Chutney may be added to increase the zest, and a tablespoonful of tomato catsup or conserve is a decided improvement.

Cabbage, with Tomato Purée.—Boil the cabbage as above; put it in a stewpan with enough TOMATO PURÉE to cover it; *see* the recipe later on. Stir and simmer until the cabbage is tender, then serve hot; it goes with almost any meat; or, with the addition of eggs, forms a good *maigre* dish.

Capers.—These are obtained from a plant grown in South Europe; our supplies are mostly from France and Italy; they vary in kind and price, and the French Nonpareils are considered the best, and are the most expensive. Capers are mainly associated with boiled mutton in the form of sauce; but they are extremely nice with many vegetable concoctions, as well as savoury preparations of rice or other grain. Capers must be kept well covered with their vinegar, and the bottle corked tightly. For the various salads and savoury dishes into which capers enter, reference must be made to those chapters (*see* also GARNISHES). Cost, from 4d. per small bottle; the larger bottles are relatively much cheaper.

Cardoon.—This is a handsome plant that has long been employed in French cookery; it is cultivated in England, but is very costly; the stalks of the inner leaves are the parts eaten, the prickles being removed by means of flannel. Cost, very uncertain.

Cardoons are to be got in the winter. It has been often said that cardoons are valued more on account of their high price than their flavour; and that many cheaper vegetables are better. Cardoons may be got in tins, but they are expensive.

Cardoons, Boiled.—Choose a few heads of sound white cardoons. Cut them into pieces from four to six inches long, remove the prickles, and blanch them in boiling water for a quarter of an hour. Scrape off the skin, and tie them in bundles. Cover them with nicely-flavoured white stock, and boil till tender. Drain them, and serve on toast, with plenty of good MELTED BUTTER, or any rich white sauce. Five or six heads suffice for a dish.

Cardoons, Fried.—Proceed as above, and when the cardoons are tender, melt a little butter in a pan, drain the cardoons, dredge a little flour over, and fry them till they are nicely browned. Send sauce as above to table.

Cardoons, Stewed.—Prepare the cardoons as above. Then put them into a stewpan, and cover with a little good gravy, and stew very gently till tender. When sufficiently cooked, thicken the gravy with roux, season with cayenne and salt, and add a glass of sherry. Put the cardoons on a dish, and pour the gravy over them.

The cost of all these dishes is very variable.

Carrot.—This vegetable is very wholesome, and much liked, generally speaking; but not nearly enough is made of it as a dressed vegetable of

the plain kind. It is used freely enough at the tables of the well-to-do, in the form of high-class purées, &c.; but we are thinking for the moment of the number of people who have eaten carrots, in hardly any other way than plainly boiled, with beef or mutton. Yet the nice dishes of carrots for separate service, at little cost, are very numerous, and deserve attention. The best part of the carrot is the red outside; therefore as little should be removed as possible, and scraping is preferable to peeling; and whenever peeling must be resorted to, great care should be taken to avoid waste. The inner parts answer for flavouring soups, stocks, &c. Of course, for very cheap dishes, and when the vegetable is scarce, or the inner parts are not likely to be of use in other ways, then the carrots in their entirety may be used for any dish. But as the exterior is not only nicer in taste, but more digestible, and cooks in less time, there are good reasons for the separation when practicable. Cold carrots are liked by many persons; they make an excellent salad; re-heated, carrots are very nice; therefore cold carrots need never be thrown away. Old carrots are always improved by the addition of a little sugar to the boiling water, or to the stock used in such dishes as purées, stewed carrots, and the like. Fat, too, is a necessary ingredient; when the vegetables are boiled with a piece of fat meat, it will be found that they become soft in less time than when cooked plainly; therefore, whenever boiled apart from meat, a morsel of fat should be put into the water; if a stock of a slightly greasy nature be employed, that answers the same purpose. In dishes of the strictly vegetarian class, oil or butter comes to the rescue. We specially enforce these frequently unconsidered points, because we do not know of any vegetable that is more improved by careful cooking than the carrot. Cost, variable, but almost always cheap; from 2d. to 3d. per bunch. Young carrots, early in the season, may be put down at about 4d. to 6d. per bunch.

We can particularly recommend steamed carrots. (*See* VEGETABLES, STEAMED.) When thus cooked, or when plainly boiled, they are improved by rubbing over with a bit of butter or dripping.

Carrots, Boiled.—For old carrots, cut a little slice from the root end, wash them well, and cleanse them by means of a vegetable brush. When the dirt is all brushed off, it is often found that the carrots need not be peeled; whereas, when only half cleaned, peeling is thought to be necessary in nine cases out of ten. Any specks or unsound parts can be removed with the point of a knife. Have some water boiling, salted, as for onions (unless they are being boiled with salt meat); add sugar and fat (*see* remarks above), and boil until done. The time varies considerably; from an hour and a half to almost double the time, if very large, may be set down as the average. It is best to cut the root end twice across, for the water to penetrate more easily; or some prefer to cut the carrots through the middle, and leave the thin end whole, and split the root end into pieces of equal thickness. The cooking in this way is more uniform, but there is a slight loss of flavour, which is not of so much importance if the liquor is utilised for soup or broth. The thin end, that looks like a bit of string, should be cut off. Sauce or no sauce? If to serve with boiled meat, MELTED BUTTER or PLAIN WHITE SAUCE is often poured over, and is an improvement, supposing the pot liquor only is to be served with the meat. But if a piquant sauce or gravy be made to pour over the meat, no other need be prepared for the carrots.

Carrots, Young, Boiled.—Wash and scrape the carrots, then boil them in water prepared as above directed, from twenty-five minutes to three-quarters of an hour or more, according to size, and serve with sauce

or plain MELTED BUTTER. Or, instead of scraping, wash the carrots only, and when done rub off the skins with a hot, dry cloth; this must be done very quickly, as the sooner they are dished the better.

Another way.—This is very superior. Prepare the carrots for boiling, and lay them flat in a stewpan, with one ounce of butter to two pounds. Put in a teaspoonful or rather less of salt, and a pinch of sugar, then just cover with boiling water. When the boiling is almost complete, remove the lid, and let most of the moisture evaporate. Put the carrots in a dish, add as much milk as there is liquor in the pan, and thicken with corn-flour to the consistence of melted butter. After a minute or two, during which stir briskly, pour it over the carrots. This is a really first-class dish, although cheap; the flavour, owing to the retention of the juices, is excellent, while it is actually cheaper than a dish of carrots boiled in the ordinary way, because the liquor helps to make the sauce.

Carrots, Fried.—Take cold carrots, and cut them equally, both in length and thickness; pepper and sugar them (the two ingredients should be about equal), then add a suspicion of nutmeg; it is better to dredge the seasoning over before the carrots are cold; sprinkle them lightly with flour, and either cook them in a frying pan with hot fat, by the "dry process," turning them with a spoon until equally browned; or (which is the better method) put them in a frying-basket, and plunge them into plenty of hot fat. Drain, and serve with a roast or stew of meat, or, as a separate dish, with any nice sauce.

Another way.—Dip the carrots into melted dripping, then season and leave to cool; roll them in crushed vermicelli, and fry brown and crisp. (*See* also next chapter.)

Carrot Sauce.—*See* HOT SAUCES.

Carrot Soup.—*See* SOUPS.

Carrots, Stewed, German.—Cut the carrots into strips, the size, say, of the finger. Put them in a stewpan, with a morsel of butter and some weak meat broth; cook softly, and thicken with a little flour, and add some chopped chives, or young onions, with a morsel of chopped parsley, a short time before dishing. Some cooked green peas improve this stew.

Carrots, Stewed, Savoury Dish of.—Required: a quart of thinly-sliced carrots, a pint of stock—meat or vegetable, according to the nature of the dish—two ounces of butter, an ounce of potato flour, half an ounce of barley flour, a tablespoonful of chopped leeks, half as much parsley, salt, pepper, and spice as below. Cost, about 9d.

Melt the butter, add the leeks and parsley, stir for a minute, then put in the carrots, which should be sliced with a cucumber slicer; fry for a few minutes, then add the stock, smoothly blended with the thickening, a clove, a bay leaf, and a couple of allspice berries. Cover, after the gravy has been stirred to the boil, and cook until the carrots are done, shaking the pan sometimes, then serve in a pile, with the gravy strained over them, and garnish with croûtons.

The time depends entirely upon the age of the carrots. If young, half an hour or less will do; if old, they will take from forty to fifty minutes. Remember, a pinch of sugar, and frequent stirring.

Carrots, Tinned.—Young carrots are now to be had in tins, ready cooked; they only need re-heating to be ready for use. (*See* ASPARAGUS.) Being expensive, they will be useful for the most part for garnishing purposes; or for first-class dishes, when rich sauces are served with them. They are nice for salads, being of a very good colour. When used for garnishes, the liquor should be added to soup, or used in some other way, as it will be found to contain a good

deal of flavour; it will serve to give a carrot flavour to a vegetable curry, or a stew of mixed vegetables. These little points should be borne in mind in dealing with tinned vegetables of all sorts; for it is seldom that no use at all can be found for the liquor. Cost, about 1s. per tin.

Carrots, with Macaroni and Spinach.—Required: spinach, carrots, macaroni, eggs, sauce, and seasoning, as below. Cost, about 1s. 4d. to 1s. 6d.

This is a very economical and tasty-looking dish. For an ordinary-sized dish of spinach, allow about a dozen small carrots, and half a pound of macaroni. Boil the carrots (*see* CARROTS, YOUNG, BOILED, last method), and set them upright round the spinach, boiled, and put pyramid form in the middle of the dish. Put the macaroni round the carrots, in little heaps, with here and there a quarter of a hard-boiled egg; about eight quarters should be used in this way, and the same number put about the pile of spinach. The sauce from the carrots should be poured half over the macaroni, and half over the eggs and spinach. Send MELTED BUTTER to table, and serve as a separate course at luncheon or dinner. Any green vegetable may replace the spinach, and the macaroni may be plainly boiled, or cooked in a savoury manner, but it should be white, the better to contrast with the rest of the ingredients. (*See* MACARONI.)

Cauliflower. — This favourite vegetable should be cut early, while the dew is still upon it. Choose those that are close and white, and of medium size. Whiteness is a sign of quality and freshness. Great care should be taken that there are no caterpillars about the stalk, and, to ensure this, lay the vegetable with its head downwards in cold water and salt for an hour or two, changing the water; if insects are in the leaves they will be drawn out and float. The outer leaves may be cooked like cabbage. Cost, from 2d. to 6d. each on an average.

Cauliflower, Boiled.—Examine the vegetable, after treating as above described, to make sure there are no slugs left in; drain, and put it on to boil in plenty of fast-boiling water, with a couple of teaspoonfuls of salt to the half gallon. This should be well skimmed, or the scum will adhere to the cauliflower, which should be laid in, flower down, the stem cut evenly, the outer leaves taken off, and the inner leaves trimmed round the edge, so that the flower stands above the green. Boil, uncovered, very gently, until the flower is quite soft, but unbroken, from fifteen to twenty minutes, according to size. If a number of very small ones are cooked, cut the stems very flat, and place them in the dish to resemble one large cauliflower. Firm, close ones, of medium size, are best; when large and discoloured, and open, they should be used up in other ways. In draining, remember to turn the cauliflower upside down in the colander, and take it up very carefully with a slice. Serve, flower up, with WHITE SAUCE over. PARSLEY SAUCE is sometimes liked.

Cauliflower, Boiled (French method).—Cut away all the stalk and green leaves, and divide the flower into quarters or sprigs; soak for a short time in water, with salt and a little vinegar in, then boil in the usual way, and arrange neatly in a dish. Pour MELTED BUTTER over, and serve.

We may point out that cauliflower leaves can be cooked for a separate dish, just like white cabbage. In some families the vegetable is always put on the plates without a morsel of the leaf or stalk, even when only the primest of the leaves are left on; when this is the case, it is far more economical to remove the leaves at first, and cook the flower separately, as described above; or to boil it in milk (after parboiling in water), then to add flour and butter to the milk for the sauce. When green vegetables are difficult to

procure, the most should be made of cauliflower leaves, or any other which are eatable, though habitually wasted.

Cauliflower au Gratin.—Required: a cauliflower, clarified fat, cheese, seasoning, and bread-crumbs. Cost, about 6d.

This, as generally prepared, is more or less expensive. The recipe below is very tasty and cheap. After preparing the cauliflower in the manner detailed in the next chapter, for dishes of the same title, divide the flower into sprigs, and dry them in a cloth; dip each sprig into a little clarified fat, melted (it need not be very hot), and build up the vegetable into its original form in a baking dish. Pour a little more fat over, and cover thickly with any sort of cheese, grated; the milder the cheese, the more it must be seasoned; a hint of nutmeg, and salt and pepper to taste are sufficient; just a pinch of celery salt is an improvement. Cover with a layer of bread-crumbs, a quarter of an inch thick; these must be previously browned in the oven. Put a little more fat over the crumbs, and bake to a good rich brown, then serve at once.

Another dish, equally good, is made by using bacon fat instead of dripping, and, if liked, coat with a thin layer of crumbs, then the cheese can be added to some plain white sauce, which may be served apart, not poured over. When the dish comes from the oven, just a sprinkling of cheese may be advantageously shaken over it, and lightly browned.

Cauliflower, Various Dishes of.—*See* next chapter, also SOUPS, SALADS, and PICKLES. Cauliflower is also introduced into many dishes of mixed vegetables in the present chapter. When served as a separate course, a boiled cauliflower is very nice with EGG, TOMATO, RICE, and many other sauces.

Celeriac.—This resembles celery in flavour; it may be cooked in any of the ways given for celery. The root is more rounded than ordinary celery, for which reason it is called turnip-rooted celery. Cost, about 3d. or 4d.

For garnishing purposes, this is useful, when strips or any fancy shapes are required, as a good number can be cut from one root. Celeriac is not universally known and cultivated in England, and in many towns of considerable size it is not purchasable.

Celery.—This is much eaten raw, and is a favourite accompaniment of bread and cheese. There are many ways in which it can be cooked, and it is then far more easily digested; indeed, in the cooked state it is highly recommended, particularly to sufferers from rheumatism and allied disorders. Celery is better when it has been touched by the frost. The seed answers for flavouring purposes when the vegetable is not to be had. Cost, about 2d. to 4d. per head.

In our recipes "a head of celery" means the entire head, or stick, as it is sometimes called. By "a few sticks or stalks" we mean the separate stalks of a head. The outer stalks, however dark and tough, will answer for flavouring soups and stews of the brown class. Celery may be preserved for some time, if gathered on a dry day, before it has been touched by frost. The leaves and roots are to be cut off, it is then to be laid in a cool, airy place until partially dried, then taken to a cool cellar, where it will be quite secure from frost, and packed up with sand in alternate layers, sand forming the bottom and top layers, thicker than those put between the celery. For other recipes, *see* INDEX.

Celery, Blanched. — For all dishes of celery that are wanted very white, put the inner portion only into cold water to cover, bring it to the boil, give it a rinse in clean cold water, and use as required. By this method, some of the flavour is sacrificed to appearance.

Celery, Boiled.—When celery is put to boil into a large quantity of

water, then drained in the same way as potatoes, it becomes insipid, and loses much of its nutriment, therefore we do not advise it. The heads should be made even by cutting off some of the root, and they should be put close together in a saucepan that will take them easily, both with regard to circumference and depth. If more convenient, some may be cut from the tops. Boiling water should then be poured round to about half the depth, with a little butter and salt. Tie with a piece of tape. The cooking should be gentle. The roots must be tender, and the tops soft, but unbroken. For a very plain dish, some thickening may be added to some of the liquor to make sauce; the rest will serve as the base of a vegetable soup.

Celery Purée, Plain. — *See* CELERY SAUCE; follow the directions, but use more celery; the purée should just drop from the spoon.

Celery Roots are of value for flavouring soups, &c. They must be washed and cut up.

Celery, Stewed. — Slice the celery up; if the root is used, that part must have more time than the rest. Cover with boiling water or plain white stock, add salt, and a few peppercorns, and, if liked, parsley or other herb, but the natural flavour is often the most relished. When nearly done, and the water almost absorbed, add a little milk, and about an ounce each of flour and butter to each half pint of liquid in the pan, which is right for a good head of celery, the white part only. Serve on toast with the sauce poured over. The celery can be cut into lengths of two or three inches if liked, then tied in little bundles, and served like sea kale, on toast, with the sauce poured over. Before thickening the sauce, take the celery up with a slice, and keep it hot and covered while the sauce boils up.

Celery, Stewed, with Cheese. —Required: celery, milk, stock, seasoning, butter, cheese, and thickening, as below. Cost, about 1s.

This is an excellent supper dish. Put the hearts of two heads of celery in a stewpan, with an ounce of butter; cover for ten minutes, shaking often; add a little salt and cayenne, a grate of nutmeg, and half a pint of the water from boiled rice or macaroni, or any plain stock. Cook until almost tender; then add half a pint of milk, mixed with an ounce of corn-flour or rice-flour, another ounce of butter and seasoning to taste; stir to the boil, drop in two ounces of well-flavoured grated cheese, shake the pan until dissolved, then serve on a very hot dish.

Celery salt is the best to use for the seasoning of this. A very small shalot improves it for some tastes.

Chervil.—The leaves of chervil are tender, and of delicious flavour, which has been compared to a combination of fennel and parsley, but more aromatic than either. It is much used in salads, and for decorative purposes for all sorts of cold dishes, its small, pale leaf being very pretty. It is employed in clear soups, and however used is very generally liked. Cost, a few pence per bunch or basket, on an average. It may be dried just the same as parsley during the months of May, June, and July. It should be remembered that the *root* is poisonous.

Chestnuts.—These are so rich in starch, and contain so little oil, that they might almost be included among bread-stuffs. Large quantities are imported from Spain and Italy, where, as in Southern Europe generally, chestnuts are considered a very important article of food. Cooked in various ways, they take the place of vegetables, and it is with the chestnut in this connection that we are now dealing. It is a matter of regret that anything which is so digestible when cooked as the chestnut is, should, to the majority, be known only as a sort of dessert after a full meal; for many

a child would enjoy a meal of chestnuts in England, as well as in those countries where the peasantry count themselves fortunate if they are able to obtain such fare. In addition to the recipes below, *see* next chapter for richer dishes suitable for serving with meat. (*See* also SOUPS, and SAUCES, both savoury and sweet, and recipes under CEREALS and PUDDINGS.) Cost, about 2d. per pound.

Chestnuts, Boiled.—Make a slight incision in the outer skins, and throw them into plenty of boiling water with salt, in the proportion of a teaspoonful to the quart; as soon as they are soft, after steady cooking, they should be drained and wiped, and served in a hot napkin laid in the dish. Time, about an hour.

Another way.—Peel by removing the outer and inner skins, and mash the chestnuts, and treat them like potatoes when plainly mashed; or make them tasty by the aid of herbs and spices, with a little oil, bacon fat, butter, or dripping to give the desired smoothness.

Chestnuts, Roasted.—These are always better if parboiled, the ends being first cut; they should then be put in the oven, or before the fire, or over the fire on a close grid, and cooked until done. A dish of these, with salt and a bit of butter, would be as welcome to many as potatoes roasted in their skins; and only custom is to blame for the one being considered worthy to constitute a meal, while the other is regarded as a dessert, although quite as satisfying.

Chestnuts, Stewed.—Take as many chestnuts as may be needed, and take the outer rind away, then put them in hot water, and bring to boiling point; as soon as the second skin can be removed, take them up, put into cold water, then peel and wipe them dry. Return them to a clean pan, and cover them with any weak stock, either meat or vegetable, or even the water from boiled haricots, rice, or macaroni; add an onion if the stock has not been already flavoured, and a little salt, with a bay leaf or any other herb, and cook gently until tender; but they should not be broken up. The gravy may be left as it is, or thickened with a tablespoonful of cornflour to each quart; or some fine sago can be sprinkled in in time for it to be cooked. Time, about an hour and a half.

For a more savoury dish, at very trifling cost, the nuts, after the second skin has been taken off, can be floured and fried in a morsel of dripping; any stock, vegetarian or otherwise, is then to be added, and when soft the liquor should be thickened with browned flour, and made tasty by means of a few drops of store sauce or vinegar, with salt and pepper to taste.

Chickweed.—"The commonest of all the weeds, but not without its virtues," says a writer. There are several varieties; the right one to use is the low-branched weed, so common in garden beds, with small, white flowers, short, broad leaves, and round, green stalks, which have a weak, divided look, and commonly lean on the ground. This plant is said to be very valuable for its juices, which cool and purify the blood. When boiled, a very good substitute for spinach may be obtained from it. Like all its tribe, it wants most careful cleansing; if neglected in this respect, the result will be particularly unpleasant; this is true of all the plants that grow near the ground.

Chicory (or Succory).—The leaves of this plant when blanched are used in salads; it is wild, and of the nature of endive. The root is roasted, and added to coffee, or serves in some parts as a substitute for it (*see* remarks under COFFEE in a later chapter). Of late, a good deal of impetus has been given to the cultivation of chicory.

Colcannon.—One of the simplest of these dishes, which are favourites at vegetarian tables, is a mixture of

mashed potatoes and boiled cabbage, heated together with a lump of butter and a little salt and pepper. Another colcannon is composed of boiled carrots, instead of potatoes; they are chopped or mashed, and mixed with the cabbage; while yet another is made from the three vegetables; they may be mixed up, or heated in layers in a saucepan, with seasoning, and enough oil or butter to moisten them.

Colcannon, with Pulse.—A dish made in either of the above ways may be mixed with a small proportion of cooked peas, beans, or lentils, which should be seasoned with some sort of spice, a little ground cinnamon, and cloves, for example, or a morsel of curry paste or powder. With reference to these combinations of fresh vegetables and pulse, a writer long resident in India, says, "Pulse alone is not good in large proportion; try it with other vegetables, or with rice; in England you have plenty of scope for variety; and by the addition of condiments you may make delicious dishes. Remember that oil or butter will be wanted, and for your green vegetable don't depend upon cabbage alone; try some of the others that are so little eaten, but just as good, and you may benefit both in mind and body, to say nothing of your pocket."

Corn, Canned, is delicious for serving as a vegetable; it is particularly useful in winter, when fresh vegetables are, perhaps, both dear and faulty. It should be turned from the tin into a saucepan, with a little salt and pepper, and a slice of butter, and made thoroughly hot. Or some milk may be used instead of butter, and thickened with flour. Another way is to heat the corn in a small quantity of sauce; white sauce is usually chosen, though there is no reason why brown should not be used. Biscuit-crumbs can be used for thickening. An American dish is prepared thus:—Put a quart can of corn, with its liquor, in a saucepan, and stew it softly, then thicken with corn-flour, mixed with milk, and serve in a deep dish. Some persons like some other flavour to give a slight piquancy to the dish, but it is more often served in the natural state. The exact time for stewing cannot be stated; some of the corn wants nothing but warming up; while a good deal is improved by a little further cooking. The average cost is from 7d. to 10d. per tin of a quart (nominal); or, from 5d. to 6d. per small tin, about a pint (imperial), of the best varieties. Green corn, sweet corn, and American corn are the various names given to this useful article.

Corn, Canned, with Barley.—A nice dish, which goes well with boiled or baked meat, is made by adding some previously boiled pearl barley (about a fourth) to the corn; some of the barley liquor can go in, and a thickening of barley flour with milk is a very suitable one. Wheat or oatmeal may be used in the same way.

Corn, Canned, with Fried Vegetables.—Required: a can of corn, some mixed vegetables, and gravy, as below. Cost, about 1s. to 1s. 2d.

Turn the corn out, without its liquor, into a saucepan. Add to a quart tin about half a pint of mixed vegetables, that have been cut up, and fried a good brown; onions, turnips, carrots, and haricots, boiled previously, are very useful for the purpose. Then pour over a gravy, made by pouring half a pint of the corn liquor and water into the frying-pan, with seasoning and thickening; boil up and colour a little. Cover closely, and stew until all the vegetables are soft. This is very tasty, and may be eaten as a separate course, or with meat. The appearance of the corn is here sacrificed to the flavour.

Cucumbers. — This delicious edible is a great favourite. Though it may be served in various ways, it is never so good as when eaten raw.

Many persons object to it on account of its being so indigestible, and certainly this is the case. If the stalk end be kept standing in cold water, and the water be changed every day, cucumbers will keep hard for a week or two. Cucumbers may be dressed in many ways; the rind is generally removed, but in the opinion of some, if it were eaten, the fruit would be more digestible. It is customary to sprinkle it with salt after slicing it for table, then to drain off the moisture which exudes. This is declared by many to be an error; they contend (and we think, rightly) that one might as well draw off and throw away the juices of ripe fruit of any kind. We think that this mode toughens the cucumber. It may be eaten with salt and pepper only, but vinegar is generally added, and a little oil improves it. Various ways are given under SALADS. We may add that tomatoes, eaten with cucumbers, are excellent; and the dish is more wholesome than cucumbers eaten alone; the acid of the tomato has the power of softening the cucumber, and reducing it to a pulpy condition, as anyone may prove by slicing the two articles, and covering them for a few hours. Onions, especially Spanish, are also good with cucumbers. A refreshing dish, popular in Chicago, is one of thinly-sliced cucumber, seasoned only with pounded sugar and lemon juice. In cutting a cucumber, it should be remembered that the stalk end is to be left intact; that part being of no value; those who cut that end make a mistake, as the flavour suffers by reason of a certain bitter principle, which is thus carried all through the cucumber. This principle is more pronounced in the common varieties; but it is a good rule always to peel from the thick end downwards.

Many ways of cooking cucumbers are given in the next chapter; *see* also GARNISHES, SALADS, SAUCES, SOUPS, PICKLES, &c. Cost, from 2d. to 6d. when plentiful; but often much more.

Cucumbers, Boiled. — (*See* recipes under VEGETABLE MARROW.) Some prefer steaming; others like boiling; the latter requires the greater care to prevent breaking. Small cucumbers may be left whole, the seeds scooped out from one end; larger ones can be halved or quartered. Either serve with white sauce or pour it over. Another way is to three-parts cook in the first instance, and finish the cooking in the sauce, a little thinner than usual; the cucumbers may be thickly sliced for this. A decided improvement is effected at little cost by flavouring the boiling water with herbs or vinegar, or an onion or two can be put in, or the sauce may receive the addition of a little chopped onion. (*See* SAUCES.)

Cucumbers, Stuffed, and Stewed. — Required: cucumbers, forcemeat, stock, toast, and thickening. Cost, about 8d. each, inclusive, when cheap.

Cut them through lengthwise, remove the seeds, and fill with any plain sort of stuffing free from suet; tie the two halves together, and cook in plain vegetable stock, or the liquor from boiled meat just to cover. When done, add a small quantity of flour and butter for sauce; pour over, and serve on toast. Time, about an hour.

A little tomato pulp in the gravy will make the dish more digestible, as well as more appetising.

Curried Vegetables. — (*See* INDEX.)

Dandelion.—The first mention of a dish of cooked dandelion will most likely create aversion; but it can be honestly recommended. It is inexpensive and easily obtained; for fresh growths after showery weather may be had throughout summer and winter. Gather an equal quantity of fresh dandelion and sorrel leaves. Put the dandelion by itself into a stewpan, cover it with a small quantity of boiling water, and stew until nearly

tender; add the sorrel, and simmer until the water has evaporated, and the whole is soft. Add a little butter, and pepper and salt, and serve like spinach. The dish may be garnished in a variety of ways, either with hard-boiled eggs, sippets of fried bread, or slices of boiled carrot cut into shapes. It is usually served with white meats, as veal, sweetbreads, &c.; but it is excellent as a garnish for poached eggs. Some persons cook this vegetable without sorrel, but to our taste it is too bitter, and wants toning down. It will, in all probability, be more often found on the tables of the rich than of the poor, not from its cost, but from its peculiar taste and flavour.

Other ways of preparing this homely plant for table will suggest themselves on reference to SPINACH. Dandelion leaves, young and blanched, are not unlike endive; and are an excellent addition to salads. Cost, uncertain.

Dandelion Roots.—These are said to be at their best from July to October; they are considered very good eating if carefully prepared. They want washing and scraping, and should be very gently boiled, like greens generally, until tender. They may then be finished off in various ways. (*See* recipes under CABBAGE, SPINACH, &c.)

Endive.—This has long been cultivated, and is used as a vegetable and for salads. For the latter, the curled variety is preferred; but the dwarf white endive is more delicate when boiled for table. The cost is variable; from 2d. to 4d. per head is the average. Endive may be obtained very early in the year.

Endive, Boiled.—For a good-sized dish, take half a dozen heads; wash them well; the outer leaves should be stripped off, and the stalks cut to separate the rest of the leaves, and facilitate the washing. Lots of grit will be found amongst the leaves, and scrupulous care is required. Put the endive into a large saucepan, half full of boiling water, slightly salted, and boil for twenty minutes, or rather more. Then drain in a colander, press and chop it, and put it in a clean saucepan with a teaspoonful of white sugar, a little salt and pepper, half an ounce each of flour and butter, and a gill of plain white stock. Stew for a few minutes, then serve. The sugar can be omitted if preferred. Stir all the time to prevent burning. If the bitterness is objected to, it may be reduced by boiling the endive in two waters. Or, after boiling as above, it can be put in cold water for a few minutes, then squeezed, and finished off as directed, or in any of the ways given under SPINACH.

Fennel.—This plant is often found wild, but it is cultivated also, and is in that form very superior; it may be used as a garnish, its leaves being very graceful; it is also used for sauce in the same way as parsley. Cost, very variable.

Garlic.—This bulb is related to the onion, but is very much stronger; each bulb is divided into cloves. When carefully used, garlic is valuable, and will give a "twang" to many dishes, that cannot otherwise be imparted. It is natural that a widespread prejudice exists against garlic, seeing that it is so often used in the same way as onions; whereas, a rub over the bottom of the salad bowl, or dish, with a morsel of it is generally enough; or a crust of bread may be rubbed with it, and tossed for a second in any liquid, as sauce or gravy. Garlic can be bought both in the fresh and dried condition. It enters into store sauces, chutneys, &c. People who have had experience of foreign cookery will best appreciate garlic.

Garlic Paste.—This is also called "Ayoli." Chop up two or three cloves of garlic, with from six to nine sweet almonds, and add the yolk of an egg; soak some bread crusts in water, squeeze them dry, then add them to the above, with enough olive oil to

make a smooth paste. This is eaten in France, and there are many ways of adapting it to English palates. (*See* SAVOURIES.)

Garlic Purée.—Skin the cloves of garlic, and cook them in a saucepan of boiling water, changing it every five minutes, until the garlic is soft; a good pinch of salt should be put in the last water. Pound it, and add gravy or brown sauce to make a thick purée. If for roast mutton, use the plain gravy of the joint. For braised meats use the gravy from the pan, or some good, strong stock. After mixing, stew the garlic and gravy together for a short time, and serve very hot. This is very mild, but can be made still milder by using a very little garlic and a proportion of onion. This is also useful in concocting savoury dishes.

Good King Henry.—This is a plant that is plentiful about farm yards as a rule; it is best in June and July. The leaves are cooked like spinach; and the stalks may be boiled and served like asparagus. When cold, they can be used in salads. English mercury is another name for this wholesome plant.

Greens.—(*See* CABBAGE.)

Herbs, Bunch or Bouquet of.—Two sprigs of parsley, one sprig each of thyme and marjoram, an inch strip of lemon peel, a small green onion, or leek, or shalot, a clove, and a bay leaf, should be used for a very savoury dish. The neatest way to form the bunch is to lay the lemon peel and clove in the centre of the herbs; fold the latter over to make a compact little bundle, and tie it with cotton; any loose sprigs which might become detached should be snipped off with scissors. This is only necessary when the herbs are put in any preparation for a few minutes; when stewed in the sauce or gravy which will have to be strained or tammied afterwards, a few loose pieces are no object; but many a useless straining may be avoided—when a slight flavour of herbs only is required—by taking the trouble to tie the bunch.

For everyday uses, a bunch of herbs is generally understood to mean a sprig of parsley, a bay leaf, and a morsel of lemon thyme or common thyme. When the leaves of herbs have been used for forcemeats, the stalks can be tied up, and used for flavouring various liquids.

Herbs, Dried and Powdered.—Gather the herbs on a dry day, in the cool of the evening, and just before they flower; cleanse them quickly, remove decayed leaves, and dry them by spreading out on sheets of paper, or lay them on a sieve; they may be dried near a fire, say the plate-rack of the range, or in a cool oven, or in the sun; but the quicker the process the better the flavour. Pick carefully from the stalks, and rub through a fine sieve, then store in bottles. For the blending of herbs, alone, or with spices, *see* the chapter on SEASONINGS. It is common to see bunches of dried herbs hanging by the kitchen fire; this is a dirty plan; the herbs become covered with dust, besides losing flavour; apart from this, it is better to use a spare hour to dry and powder them (tying up the stalks for use in soups, &c.), and have them ready for use. Those who have no gardens will find it as cheap to buy the herbs in bottles as to prepare them at home. A good-sized bottle can be had for a few pence. The paper packets are no use at all, being often entirely flavourless.

Horse-radish.—This is common in our gardens; it is a very pungent plant, and a favourite adjunct, either raw and scraped, or made into sauce, with roast beef. It is said to be very wholesome. Cost, from 1d. to 4d. per root.

This forms an ingredient of many store sauces, and is a most useful article for flavouring purposes. When required for garnish for cold meat, wash and scrub very thoroughly; let

it lie for a time in cold water, then scrape very finely with a knife; or, by some, a piece of glass is preferred. When served with hot meat, pile it lightly in a glass dish. (*See* SAUCES, SEASONINGS, SALADS, &c.)

Horse-radish Powder.—This is made by slicing and drying the cleansed root very gradually; if exposed to a fierce heat the flavour will be lost; when quite dry, reduce it to powder; it should be pounded in a mortar and sieved; the coarse parts can be kept back and used separately. Keep the fine part in well-corked bottles.

Hot Slaw (American).—Required: half a cabbage, butter, seasoning, and vinegar, as below. Cost, about 3d. to 4d.

Cut up half the heart of a good-sized, firm, white cabbage; it cannot be shaved too finely. Put it in a saucepan with a lump of butter the size of an egg, a good teaspoonful of salt, and half as much pepper (more if a good seasoning is liked); add vinegar and water just to cover; two-thirds of the former to one-third of the latter. Cover, and cook until tender, stirring often, and serve as hot as possible. A dish made with lettuce instead of cabbage is known as "mock slaw," and will be found more delicate in flavour than the above.

Laver.—Laver is a plant which grows upon rocks near the sea-shore, and is valued on account of its anti-scorbutic qualities. It is generally boiled down to a jelly as soon as it is found, then potted, and sent to distant places for use. To dress it, put a pound into a bright stewpan with three ounces of fresh butter, squeeze over it the juice of a lemon or a Seville orange, and stir it with a silver fork until quite hot. Serve it as hot as possible, either over a lamp or a hot-water dish. Instead of the butter a little gravy may be put into the pan, but lemon juice should never be omitted.

To prepare fresh laver, which is in season from October to March, soak it in two or three lots of fresh water, an hour in each, to free it from the salt; then boil it in hot water until soft and mucilaginous; it may then be finished off in any of the ways directed for spinach; lemon juice always improves it. Serve very hot. It is especially good with roast mutton. The taste for laver is an acquired one; generally speaking, it is liked or disliked extremely. Cost, very uncertain. The purple is considered superior to the green laver.

Leek.—This is highly valued for culinary purposes. Its flavour is mild and delicate. In Wales the leek is a great favourite. The chief use of leeks is in broth or soup, but they are excellent as a vegetable. Cost, about 2d. to 4d. per bunch.

Leeks, Boiled. — When very young trim off the root, the outer leaves, and the green ends, and cut the stalks into six-inch lengths. Tie them in bundles, after washing them, put them into boiling water, with a dessertspoonful of salt and a tablespoonful of vinegar, and let them boil until quite tender. Drain them, and serve like asparagus, on hot toast, pouring white sauce or melted butter over them. Time, from half an hour to three-quarters. Other sauces may be used with them. Older leeks will take nearly or quite an hour and a half. They should be carefully trimmed down to where the green part meets the white, unless, as sometimes happens, the green is liked, then more may be left on. The root must always be cut off. Drain them always upside down; the tube-like green parts will hold the water unless this is done. The water from leeks is rank, not suitable for soups.

Leeks, Stewed. — After par-boiling, the leeks can be stewed in stock, and made into a brown or white dish as preferred. Recipes given under ONIONS may be followed. A very nice

dish is a white stew of leeks, with some poached eggs and boiled rice; toast should be served with it.

Lettuce.—Of all the green plants, perhaps not one is more universally appreciated than the lettuce. There are many varieties, but they may be classed as the cabbage and the cos. The former has a low head, spreading out near the ground, and the leaves are rounder than those of the cos, which are long, and beautifully crisp and sweet at the part known as the heart. In both sorts, the heart forms when the lettuce has reached perfection, and being excluded from light and air, it is much paler than the outsides. Lettuces consist very largely of water, and are therefore refreshing and cooling; but for this reason they often produce a good deal of discomfort when eaten at tea; as a matter of fact, the watery plants generally should not be eaten at a meal when liquid of any sort is consumed in more than very small quantities. A good deal of mineral matter exists in raw lettuces, which is lost when they are boiled. When lettuces become bitter, the stem is to be removed. Cost, from 1d. to 6d. each, according to the size and the season.

Lettuce, Boiled.—Lettuces can be treated as young cabbages, and served in just the same way. They take from twenty minutes upwards, according to size. For superior dishes, the hearts only are cooked, and are considered very delicate. They may be laid on toast, asparagus fashion, after being split lengthwise.

Lettuce, Braised Plainly.—Take two large lettuces, reserve the hearts for salads, and divide the rest into leaves. Pack them closely in a saucepan, with an ounce of butter at the bottom, and another ounce on the top; pour half a gill of water over, add a pinch each of sugar and salt, and cook until done, from forty minutes upwards. Then press the lettuces, letting the liquid run into the pan; chop them up, add a little flour to the liquid in the pan, stir, and season to taste with salt, pepper, and lemon juice. Return the lettuces, and mix the whole together until dry, then press into the dish for serving. Cost, about 8d.

Marigold (or Pot Marigold).—This is a garden plant with many good properties; and although less used in culinary than medicinal preparations, it is still employed in many parts of the country in soups and broth, especially mutton broth, to which it gives a good colour and flavour. When in full flower, a store should be gathered, and spread out in the sun to dry, then put by for use. Marigold is said to promote perspiration, and is made into tea for invalids.

The leaves of this plant are cooked spinach-fashion, in Germany and other countries, and said to be very good eating; young ones are the nicer; but old leaves are used, when freed from their stalks and shredded.

Marjoram.—This plant has an agreeable odour, and is used in soups, forcemeats, and other dishes; there are several sorts; that which is of use in the kitchen is sweet or knotted marjoram. The cultivated garden plant is superior to the wild. Marjoram is thought by many to be one of the nicest herbs for seasoning sausages, either alone, or mixed with sage.

Mint.—With the culture and uses of mint most people are familiar; its pleasant aromatic flavour makes it generally agreeable, but it has more than this to recommend it, being valuable as a stomachic and antispasmodic; hence its value with dried peas soup, and other dishes of a similar kind. Mint forms an ingredient in many drinks; and is useful in salads. A stock of fresh mint should be dried and powdered for use in the winter, the herb being so plentiful that it costs next to nothing. Spearmint is the kind employed in cookery, and is

distinct from peppermint and hairy-mint.

Morel.—This has been described as a mushroom abounding in little holes; it differs much in its appearance from the common mushroom. It is far commoner in the south and middle of Europe than here. It is said to be less difficult to digest than other fungi, but its main uses are to flavour gravies and sauces; it also makes very good ketchup. It may be prepared in the ways given for MUSHROOMS, but it has a more delicate flavour, and must not be overpowered with seasoning. Morels may be obtained of Italian warehousemen; they are sold both in the fresh and dried state. Cost, uncertain.

Mushroom. — "When eaten," says Dr. Lankester, "this" (referring to the common mushroom) "should be fresh gathered, as, after keeping, it acquires properties that render it liable to disagree;" and in its very best and freshest condition, the mushroom sometimes gives rise to considerable suffering, and many persons have to avoid it altogether. Those who can digest mushrooms regard them as a great delicacy; they may be cooked in various ways, and give zest to hosts of dishes. Unfortunately, poisonous fungi are often mistaken for the mushroom, and this has caused both illness and death. On the Continent persons are specially appointed to examine all fungi sent to market—a very wise precaution. Various tests are given for the guidance of the novice; but as many of them can only be applied during the cooking (such as stirring with a silver spoon to see if it blackens), they are of little practical value to the purchaser; though we think it seldom that any but the real thing is to be bought in our shops and markets. One test is applicable, by way of judging mushrooms from toadstools; the latter have a putrid sort of smell; whereas the former have a pleasant odour; and when small will be pink on the under side, or rather pinkish brown, while the stalk and head will be white. As they grow, and the "buttons" expand into "cup" or "flap" mushrooms, the pink side gets darker, quite brown, in fact; but the dense black colour of some mushrooms, exposed for sale in back streets in this country, is the result of putrefaction to some extent, and such should not be eaten. Cost, from 6d. to 1s. per pound when in full season; they are expensive early in the year. In addition to the recipes in this and the next chapter, others are given in PASTRY, SAVOURIES, &c.; *see* INDEX. *Never* be content with wiping, but always wash mushrooms; buttons should be rinsed in lemon juice and water.

Mushrooms, Baked.—For this mode of cooking the flaps are best. It is a good way, because the whole of the juice is preserved. Wash and peel the mushrooms. Put them, without the stems, into a baking-dish, season with pepper, salt, and a very little pounded mace, if liked. Small bits of butter laid over the top will, with the juice that flows from them, be the only sauce required. They should be served on a hot dish, with a small piece of butter on each, and a few drops of lemon juice squeezed over. Time, twenty minutes; longer if large.

Mushrooms, Fried. — Small mushrooms are best for frying, but large ones are often cooked thus. Peel and wash them, and dry them well. Cook them in a frying-pan with a little butter, turning them about well; when done, serve with the liquor from the pan poured over, first seasoning it with salt and pepper, and a little lemon juice; or the liquor may be poured over a slice of fried or toasted bread, and the mushrooms piled on the top. Mushrooms are often fried in bacon fat, after the bacon is taken from the pan.

Mushrooms, Grilled. — Peel and prepare them a short time beforehand; let them be even in size, then

soak them in a little oil or liquid butter for half an hour; grease the gridiron with the superfluous oil, and lay them on, brushing them with oil now and then, and taking care they do not stick to the bars. Serve hot, with a sprinkling of salt and black pepper; some like cayenne. Broiled mushrooms are the same thing, except that they are cooked in front of the fire in a Dutch oven, or shallow tin. About twenty minutes should be allowed for medium-sized ones; if underdone they are tough; and when too much cooked they shrink considerably. In turning, do not stick a fork in; use a wooden spoon or palette knife.

For a cheaper way of grilling, grease the bars of the gridiron with dripping, and just dip the mushrooms into a little warm fat, then drain and season; cook as above directed.

Mushrooms, Powdered.—Get large mushrooms, but remove the brown end and the outside skin, and see that they are quite free from grit and dirt. Put two pounds or more into a stewpan with a large onion, six cloves, two blades of mace, some white pepper, and salt. Place them by the side of the fire to heat gradually, and draw their juice, then shake the pan over a clear fire until the moisture has dried up; this must be done briskly, or the mushrooms will get burnt and useless. Dry them in a cool oven; they will require to be put in several times, until they can be reduced to fine powder; they may be pounded, then passed through a hair sieve. Powdered mushrooms may be bought in bottles at about ninepence, or less; and as a small quantity goes a long way, it is as economical to buy as to prepare them at home, unless they can be had for the gathering. It is necessary to store the powder in small bottles, with good corks, and to wax them well over.

Mushrooms, Purée of.—*See* the recipes for Mushroom Sauce; prepare the purée in the same way, but make it thicker, using more mushrooms, and less stock. Flavour it delicately. (*See* also Dressed Vegetables.)

Mushrooms, Stewed.—Various ways of stewing mushrooms might be given; an American fashion is to put them in a jar in the oven, moistening with pale stock, and seasoning with salt and pepper, and sometimes lemon juice, and mace, or nutmeg. When half done a little milk is added, and a thickening of flour and butter. As soon as done, they are served plainly, or on toast.

Another way.—If flap mushrooms are used, the stock may be dark, but it should not be highly flavoured with other vegetables; if large, break the mushrooms up, and after cooking them gently, with seasoning to taste, add roux to make the gravy as thick as cream, and serve as above directed.

A morsel of onion is sometimes added, or a little bunch of herbs, but the mushroom flavour must not be destroyed. Browned flour does instead of roux for plain stews.

Mushrooms, Stewed in Butter.—Take a pint and a half of button mushrooms; cleanse them, and put them in an enamelled stewpan with three ounces of butter, first melted and allowed to brown a little. Stir them gently, and shake over a moderate fire for the butter to cling well to the mushrooms. Then add a very little powdered mace or nutmeg, and some salt, white pepper, and cayenne. Cover, and cook until done, when they will be found excellent as a breakfast or luncheon dish. They may be served on toast, or with a garnish of croûtons. They may be eaten cold, and the butter from them will be useful for forcemeats.

Thus prepared, they may be kept some time if put in small pots, and covered with clarified butter. They can be used up as required. When plentiful, they are well worth the trouble of preserving thus.

Mushrooms, Tinned.—We have seen it stated that tinned mushrooms answer every purpose of fresh

ones. With this we do not agree; as they cannot be grilled, fried, &c., so as to resemble either in form, flavour, or aroma, the fresh article. But they are, for all that, very useful, as the mushrooms themselves are quickly re-heated, and may be served in white sauce, or used for garnishing purposes, or they can be chopped up and sieved, and used for forcemeats, &c.; and for the latter purpose they are particularly useful when fresh mushrooms are scarce and dear. The liquor, too, is excellent for adding to the gravy of a piece of braised meat, and for sauces and gravies generally. Like all goods of the class, they must not be left in the tin after it is opened; then, so far as we have been able to ascertain, there is little, if any, danger attending their use; and purchasers may rest assured that they are getting mushrooms, and not toadstools; because in the districts where they are tinned for export, only properly grown mushrooms are used in the trade. Cost, from 6d. or 8d. per tin upwards. Mushrooms may also be bought in bottles; these are to be preferred to the tinned ones.

Mustard and Cress.—Since these are generally eaten together, they may be described together, although almost everyone is familiar with the tiny green leaves of this popular salad. The seeds may be sown upon any moist surface, and in addition to the uses of these plants for salads, they are so wholesome, that their amalgamation with parsley and other herbs, commonly added to broth and soup, is much to be recommended. If thrown into either a minute before serving, they impart an agreeable flavour; or a small quantity might be added to purées of various sorts, to give pungency. Their value as garnish is well known; they give a cool, appetising appearance to cold meats.

Nasturtium.—Indian Cress is another name for this elegant plant. The flowers are used as garnish for salads and other dishes; the young leaves are also employed in salads. The seeds are pickled, and may be used as substitutes for capers. (*See* recipes under SALADS, SEASONINGS, PICKLES, and SANDWICHES.) Cost, uncertain, being seldom sold in the manner of ordinary salad plants and herbs.

Nettles.—The common nettle is one of a tribe of plants that includes the hop, fig, and others used as food. In many country places nettles are eaten freely in the spring, as they are valued as a blood purifier; they are so wholesome as to be almost medicinal in their properties; and deserve to be much better known and more generally consumed. The young, light, green leaves only are the parts to be eaten; if old, coarse leaves are cooked, the dish will be voted not worth the trouble. To prepare them, cut the leaves off with scissors, or put gloves on and pick them off; wash them as carefully as spinach, and boil in plenty of water, salted as usual. Some advise two waters, with a pinch of soda in the second; but this is only necessary when past their prime. They will take about twenty minutes to cook, and may be served plainly, or receive any of the additions given for SPINACH. In taking them from the rinsing water ready for the boiling pot, by using a spoon or vegetable slice, there is no fear of stinging; and while washing them, a wooden spoon or stick should be used to stir them. Cost, uncertain, being seldom sold.

Those who may make trial of nettles plainly cooked, and find them palatable, are advised to try them in the form of purées of the better class, as they quite merit the slightly increased cost.

Oils and Fats, Vegetable.—By the term fats, we include all those that are semi-solid and such as are of firm, butter-like consistence. The entire group is now very largely employed for culinary purposes, especially by the class of vegetarians who refrain from the use of butter on principle. As a substitute for the latter, it is not easy to get a better substitute than cocoa-nut

butter, and it costs but about 7d. per pound. A preparation sold as "vegetable butter," and which is probably a mixture of fats, is also satisfactory; there are two forms of this—a solid and a liquid; or, as we ought to say, a semi-solid, to be strictly correct, the thinner kind being like thick oil in appearance. The first is used for pastry and cakes; the second for frying, and for dressings for vegetables and salads.

Of the oils that may be regarded as substitutes for olive oil, those of the walnut, poppy, palm, and cotton seed may be mentioned. Walnut oil is largely consumed in France, and many consider that the finest sorts are decidedly superior to inferior olive oil. Cotton seed is wholesome; but it has a drawback in smelling strongly when heated. An oil sold as "vegetable oil" is a compound of vegetable products of guaranteed purity; the oils we have named, with others, enter into it. The average cost of a good oil of this sort may be calculated at from 4s. 6d. to 6s. 6d. per gallon, or less if several gallons are bought at once. The very best should be bought for cakes and pastry and for the frying of delicate sweets; also for salads. The cheaper kinds will answer for some purposes; but the difference in cost is but trifling, and better results will follow the use of the best brands. In all our recipes for strictly vegetarian dishes, when no special mention is made of any oil or fat, either of the articles now under discussion may be used. These products can be had from dealers in vegetarian specialities in London and most large towns. It is important that the goods be fresh, and for this reason a firm that does a large trade and whose stock is being constantly renewed should be applied to for them.

For olive oil, *see* the chapter on SALADS.

Okra (or Gumbo).—This is a favourite in the East and West Indies; it enters largely into the composition of many dishes of the class known as "pepper pot." It is now to be had in this country in tins. Okra is the fruit of a plant; it is greenish in colour, and contains seeds not unlike pearl barley in appearance; it is cut up into pieces before canning. By some it is disliked on account of its viscidity and peculiar flavour; others regard it as a great delicacy. To serve this as a vegetable, turn the contents of a tin into a lined saucepan; add a little seasoning, and boil. Those who are unaccustomed to okra, will like it better if a little thickened stock or gravy be added; but when the palate has become "seasoned," such additions are generally voted a mistake. A slight flavour of tomatoes is considered a great improvement by some persons; the pulp of the fresh fruit, or some conserve or catsup, may be used according to taste. Cost, about 1s. per tin.

Okra and Tomatoes.—A mixture of these fruits is to be had in tins; they only need heating as directed for okra. Cost, about 9d. to 1s. 3d., according to size, from a pint to nearly a quart; the smaller tins are the more readily obtainable.

Olives.—These can only be obtained in this country in the preserved state; they are sent from France, Italy, and Spain. The Italian olives are much esteemed for dessert, or handing between the courses as a whet to the appetite, and to clear the palate. French olives are small, and a dark green. Spanish are larger, and yellowish green in colour. Olives are largely used for garnishing, and for all sorts of savoury dishes, salads, &c.; they are also added to various meats, as described in some of our recipes; and to sauce. (*See* OLIVE SAUCE, in HOT SAUCES.) If too salt for any purpose, they may be soaked in cold water; or, for gravies, &c., they can be blanched, by putting into cold water and bringing to the boil. The fruit must always be kept covered in the bottle; if exposed to the air, it will spoil. To turn or stone an olive, pass a knife in a

slanting direction into it until the edge touches the stone; then cut round the stone, keeping the knife close against it. The stone will come out clean, and the olive resume its shape. This should be done, whether for stewing in gravy, or for stuffing (or farcing) for salads and savoury dishes, as described in our recipes, for which *see* INDEX. Olives may be bought ready stuffed; they are called *Olives Farcies*. They cost from 1s. 6d. per bottle upwards. Plain olives may be bought from 6d. or less for a small bottle.

Olive Oil.—(*See* SALADS.)

Onion.—This well-known vegetable may be regarded either as a condiment or as an article of real nourishment. By boiling it is deprived of much of its pungent, volatile oil, and becomes agreeable, mild, and nutritious. It is not so wholesome either fried or roasted. There is no vegetable about which there is so much diversity of opinion. Generally speaking, a slight flavouring of onion is an improvement to the majority of made dishes, but it should not be too strong. The smell which arises from the esculent during cooking, and the unpleasant odour it imparts to the breath of those who partake of it, are the principal objections which are urged against it. The latter may be partially remedied by eating a little raw parsley after it. When onions are used for stuffing, the unpleasant properties belonging to them would be considerably lessened if a lemon, freed from the outer rind, but covered as thickly as possible with the white skin, were put in the midst of them, and thrown away when the dish is ready for the table. Onions may be rendered much milder if two or three waters are used in boiling them. Spanish onions are not so strong as English ones, and are generally considered superior in flavour. The largest are the best. Onions, as well as garlic, shalots, chives, and leeks, contain a principle called allyle, to which they owe their peculiar flavour. When young, the onion is eaten raw, pickled, and served in other ways. The onion contains a good deal of nourishment, and is said to act as a stimulant to the stomach when eaten raw, if it can be digested; but it is found to produce unpleasant symptoms in some instances, though it seldom gives trouble when cooked. It is an excellent restorative, and in cases of restlessness a supper of cooked onions will often produce a night's sleep. Cost, about 1d. or 1½d. per pound on an average.* (*See* INDEX for various recipes.)

Onions, Baked.—For serving with roast mutton, use medium-sized onions; peel, and boil them for a quarter of an hour, then throw them in cold water for a short time; dry them, and slice them evenly; lay them in a single layer in a greased baking-tin, and brush the top side over with butter or clarified fat; baste now and then, and cook until brown and tender. Drain, and serve hot, with a dust of cayenne over if approved; small onions may be parboiled and baked whole.

Onions, Baked in Paper.—Spanish onions, unpeeled, are best for this dish; choose medium-sized ones, and boil them until about half done; then put each into a piece of greased paper, and bake slowly until done; they will take two hours or more altogether. Remove the skins, and serve hot, with any sauce or gravy if for a separate course; but they are delicious with roast or stewed meat; the flavour by this method being so well preserved. They may be steamed after peeling, then finished off as above.

Onions, Baked in Saucers.—A very nice way of cooking onions, is to take some Spanish ones, and put them separately into tin saucers (a sort of deep patty pan, saucer shaped), with a bit of butter; the onions are to be peeled, and if cooked gently, with occasional basting, they should be pale

* Young onions and pickling onions are sold by the bunch, and by measure.

brown at the finish; they will take from two to three hours, unless parboiled, when they will take less time, but the flavour will be milder; this, to many, is an advantage.

Onions, Boiled.—Peel and cut them twice across at the root end; pour boiling water over in a basin, cover, and strain in a few minutes; this is called scalding, by means of which a good deal of the strong flavour is got rid of. Put them in boiling water, plenty of it, with a teaspoonful of salt to the quart, and a pinch of sugar for English onions; cook until tender, and if wanted *very mild* for sauce, &c., change the water when they are half done. Persons who enjoy the full flavour of the vegetable need not scald them, or change the water. Time, according to size and kind; from one to two hours on an average; very large ones will take nearly three hours; small button onions are nice boiled; they will take from half to three-quarters of an hour only.

Onions, Boiled, for Superior Dishes.—Onions that are to be used in high-class sauces, or purées, when colour is an object, as well as mild flavour, should be treated as follows:—After peeling and washing, put them on to boil with cold water to cover, and a pinch of salt; when it boils, strain, and wash the onions in fresh cold water; leave them in a large basin of cold water for a short time, then cook them as above, changing the water once. If English onions, only the mild varieties must be used; not old, coarse onions; and if milk is used in place of the second water they will be much nicer.

Onions, Browned.—Take small onions, and boil them until almost done; drain them, and take the outer skins off; then put them in a sauté or frying-pan, with just enough hot fat to keep them from burning; add a pinch of sugar, and turn the onions about until lightly browned all over. Use for garnishing a roast or stew, or serve with steaks, chops, &c.

Onions, Fried.—Do not attempt to fry very old, strong onions, because, in order to make them palatable, they would need parboiling, then they do not brown so well. Take young onions, peel and slice them thinly, and put them in a frying-pan with hot fat to keep them from burning; do not add salt; turn them about until tender and brown; the time will vary according to age and thickness of the slices. After putting them in the fat, in a minute draw the pan back for a little, that they may cook; then give greater heat again towards the end to brown up well. Or put the sliced onions in the pan, and cover for a time that they may cook, then uncover and pour off a little of the fat; turn them about until well browned. In slicing, cut across, that the slices may form rings; if cut lengthwise, from crown to root, they remain intact.

Onions, Stewed, Brown.—Required: onions, stock, seasoning, fat, and thickening. Cost, about 2d. per pound.

Peel the onions, about the size of a small orange is convenient if to be cooked whole; put them in a single layer in a saucepan with an ounce or two of clarified fat, or other frying medium, and turn them about until lightly browned. If Spanish onions, be careful not to cut the tops too short, or the bulb will fall to pieces in stewing; sprinkle with salt and pepper, and a pinch of sugar; pour off the fat after browning, and add a little stock, No. 1 or 2, and cook until done. A short time before they are taken up, thicken a little with browned flour, or roux, and season to taste; to some tastes vinegar is an improvement. With a dish of rice cooked in a savoury manner, onions so prepared are very enjoyable. Time, about an hour and a half.

Onions, Stewed, White.—Required: onions, stock, milk, flour, butter, and seasoning. Cost, about 2d. per pound.

In place of the stock given above,

use that from any white meat, and do not brown the onions at first, but sweat them in a little butter. When almost done, thicken with flour mixed with milk, to make the sauce of the consistence of ordinary melted butter; or it can be made thicker if the onions are served on toast. A little grated cheese is sometimes liked with stewed onions.

Another way. — Boil some small onions until almost done, then put them in a saucepan with Rice Sauce to cover; stew softly for a few minutes and serve hot. Many other combinations will be found equally satisfactory.

Parsley.—The foliage of parsley is of use for flavouring soups, &c., besides which it is nutritious and stimulating, a quality which it seems to derive from an essential oil present in every part of the plant. There are several varieties of parsley in use. Plain-leaved parsley used to be the only sort employed in cooking. It is not much cultivated now, however, the curled varieties being much more elegant; besides—and this is a good reason for avoiding it—it bears a marked resemblance to a poisonous British weed, fool's parsley. It is well to know that the leaves of fool's parsley are of a darker hue than the genuine article, and that when bruised they emit a very unpleasant odour. When in flower, fool's parsley may also be distinguished by what is popularly termed its head. Curl-leaved parsley, both for flavour and appearance as a garnish, is the best sort of parsley. Naples parsley, or celery parsley, is used in place of celery. It is a variety between parsley and celery. Hamburg parsley is cultivated for its roots. These grow as large as small parsnips. When boiled they are very tender, and agreeable to the taste, besides being very wholesome. They are used in soup or broth, or eaten with meat. Parsley is sometimes very scarce and dear, and it is well to bear in mind that the stalks need never be thrown away; they can always be used in some way or other for flavouring purposes. To keep parsley fresh for table, the stalks only should be put into water; if the leaves are immersed, they soon decay and smell unpleasantly. A good imitation, when parsley is not to be had, is to boil a bit of the seed (tied in muslin) in the water for sauce, stews, &c., for a few minutes; a bit of spinach or other green stuff, boiled and chopped, will give the appearance of parsley.

Parsley, Dried, for Winter Use.—Pick the nicest and greenest sprigs in May, June, and July. Wash them well, and throw them into a saucepan of boiling water slightly salted. Let them boil for *one* minute, then take them out, drain and dry them before the fire as quickly as possible, put them in a tin box, and store them in a dry place. Before using the parsley, soak it in warm water for a few minutes to freshen it.

Parsley, Dried, and Powdered.—After washing the sprigs, and picking them from their stalks, dry them in a cloth, and put them in a single layer in a warm place to dry; the plate rack, or a corner of the range, or the oven; the quicker the drying process the nicer will be the colour. Have ready some dry, wide-necked bottles; rub the parsley together to powder it, and pass it through a fine sieve, that it may be uniformly fine. Store for use after corking the bottles well. All the coarse that does not go through can be kept for flavouring; the fine is useful for stuffing, and other purposes. People who have no garden will find it as cheap to buy the parsley ready prepared as to buy it and powder it at home.

Parsley, Fried for Garnishing.—Pick the parsley into sprigs, large or small, as required. Dry them, after washing thoroughly, either in a cloth or vegetable basket; if a cloth,

take up the opposite corners, and pass the parsley backwards and forwards; or gather up the folds to form a loose bag, and swing it about. If a basket be used, it must be shaken well; a cloth is also wanted for the final draining. The fat must be in readiness, and very hot; the parsley should crisp at once, but not turn brown, therefore it must not be left a second after it is crisp. Drain it before the fire on a sheet of kitchen paper. Nice clean fat should be used, not that which has been long in use.

Parsley Sauce.—*See* SAUCES.

Parsley, to Wash and Chop.—Parsley is often very gritty; it should be put first of all into plenty of tepid water and stirred about with the hand; the sprigs should be small, and freed from their stalks. Then wash it in cold water, several times renewed, or leave the parsley in a sieve or colander under a running tap; the washing, which needs to be very thorough, is often exceedingly imperfect. When the water runs off clean, squeeze the parsley in the corner of a clean cloth (twisting in contrary directions, like clothes are wrung), then chop it finely. The drier it is wrung the better it will chop; and by using a sharp knife, and keeping the parsley concentrated in a little pile, instead of spreading it all over the board, the operation is soon performed.

Parsnip.—This is a native of Britain. It contains a good deal of sugar and woody fibre, and by many is disliked on account of its peculiar sweetness and texture. It is a very frequent accompaniment to salt fish or salt beef. The common parsnip is a cultivated variety of the wild parsnip. The roots are used for making a fermented liquor in some parts of Ireland, and parsnip wine is a favourite almost everywhere. Parsnips resemble carrots, and may be cooked in the same ways, but they take less time; they are used in the winter for the most part, and are improved by frost. Cost, about the same as carrots.

In many recipes throughout this work, parsnips may be added to the other ingredients, when it is known that they are not disliked; but they should always be very sparingly used, unless they are really liked, as many persons would reject any dish into which they entered. The stringy portion should always be taken from the thin end, however parsnips are to be dressed.

In the following recipe for boiled parsnips, we have given the usual method; but when very old, they are better cooked by reducing the temperature of the water at starting; it may be warm or tepid only.

Parsnips, Boiled.—Wash and peel the parsnips if old; if young, scrape them only, and remove the peel with a cloth when done. Take off a little slice from the root end, and cut them through twice, if large; once, if small. Boil them precisely as directed for CARROTS until tender enough for a skewer to pierce them easily. After draining, serve them as soon as possible. The water must be skimmed well, and all blemishes carefully removed from the parsnips; these precautions will make a difference to both flavour and appearance. Time varies considerably; young ones may be done in half an hour; old ones may take an hour and a half. Some prefer to cut the parsnips in two, and boil the thin end as it is, and cut the root end into halves or quarters; this facilitates the cooking. Those who are partial to the flavour, may use the water, with other vegetable stock, for soups or other dishes; if mixed with the water from rice, macaroni, haricots, &c., it is freed from its sweetness, and made palatable.

Parsnips, Browned.—These will be relished by some who do not like boiled parsnips. After cooking as above until almost done, they should be drained and dried, then floured, and seasoned with salt and pepper, and

browned up in the dripping-pan in the oven, or before the fire, under the joint they are to accompany. Some should be put on the dish with the joint; the rest served in a vegetable dish.

Parsnips and Potatoes.—This is a favourite dish in some parts of Scotland. Mashed potatoes and chopped or mashed parsnips are just beaten together with pepper and salt, and a little butter or dripping, then stirred over the fire for a minute, and served hot in a vegetable dish; or they can be pressed into a dripping-tin, browned up before the fire, and cut in squares like YORKSHIRE PUDDING.

Peas.—The pea has been cultivated as a culinary vegetable from a very early period. Either as a horticultural or as an agricultural product the pea is of great importance. In a green state the seeds are held to be one of our most esteemed vegetables, when boiled; when ripe they are much used in forming a favourite and nutritious soup. The choicest kinds are grown in gardens to be eaten green, but vast quantities are also cultivated in the fields, and allowed to ripen for drying. Grey peas are coarse in flavour, and are used solely as food for horses and cattle. Peas are sown in the garden at different periods, so that they may be fit for gathering in succession. They are usually divided into *early* and *late* peas; the former, which constitute one of the great luxuries of the beginning of summer, are often forced on hot-beds. The peas, however, which are best in quality are those which have been brought to maturity by the natural heat of summer. Peas vary much in price; the best garden ones are sold often at from 2d. to 3d. per pound (unshelled); or by the peck in other places, from 1s. to 2s. being average prices. Field peas and garden peas, when past their best, may often be got for 6d. per peck; and when too old for table, will make good soup. Peas are often exposed for sale ready shelled: they are certainly easy to carry home, and may be a boon to some very busy people; but it is questionable if these advantages will make up for the probable toughness and loss of flavour, consequent upon their exposure to air and sun.

Besides the recipes that follow in the present chapter, and under DRESSED VEGETABLES (*see* INDEX), peas enter into a great number of dishes in this work. For dishes of dried peas, *see* recipes under PULSE in the preceding chapter.

Peas, to Bottle.—Gather the peas on a hot day, and shell them out-of-doors in the sun; spread out on sheets of paper, and leave for a few hours; put them into dry bottles, and shake them down well; set them in a pot of water, and bring to the boil over a gentle fire (wrap each bottle in rag or hay wisps), and let the water reach to the necks. Keep the water simmering until the peas look tender, then fill the bottles with boiling water, salted as for fresh peas. Pour a spoonful of pure salad oil, or melted suet, in the neck of each, and fix in the corks securely. Have ready some bottling wax, melted; take each bottle in the hand with a cloth, and wipe the necks dry, or the wax will not stick; then dip the corked end in the wax, to get a good coating all over the cork and neck of the bottle. Take the pot from the fire, pour off some of the water, and set the bottles back in it until the water is cold; then take them out, wipe carefully, and set aside in a dry place.

In taking the bottles from the pot for waxing, remove them one by one, and set them on something warm, until they are ready to go back into the water: if put on a stone floor or a sink, they would crack; an old tray or baking-sheet, set on a cool corner of the cooking-range, is the best thing to use. When first put in the water, the necks should be only lightly covered or corked; but it is essential that fresh, new corks be used for the final

sealing. Peas thus preserved must be opened before being re-heated for table, for the purpose of removing the oil from them; they should then be turned into a saucepan with the liquor from the bottle.

Another way.—Proceed as directed above, until the peas are soft; then, instead of putting in water, take some of the bottles, and fill up all the rest, shaking them down as full as possible; put a good pinch of salt in each, and cover with bladder, or wax them as above; let them cool in the same way, and dry each bottle very thoroughly; then wrap in brown paper, or stack them upright in a box of bran or sawdust.

Another way. — This is an old method, and said to be a good one. Fill dry, wide-necked bottles with young, freshly-shelled peas; after shelling, they should be rubbed with a dry cloth; let them be as close as possible; the bottles should be shaken several times. Add nothing to them; just tie down with bladder, then bury them in a dry part of the garden until required. Cook them just as fresh peas, in any way required, but allow extra time, and add butter. We have seen this plan recommended for peas that have been dried in the sun, or in a cool oven, and think that thus treated, they would be the more likely to keep.

Peas, Green, Boiled.—To be eaten in perfection, peas must be young and freshly gathered, and shelled just before they are cooked. Rinse them in cold water, then drain, and put them on to boil in plenty of water, with a teaspoonful of salt to the half-gallon. It should boil and be well skimmed before the peas are put in. The lid should be kept off all the time, and the peas kept at a steady boil with an occasional skim. If there is great inequality in the size, the peas should be "sized" as much as possible, that the largest may go in first. If mint is known to be liked, tie a little bunch up, and boil it with the peas, taking care to wash it. By some a slight flavour only is liked, then just a sprig should be put in a few minutes before the peas are done. Strain through a heated colander, and serve in a hot dish. When butter is added (some persons object to it) it can be dropped in the centre, or the peas may be put in a clean saucepan with the butter, and shaken over the fire for a few seconds. For old peas, a bit of sugar is a great improvement, and it is added by many to young ones. For very hard water or old peas, a pinch of carbonate of soda or powdered borax is a good addition; but to make a rule of using either of the softening agents is a mistake, for young peas need no such aids. One rule is absolute: Do not shell the peas long before they are wanted, for no vegetable suffers more from exposure to the air. Some persons shell them over-night to save time in the morning; such do not eat them in anything like perfection. In the opinion of a French *chef*, should it be necessary to shell peas half an hour or less before cooking, they should be protected by means of a folded cloth wrung out of cold water, and set by in a cool, dark place.

Peas, Green (Sir Henry Thompson's way). — "Garden peas when young, quickly grown, and fresh, have a delicious characteristic flavour of their own, are sweet and almost crisp when eaten, and maintain these attributes unimpaired, if simply boiled in salt and water. Such should be eaten *à l'Anglaise*, the use of the term itself being a tacit admission on the part of the French *chef* that the simple cooking advocated here, and practised in this country, is in this instance justifiable. All that is produced under this name is a dish of peas cooked as described, served with a pat of fresh butter, and some salt, accompanied by the capital little pepper mill, which is natural to a French table, and almost unknown here. A morsel of the butter is stirred into the hot peas, a little

black pepper, full of fragrance, freshly ground, over them, and a pinch of salt according to taste, and the whole stirred."

The author adds in a foot-note that the pepper mill "has now for some time been growing in favour here, and may be seen at many tables, and for sale in many shops;" but at the time the foregoing was written, he could not have found a table pepper mill in London, and obtained his own in Paris.

Peas, Green, Purée, Vegetarian.—Required: a lettuce, peas, butter or oil, seasoning, thickening, eggs, and toast, as below. Cost, about 1s. 3d. to 1s. 6d., if four eggs be used.

The peas should be shelled, and put into an enamelled saucepan, with a large lettuce cut into shreds, and two ounces of butter or oil (if the latter, olive must be used) to each quart, measured after shelling. In another pan, at the same time, put some of the best of the shells, and cover with water, a little salt and sugar; boil fast until well reduced, and the liquor is flavoured nicely. While the shells are cooking, the peas should be cooked gently in the butter, and a spoonful or two of water. When soft, add some of the liquor from the shells, and some of the shells themselves rubbed through a sieve, then pass all through a sieve together; or, to save trouble, mash the peas up well with a fork before adding the liquor. Finally, add a little white thickening, with a few drops of green colouring, and season to taste; serve hot with toast, and poached or fried eggs. Time, nearly or quite an hour.

Peas, Green, Stewed.—Required: peas, sugar, salt, and pepper, butter, flour, and stock. Cost, about 6d.

This recipe applies especially to peas which are somewhat old and tough. Shell them, and cover with boiling water; add a lump of sugar and an ounce of butter to a quart of shelled peas, and a saltspoonful of salt, with the smallest possible pinch of carbonate of soda; boil until the water is almost dried up; by the time the peas are tender, there should be none to drain off: to ensure this, boil quicker during the latter stage. When quite soft, add a little stock made from the shells, about a gill, mixed with a teaspoonful of flour or corn-flour; boil up, stirring it well amongst the peas; add another little pat of butter, and serve. To peas stewed in any way, many persons add a little chopped mint, and a few young onions are liked by some.

Another way.—Instead of the stock and flour advised above, a few tablespoonfuls of white sauce or plain melted butter can be used; then a little green colouring improves the dish; otherwise it looks pale.

To make a purée of the above, pass the peas, &c., through a sieve before the thickening is added; then re-boil with the thickening. Pile in the centre of cutlets, &c., or, for a separate dish, garnish with croûtons.

Peas, Green, Tinned.—Nineteen out of every twenty tins of peas may be pronounced excellent; and, although there is a difference in the quality, it is very seldom that a really inferior tin is met with. While it would be foolish to use these in place of fresh peas, it should be remembered that by the aid of tinned peas a dish may be had all the year round, which would otherwise be confined to a few weeks in the year. The peas may be heated in their own liquor in the tin; if put into a saucepan of cold water, they will be heated through in about a quarter of an hour after boiling point is reached, and should then be strained from the liquor, and mixed with a little white sugar and salt, and, if liked, a pinch of pepper and a pat of butter; *see* last page. If to be made into a purée, treat them precisely like fresh peas; but if some of the liquor from the tin be used in moistening them, they will have a better flavour than if it is all strained off. For

making pea soup, all the liquor in the tin should be utilised. (For another mode of re-heating, *see* ASPARAGUS, TINNED, page 609.) Cost, about 6d. for tins holding a nominal pint; double-size tins are from 10d. to 11d. each.

In our recipes, "a tin of peas" refers to a pint tin. Peas are put up in bottles, both by French and English firms; they are rather dearer than those in tins. In this form, both large marrow-fats and very small peas may be obtained.

Pennyroyal.—This is a strong herb, and wants using with caution; a small quantity improves many soups, of what are termed the gelatinous kinds, such as mock turtle, and similar preparations. It is blended with other herbs; its own flavour should not be allowed to predominate.

Potato. — This is one of the cheapest and commonest of vegetable foods. There are many varieties of potatoes, and generally each locality has its favourite, which is known by its local name. Its excellence depends largely upon the cooking, and whilst a good potato may easily be spoilt by bad cooking, a bad one may, with care, be made fairly good eating. Mealiness is a sign of goodness; a waxy, watery potato is never really satisfactory. Perhaps nothing is more frequently wasted than potatoes, both in the preparation and cooking, and in the throwing away after cooking; but there is no excuse for waste in either of these forms. As to the using up of cold potatoes, there is no end to the ways, as they can be used both for sweets and savouries; and in addition to the recipes which follow here and in the next chapter, others will be found in the chapters on SOUPS, SALADS, COLD MEAT AND SCRAP COOKERY, PIES, PUDDINGS, &c. It has been said that the average Englishwoman leans too much upon the potato. There is truth in the remark; and no doubt the absence of a pronounced flavour, and the ease with which it can be procured and prepared, are the main causes. Old potatoes may be had the year round, but are not at their best just before, and while the new ones are in season; in the autumn and winter they are in prime condition, if properly stored. At the time of storing they must be dry, or they will rot, and a few rotten ones will contaminate a large quantity. The value of the potato as an article of nutriment is illustrated by the remark made by a professor of chemistry, that "a horse fed on potatoes, and compelled to work, loses weight; when he does no work, his weight remains unchanged." This shows that the root is unable to supply the loss by "motor change" when active muscular exertion is undergone; and although valuable on account of their salts, potatoes are of small food value on the whole, and, according to the late Professor Williams, their loss would not be much felt where fruits and salads could supply the salts. Of the relative value of potatoes, it is estimated that at a halfpenny per pound, they are dearer than good bread at three-halfpence. This may seem a mis-statement; but it should be remembered that three-fourths, or thereabouts, of every pound is made up of water; thus, four pounds represents only one pound of "water free" food; and we hope to show in the recipes the best way to make the most of it. As a few rules are generally applicable to the various methods of cooking, they may be given here.

Always scrub them well with a brush, and wash them clean before peeling, that they may not become discoloured by contact with dirty water. Do not peel them and leave them soaking in the water hours before cooking; and peel them as thinly as possible, because the best part lies just under the skin. This, in fact, holds the potato together, so to speak (the composition of the interior is different), and if it is removed by clumsy peeling, as it often is, the potato will fall to pieces,

Do not cut them (if to be served as a vegetable) before boiling if it can be helped; as they absorb more water if cut, and lose more of their soluble salts than if whole. For soups it is different; they should be cut then, that they may amalgamate with the liquid. Never omit salt in boiling; not only for its flavour, but because it makes the outer part firm, and prevents breaking to an extent; a good supply of salt, by increasing the temperature of the water above boiling point, will bring about good results; *see* the first recipe for POTATOES, BOILED.

Potatoes cooked in their skins are more nutritious than when peeled; a baked one is better than a boiled one, because the starch grains are more perfectly ruptured, the salts are better preserved, and solanine, the poisonous principle, is completely dissipated by dry heat; the result is mealiness, good colour, and a particularly sweet flavour.

In purchasing potatoes, it is true economy to get the very best; and when a good store is laid in at a time the sizing is easy; the largest should be kept for baking in their skins; the medium ones answer for general purposes. Cost, about a penny or less per pound in good seasons.

Potatoes, Baked.—Choose large potatoes of uniform size. Wash them well in lukewarm water, and scrub the skins with a soft brush. Dry them thoroughly. Put them in the oven, and bake until done enough. Do not let them remain in the oven after they are cooked, or they will become hard and shrivelled. Serve on a hot napkin neatly folded, and send pats of butter to table with them. The oven should be of a good heat, but not fierce enough to scorch them; they should be turned a few times while baking, and, shortly before they are done, a hole or two should be made in each with a skewer for the escape of the steam. Be careful not to leave them too long, or they will burst. Baked potatoes so often form a separate dish, that it is well to vary it by serving a little sauce with them for a change (*see* HOT SAUCES). Good-sized ones will take nearly or quite two hours.

Potato Balls.—Required: potatoes, milk, egg, and seasoning. Cost, about 4d.

Steam or bake in their skins some mealy potatoes; add to a pound, a tablespoonful of boiling milk and part of a beaten egg, with a little salt and pepper; cayenne and nutmeg are sometimes added. The mass must be beaten well, and, when cool, made into balls the size of a nutmeg or smaller, then coated with the rest of the egg, and rolled in fine bread-crumbs. The balls may be fried brown, or baked in a greased tin in a sharp oven, turning them as required.

Potatoes, Boiled.—Wash and peel the potatoes (*see* page 642); have ready some boiling water salted (a tablespoonful of salt to half a gallon), drop in the potatoes, the largest a few minutes before the others if not equal in size, and cook very slowly; the water should just simmer the whole time. It is common to read—"just cover them with water;" but plenty of room is required; if crowded in a small pan with little water, the potatoes are liable to break: everything containing starch wants room to swell. When a skewer will pierce them easily, take them up; if left, they will break and absorb the water. A fork is generally used for trying potatoes, but a skewer is preferable, as it makes one hole only; again, less chance of breaking them. After straining, give the saucepan a shake, and set it near, not on the fire; remove the lid, and lay over the potatoes a soft, lightly-crumpled cloth (an old serviette or piece of a tablecloth). In five minutes or rather more, the last traces of moisture will have disappeared, and the potatoes, if a good sort, will be mealy. Dish in a hot dish. A warm serviette is the best cover; many high authorities condemn the lid of the dish, both for potatoes and rice, but it is almost sure to hold its own, in deference to custom.

Respecting the above method, we may add that many writers who have made a study of scientific cookery are in favour of the boiling water plan; though we are well aware that, by cooks generally, the cold water plan, as given in the next recipe, is considered correct for old potatoes. Some give no reason for the preference; others say that if potatoes are put in boiling water, the outside breaks before the middle is done. In reply, we suggest a trial of the method—the rules given on page 642 to be carried out minutely—and we think that the verdict will be in favour of it.

Another way.—Peel and cover the potatoes with cold water, salted; bring to the boil, then simmer for twenty minutes, more or less, according to size; they may be strained a few minutes before they are done, covered with a cloth, and left near the fire to finish; or they may be strained just when ready, and served at once, after a shake over the fire.

Should the potatoes break—as they sometimes will, in spite of every precaution—it is better to mash them than to send a dish of so-called whole ones to table in an unsightly condition.

Potatoes, Boiled in their Jackets.—If sent to table in their skins, a small plate should be put to each person for the reception of the skins. It cannot be said to be a tidy or convenient method of sending to table (as they are not so easily removed as from baked potatoes), and it is perhaps better to cook them thus, and peel them quickly before serving. A saucepan should be ready by the fire, and when all are peeled, a minute's shaking over the fire is required. It is quite true that potatoes thus cooked have what is described as an earthy taste; this can be removed in a great measure by changing the water when they are half done; it should contain more salt than for peeled potatoes; cold water is generally used, but we incline to the boiling-water plan, and, save the addition of the salt and an increase of time, the rules for peeled potatoes (first recipe) should be followed. Time varies according to their size and the condition of the skins; they may take nearly an hour, or be done in forty minutes.

Another very good way to serve is to take each potato in the corner of a soft cloth, and give it a sharp twist to dry and shape it neatly, as soon as peeled. There is one drawback, viz., the little waste, as a small portion will stick to the cloth. This is sometimes done before serving ordinary boiled potatoes.

An Irish method of boiling potatoes is to cook them so that they may have, as they call it, a "bone" in them: that is, be rather firm in the middle. They are put into an iron pot with a good supply of salt, and boiled until the skins crack. The water is then poured off, and the potatoes are left with a cloth on by the fire for a quarter of an hour or so, then served. Where turf forms the fuel and is burnt on the hearth, some of it is scraped up round the pot to keep up a gradual heat; by this plan the potatoes are both boiled and baked.

Potatoes, Breakfast, American.—Boil some small potatoes in their skins; the moment they are barely done, take them up and skin them. Have ready a pan of very hot lard, drop them in, and fry a rich brown; they want plenty of room, and fat enough to cover them in every part. Drain before the fire, and serve at once with a sprinkling of pepper.

Another way.—Put some mashed potatoes on small plates, pyramid form, each plate to hold enough for one person; season all over with salt and pepper, chopped parsley, and grated nutmeg; brush over with a beaten egg, and brown well all over at a quick fire; put sprigs of fried parsley here and there, and dredge with coralline pepper.

Another way.—Parboil some potatoes in their skins; set aside to cool after peeling; then fry a chopped onion in some very hot fat until it turns brown, and put in the potatoes after cutting

them in dice; a frying-pan should be used, with a small quantity of fat. Stir for a minute, then take the pan from the fire, and leave for a few minutes; the potatoes should be kept pale. Pour the fat away, sprinkle some chopped parsley over, first skimming out the onion, season well, and shake over the fire for a few seconds, and serve very hot, with cayenne and lemon juice.

Potato Cakes. — Prepare as Balls, or as Croquettes below; if liked, add a little parsley, ham, or cheese to flavour; for serving with a joint they are better plain. Make into balls the size of a chestnut, then flatten them into round cakes, and finish off as Balls; or they can be rolled in crushed vermicelli. They are nicer laid in a frying basket, and cooked in plenty of fat. Drain and serve hot.

Potato Chips.—(*See* Potatoes, Fried.)

Potato Cones.—Prepare as for Balls or Croquettes; shape them like tiny sugar loaves; rough the surface with a skewer, and brush with beaten egg; or a mixture of egg and milk answers. Bake them brown, and serve with meat or fish; or add the ingredients above referred to in Potato Cakes, and serve with gravy or sauce.

Potato Croquettes.—Required: potatoes, seasoning, butter, and egg as below. Cost, about 4d.

Scoop the inside from some baked potatoes; put it in a saucepan with salt and pepper, half an ounce of butter, and the yolk of an egg to each pound. Beat well until the paste leaves the sides of the pan, and is firm, then take it from the fire, and spread it out to cool. Shape it into balls the size of a large walnut, or into cork shapes, and fry as directed for Potato Cakes.

Potatoes, Curried.—Required: half a pint of milk and plain stock (meat or vegetable) mixed; a good-sized onion, a teaspoonful of curry powder, two teaspoonfuls of rice-flour, seasoning as below, and some potatoes. Cost, about 4d.

Chop and fry the onion a pale colour in a little dripping or butter; add the stock, milk, and rice-flour; boil up, and simmer until the onion is done; cut some cold potatoes into dice, add them to the above with salt and a little lemon juice, toss until covered, but do not break them up, and serve as soon as hot through and impregnated with the curry flavour. This is very simple and cheap. For a piquant curry, take some cold fried potatoes; make a sauce with any brown stock (*see* Curry Sauce in Hot Sauces and remarks on Curries, page 242). Add any of the adjuncts therein mentioned—such as a spoonful of chutney or a little tamarind, &c.

Another good way to use up potatoes thus, and any remnants of sauce at the same time, is to take a few spoonfuls of sauce, such as onion or celery, or mix them, and add stock to bring it to the proper consistence, then season to taste with curry, &c., and heat the potatoes as above directed. The curry may be moist or dry, just according to taste; if the latter is preferred, the lid must be left off the pan until most of the moisture has evaporated, and the sauce just adheres to the potatoes.

Potato Cutlets. — Shape the foregoing mixture for Croquettes into little cutlet shapes; and, when done, stick a bit of pipe macaroni in to represent the bone; it should be brushed over with a morsel of glaze; or, if this is not at hand, dip into warm butter, then roll in very fine raspings warmed in the oven; some may be shaken over the cutlets also, if it is more convenient to bake than to fry them.

Potato-flour. — The farina of the potato, properly granulated and dried, is frequently sold as a substitute for arrowroot. If kept dry, it will remain good for years. A tablespoonful of potato-flour mixed with two tablespoonfuls of cold water, stirred into a pint of boiling soup or sauce, and boiled for five minutes, will make the liquid of the consistence of thick cream.

Potato-flour may be bought at about the same price as corn-flour, and is very useful for all sorts of purposes. (*See* the chapter on CEREALS, &c.)

Potatoes, Fried.—French kidney potatoes are considered best, but ordinary ones will answer; be very careful to peel thinly, and after washing, dry in a clean cloth. Cut them in slices across, as thin as a shilling; then throw them in very hot fat, or put them in a basket, moving it about in the fat that all may be uniformly cooked. When pale yellowish-brown and crisp, remove them; if left after this point is reached, they become too dark; drain before the fire, and sprinkle with salt. Serve hot with chops, steaks, &c. When cut into slices so thin that they are almost transparent, they are termed *chips*. When cut through into lengths of an inch or rather more, sometimes two inches, and rather thicker than a common match, they become *straws;* and these take but a few seconds only: some little confusion arises from these being called "chips" sometimes. (*See* VEGETABLE SLICER in KITCHEN UTENSILS.)

Another way. — Take potatoes which have been parboiled and left to cool; these may be sliced rather thicker than the others, and may either be fried as above, or turned about in a frying-pan with a little hot dripping until hot through and pale brown. These are good for breakfast.

Another way (commonly called Devonshire way). —Chop up roughly some cold potatoes in a frying-pan, with a little hot bacon fat; stir, and season when browned a little. They take but a short time and are very nice. Goose fat is used by some; but bacon fat is most liked, and it is a good way of using it up.

Potato Klösse (a German dish).—Required: potatoes, butter, cream, eggs, and seasoning. Cost, about 6d. or 7d.

Scoop the floury part from five or six baked potatoes, until six ounces of potato flour have been obtained. Mix with this two ounces of butter beaten to a cream, a little salt, pepper, grated nutmeg, and the well-beaten yolks of two eggs. Beat the mixture thoroughly, and form it into small balls. Drop these in boiling salt and water, and be careful to do this with a metal spoon, and to dip it into boiling water each time it is used. Serve with soup.

Another way.—Take some potato flour. Beat it until smooth with two ounces of butter which has been beaten to a cream, and add two ounces of finely-grated bread-crumbs, one ounce of grated Parmesan, a little pepper, salt, and grated nutmeg, the yolks of two and the white of one egg, to six ounces of the flour. Mould the klösse, and boil them as above. Serve on a hot dish, with fried bread-crumbs sprinkled over them. Time to boil the klösse, ten minutes.

Potatoes, Mashed. — After boiling or steaming the potatoes, beat

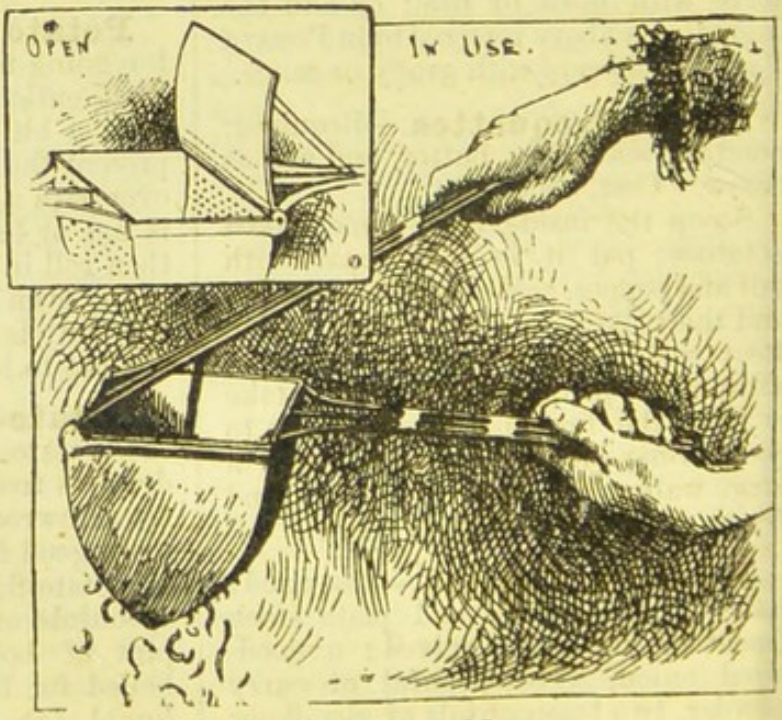


FIG. 109—POTATO MASHER.

out all lumps with a fork, then take a wooden spoon, and work them with it for a few minutes, adding a little salt and white pepper, and either a spoonful of milk or a little butter, oil, or dripping. The paste should be quite smooth, and after beating over the fire for a short time in a clean saucepan, until hot through, should be served in a hot dish. The surface is generally roughed by drawing a fork across it a few times in contrary directions. If liked dry, add no fat; simply beat and smooth them. A potato masher is handy (*see* KITCHEN UTENSILS); a modern form is shown on p. 646, and is very superior, as it takes the place of a sieve, and can be used in the preparation of all sorts of vegetables for purées, &c., and is equally useful for fruit.

Potatoes, Mashed and Browned. — These differ from POTATOES, MOULDED, by being served in the dish they are browned in, and may be made softer in consequence, as directed below. They are light and delicate. Cook a couple of pounds of potatoes by steaming, or boiling, or baking in their skins; mash them, and the yolk of an egg, half a gill of hot milk, seasoning to taste, and an ounce of butter. Beat hard; then beat the white of the egg to a stiff froth, and stir it in; put the mixture into a greased baking dish, only three-parts fill it, mark the top across with a skewer, and bake in a sharp oven to a delicate brown.

The addition of hot milk or cream to dishes of mashed potatoes is recommended; if cold milk be used, the flavour is not the same. Both to the above and to potatoes mashed, as in the preceding recipe, a few cooked onions may be added when their flavour is liked; or in the above, they may be put in alternate layers in the dish—potatoes forming the top and bottom layers. Other vegetables can be similarly introduced.

Potatoes, Moulded. — Required: potatoes, butter, eggs, and seasoning, &c. Cost, about 8d.

Bake some potatoes in their skins; scoop out the interior while hot; to about a quart, add two to three ounces of butter or clarified fat, and two eggs, with salt and pepper to taste. Give the whole a vigorous beating for several minutes. The potatoes should be broken up with a fork, or passed through a sieve first of all. This is the foundation; the additions that may be made are well-nigh endless; a spoonful of grated cheese, with a pinch of curry powder, makes one pleasant variety; another is obtained from a few ounces of minced ham or bacon, cut up, with some herbs in powder, or herbs alone can be used; chopped parsley and a dash of thyme or marjoram is generally agreeable. Some will like a few drops of good store sauce or ketchup. Where strict economy is necessary, it is well to remember that a tablespoonful of cooked rice, sago, or tapioca will help to "bind" and save an egg. Then grease a dish or plain baking tin, and coat it with bread-crumbs; fill it with the mixture, pressing it in firmly, and bake in a moderate oven until it will turn out; about twenty minutes or longer if the tin is very deep. For very dry, mealy potatoes, a little hot milk may be put in, and some of the fat omitted if more agreeable. But in moulds of this description, care must be taken not to make the mixture too moist.

Potatoes, New, Boiled.—Take freshly-dug new potatoes. Wash them well, and rub off the skin with a flannel or a coarse cloth. Throw them into boiling salted water, in which a sprig of mint may be put if the flavour is not disliked, and let them simmer gently until they are quite tender. Pour off the liquid, and let them stand by the side of the fire with a cloth over them until they are thoroughly dry. Put a slice of butter into a hot vegetable tureen, pile the potatoes over this, put more on the top, and serve very hot. New potatoes should be cooked before they have been twenty-

four hours out of the ground. Although agreeable to the taste, they are by no means so digestible as fully-grown tubers. Time to boil, fifteen to thirty minutes, according to size.

Kidney potatoes are the nicer, and are more generally agreeable when fair-sized; very tiny ones are watery and deficient in flavour. Excellent potatoes are sent over from Jersey and other places before English ones are ready. Cost, from 1d. to 2d. per pound as soon as plentiful; but early in the season as much as 6d. per pound may be paid. As they get larger, the skins cannot be rubbed, and must be scraped off. Good-sized ones may be steamed.

Potatoes, New, Stewed in Butter.—Take new potatoes when they first come into season and are young and small. Rub off the skins with a flannel or coarse cloth, wash and dry them well, and put them into a saucepan with a slice of fresh butter—four ounces will be enough for two to three pounds. Let them steam gently until they are done enough, shaking the saucepan every two or three minutes, that they may be evenly cooked. Sprinkle a little salt and pepper over them, and serve very hot. They will take half an hour or more. If the flavour is liked, some chopped mint may be added, or a dash of tarragon and chervil, or some parsley, or a squeeze of lemon. This is a very good way of cooking new potatoes.

Potato Pastry (or Crust).—This is useful and economical; it answers for many purposes—such as covering plain pies, making into rolls, puffs, &c., with meat or fish inside, instead of pastry of the ordinary kind; and it is generally found agreeable. It will, however, prove a failure unless good mealy potatoes be used, and it is necessary that they be cooked in their skins; sharp heat is also required for the cooking of the crust.

No. 1 (*Plain*).—Weigh a pound of the potato pulp after it is cooked; free it from lumps, and beat well; add a raw egg, a little salt and pepper, and two ounces of butter or dripping. Then work in just as much dry, sifted flour as will make the mass stiff enough to roll out on a floured board; it must be left until cold before this can be done, or it will break. For a still plainer one, rub the fat into half a pound of flour, then add the potatoes, until the right consistence is reached.

No. 2 (*Rich*).—Put a pound of potatoes in a bowl after mashing them; add the yolks of two eggs, and four ounces of dissolved butter; beat thoroughly, then sift in the flour, and set by for several hours before using; season with salt, white pepper, and a pinch of cayenne; herbs, or lemon rind, or grated nutmeg are also admissible. When ready to bake, if for pie or puffs, brush over with the whites of the eggs. But potato crust is best fried. Supposing it to be used for small sausage rolls, or anything similar, roll it thinly, and enfold the crust well round the interior, which must be of something previously cooked. Then drop into hot fat, and fry a good brown. The surface may be left plain, or marked with a fork. (*See* the chapter on COLD MEAT AND SCRAP COOKERY.) The crust may be egged and crumbed with advantage before frying; but this treatment is quite optional, and for the plainest dishes can be dispensed with.

Potato Purée.—Required: potatoes, stock, butter or milk, and seasoning. Cost, about 3d. per pound.

For a plain dish, cook and mash some mealy potatoes; to each pound add a tablespoonful of any plain white stock, and the same measure of milk, or a morsel of butter instead; season, and stir in a saucepan until hot through; do not place the pan on the fire, or the purée may burn; then pile it lightly on a hot dish in the centre of cutlets, or as an accompaniment to meat of any sort. If to serve with fish, a little milk only should be used, and a few drops of anchovy or other fish essence added to the seasoning.

The purée may be garnished round the base with little triangular shapes

of fried bread; or any other vegetables may be used—tiny carrots or sprouts, or any that will contrast nicely.

Potato Ribbons.—Wash and peel some good-sized potatoes; cut them into ribbons round and round, like peeling an apple; not too thinly, or they will break, and the strips should be as long as possible. They should be dried well before peeling. Then drop them into hot fat, and let them become a delicate brown; drain before serving, and sprinkle a little salt and cayenne or white pepper over. (*See* POTATOES, FRIED.)

Potato Rice.—Required: potatoes, butter, milk, and seasoning. Cost, about 5d.

Boil two pounds of potatoes—regents are best for the purpose—mash them with two ounces of butter and four tablespoonfuls of boiling milk, and season with pepper and salt. Put them into a large colander, and press them through this on to a hot dish, and, whilst doing so, shake the colander every minute or so, that the potatoes may fall lightly like rice. Serve very hot, with broiled steak or sausages.

Potato Ring, or Border, Plain.—Prepare as for BALLS or CROQUETTES above; when cold, roll out on a board with the hand, to the thickness of a thin rolling-pin; join the ends neatly, and brush over with dripping, then bake brown, and serve with a mince of meat or fish in the centre.

Potatoes, Savoury (a German recipe).—Required: potatoes, butter, or bacon, flour, stock, herbs, and other seasoning as below. Cost, about 6d.

Half boil six or eight large potatoes, and cut them into slices a quarter of an inch thick. Dissolve two ounces of butter in a stewpan, or, if preferred, substitute two ounces of fat bacon cut into small pieces for the butter. Add a minced onion, and let it stew until tender. Dredge a tablespoonful of flour into the butter, and stir until it is smooth and brown; then pour in gradually as much boiling stock or water as will make the sauce of the consistence of cream. Add a pinch of thyme and marjoram, a large tablespoonful of chopped parsley, some pepper and salt, and a little grated nutmeg, a bay leaf, or any other flavouring. Let the sauce simmer a few minutes, put in the sliced potatoes, and when they are tender without being broken, turn the whole upon a dish, and serve very hot. If liked, the butter and flour may be kept from browning, and a little milk may be used to thin the sauce.

Potatoes, Scalloped.— Mash some potatoes in the usual way with butter and a little hot milk (*see* page 646). Butter some scallop-shells or patty-pans, fill them with the mashed potatoes, make them smooth on the top, and then draw the back of a fork over them. Sprinkle finely-grated bread-crumbs on the top, and lay small pieces of butter here and there upon them. Put the potatoes in a Dutch oven before the fire till they are brightly browned, and serve on a neatly-folded napkin in the scallop-shells. Time, about a quarter of an hour to brown the potatoes.

A small quantity of dried fish—haddock, bloater, &c.—makes a savoury dish; it should be beaten in well with the potatoes; or any of the mixtures given under POTATOES, MOULDED, may be scalloped. Cost variable—about 3d. per pound inclusive.

Potatoes, Steamed. — Have ready a large saucepan of water, salted* as for boiling; see that the steamer fits the pan, and the lid the steamer. Take a teaspoonful of salt for two to three pounds of potatoes, and shake it over as they are put in the steamer. Size them, or put the largest at the bottom; cover, and let the water boil fast all the time; anything may be boiled in the water that will not

* When a pudding is boiled underneath, the salt must be omitted, unless it be of a savoury kind; then a little salt does no harm.

discolour the potatoes. When done, give the steamer a shake; set it on a plate near the fire, and replace the lid by a cloth, and serve in a few minutes. They will take rather longer than boiled potatoes, and may be peeled or not; in the latter case, they are better finished off by baking. About the superiority of steamed over boiled potatoes, there is some difference of opinion. Some say that only a good potato is satisfactory when steamed. Certainly, a good one shows better results after steaming, and naturally so; but our experience is that a potato of inferior quality is likely to be improved by steaming, simply because the salts are better preserved, and it is likely to be less watery. But apart from these considerations, there are other decided advantages: viz., less watching is required; and in the event of the potatoes being left a trifle too long, they will not be spoiled, because, if they should break, the water cannot reach them. Again, the use of a steamer reduces the number of utensils (if something be boiled below)—a great consideration, if space is limited and fuel dear.

Potato Straws.—(*See* POTATOES, FRIED.)

Potato, Sweet.—After the introduction of the potato into this country it used to be confounded with this plant, which it resembled, and from which it received its name. It is still cultivated to a certain extent in Spain and the South of France, and is largely eaten in tropical America. It may be employed as a substitute for ordinary potatoes; and can also be served as a substitute for yams, and cooked in the same way.

Pumpkin.—This is the fruit of a plant of the same order as the squash and vegetable marrow; it grows sometimes to a great size. Pumpkins can be used in the same way as VEGETABLE MARROW. (*See* also PUMPKIN PIE and PUMPKIN PUDDING.) The following is a popular American dish.

Pumpkin, Baked.—Take a nice rich pumpkin; pare and seed it; slice it a quarter of an inch thick, after cutting it in four or eight pieces; let them lie in cold water with a little salt for a time, then dry them, and place them in a double layer in a large, shallow baking-dish, with only just water enough to keep them from burning. Cook long, and at a gentle heat; a sharp oven will spoil the dish. The pieces should be very tender, and the moisture dried up. Season with salt and pepper, and spread both sides with butter. Serve with bread and butter for tea or any other meal. Cost uncertain, but on an average about the same as vegetable marrows, in proportion to size.

Purslane. — This is a common plant, used as a pot herb, and in salads; it is considered very cooling and wholesome, but is much less in demand now than formerly.

Radishes.—These have a pungent taste; they are much nicer when young and quickly grown. They are generally cheap, and are a popular relish with bread and butter. In preparing them for table, they should be washed, and the tops cut off short; the radishes should be freed from any fibrous growth by light scraping; turnip radishes may be made more digestible by peeling them very thinly when fully grown. Radishes enter into many salads and savoury dishes, as their pronounced flavour imparts zest to more insipid edibles. They are very useful, too, for garnishing purposes; when used whole, they should be as even in size as possible. Cost, about 1d. per bunch on an average.

Radishes, Grated.—The consumption of radishes in the raw state is often followed by extreme discomfort; if grated, there is less fear of this, for it has been proved that a good deal depends upon perfect mastication. After washing and scraping, the tops should be removed, and the younger they are the nicer. A little pile of grated radishes is a nice relish

with bread and cheese or butter, or may be used in salads, sandwiches, and other dishes, as well as in hot sauces, such as plain melted butter, or in vegetable purées, being especially useful for giving piquancy to such as may be termed insipid. A few minutes suffice for the cooking.

Radishes, Steamed or Boiled.—Cook these like turnips, giving them about twenty minutes for average-sized turnip radishes. They should be served with white sauce or melted butter, and are nice with boiled meat, or may be served separately. Many persons who cannot digest raw radishes (even grated) will experience no inconvenience from this dish.

Rosemary. — This is a pretty garden shrub, more used abroad than here, but frequently employed for flavouring lard. Country-made pigs' puddings are often seasoned with it.

Saffron.—Saffron is wholesome, and has medicinal as well as culinary uses. It is useful as a colouring agent, and enters into most of the vegetable yellow colourings sold by grocers and chemists. In the west of England cakes are coloured with saffron. There is a spurious saffron which should be avoided; and it is largely adulterated. Various uses are detailed in recipes; *see* Rice and Macaroni.

Sage. — This is much used in cookery, especially of a homely kind; and for vegetarian savouries it is of especial value; green sage is best known, but there are other varieties. In addition to its pleasant flavour, sage has the merit of wholesomeness. For strong kinds of fish, a little added to the gravy, or boiling liquor, will help to destroy any unpleasant flavour due to muddy water and other causes. (*See* recipes for the various kinds of fresh-water fish.) Sage is used in several dishes in the present chapter; *see* also Index.

Salsify.—This is the root of a plant called also the oyster plant and purple goat's beard. It is excellent when cooked, and less known than it deserves to be; it is said to possess stimulating properties, and may be cooked in various ways. It must always be well done to make it tender, and to remove a certain bitter flavour which otherwise lingers about it; this is very pronounced in the raw state. The leaves should be fresh, and the roots firm and black. To prepare the roots, cut off the ends, and scrape off the outer rind until the flesh is reached; this resembles a parsnip somewhat in colour and general appearance. Rub them with lemon juice or vinegar, and leave them in cold water until ready to cook them; or put a tablespoonful of lemon juice in each pint of water. They are better if left in the water for an hour, and will impart to it a tinge of reddish brown. Exposure to the air in scraping, or after cooking, turns them brown. Salsify roots, if left in the ground, will send up stout, green shoots in the spring; these can be cooked like asparagus; they are very good eating, and a trial is recommended with confidence. Cost, uncertain; about 6d. to 8d. per bundle.

Salsify, Boiled.—Cut the roots into even-sized pieces, after preparing them as directed above; they may be from three to four inches long, or smaller or larger, as preferred. Put them into boiling water with a little salt and a morsel of butter; a few drops of lemon juice are an improvement. Give them about an hour; if large, they may want an hour and a half; a skewer will penetrate them easily when done. Then drain, and dish on toast, and send melted butter or white sauce to table with them. Salsifies are very good re-dressed; the remains of boiled ones may be served in many ways.

Sauer Kraut.—This preparation is largely used throughout the northern parts of Europe, and especially in Germany, as an accompaniment to smoked meats, beef, &c. The taste for this delicacy is certainly an acquired one, but it is a very general

one in some districts. Sauer kraut is considered an excellent antiscorbutic. Take large well-grown cabbages with fine white hearts. Remove the outer leaves and stalks, and shred the cabbages very finely. Cover the bottom of a large pan or tub with cabbage leaves. Throw in the cabbage as it is shredded, and sprinkle salt evenly upon the layers. One handful of salt will be amply sufficient for a large panful of cabbage; too much salt will prevent fermentation. Keep pressing the cabbage down closely as it is thrown in. When the vessel is quite full, sprinkle a little salt over the top, and cover it first with cabbage leaves and then with a linen cloth; lay a wooden cover over all, and on this put a heavy weight. Keep the pan in a warm cellar till fermentation has begun. This may be known by small white globules forming on the surface. When the moisture dries in a crust over the top the kraut is ready for use. It should be kept in a cool place till wanted. Once a week the cabbage leaves should either be renewed or washed, and the linen cloth should be washed in cold water and replaced. Some persons put carraway seeds and juniper berries amongst the layers, and think the kraut is improved by the addition. If, owing to any cause, after waiting two or three days there is no sign of fermentation, a cold, weak brine of salt and water should be poured over. The cabbages will be all the better if they are allowed to lie in a cool corner for several days before being used. Time, three weeks to prepare the kraut. It will keep for a year.

Sauer Kraut, to Cook.—Lay a good-sized piece of butter in a saucepan and let it melt. Put in half the sauer kraut, and lay on this the meat to be made ready with it: either ham or bacon smoked and pared, pork, or any sort of sausage. Over all place the other half of the kraut, pour in a glassful of white wine, and add a little water occasionally to moisten it. Cover the saucepan closely, and let the contents stew gently till the sauer kraut is soft and yellow. When cooked enough, take out the meat. Dredge in a tablespoonful of flour, let the kraut stew half an hour longer, then place the meat again in the saucepan to get quite hot. Stir the kraut now and then with a wooden spoon, and take care that it does not burn. What is left over of the sauer kraut is good warmed up on the following day or a day or two after; it may be served with some other meat. As an accompaniment to smoked meats, roast pork, sausages, &c., sauer kraut may be prepared in the way just described, but without the meat; if so, stir in a thickening of flour and butter before sending to table. It is to be observed that sauer kraut can hardly be cooked too much. It requires at first from two and a half to three hours' stewing. Cost, variable, according to the kind of meat, &c., and the proportions used.

Scorzonera.—The roots of this plant are sugary and well flavoured. The coarse outer rind should be removed, and the roots soaked in cold water for a few hours to extract any bitterness. They can be boiled like parsnips, or treated like salsify; a favourite way of cooking them, with many, is to parboil, and egg and breadcrumb, and fry a good brown. Cost, very uncertain.

In Germany, where this root is thought more of than in England, a little flour is added to the cold water used for the soaking; the final soaking medium being milk or milk and water. Various kinds of sauces of the white class are used, in which to dish up the roots—the richer ones being reserved for separate-course dishes.

Scotch Kale.—This is a nice vegetable; it goes by various names; "curly greens" is one, but it receives misleading titles in some localities. It is generally cheap, about 1d. to 2d. per pound. The kale should be washed in salt and water, and may be boiled like TURNIP TOPS, or cooked spinach

fashion, so far as the after-treatment goes, by making it into purées; it always wants boiling in salted water until done. Winter greens generally are cooked in the same way; lots of water, well salted, will always preserve the colour; but if tough or discoloured to start with, a pinch of borax or soda does no harm. For all the purées, when white sauce or anything that detracts from the colour is used, add a few drops of green colouring. When in first-rate condition and well cooked, it is difficult to find a nicer vegetable than this. (*See* recipes under CABBAGE, LETTUCE, &c.)

Sea-Beet.—This grows on many parts of our coasts. It belongs to the same natural family as the spinach, and is probably the original form of the cultivated beet. The leaves are large, and resemble spinach in flavour when boiled. In many parts of Ireland the leaves are gathered in succession as they grow, and eaten by the poor as food. The richer the soil, the better the flavour of the leaves.

Sea-Kale.—This is a plant very much like asparagus, and is generally highly esteemed. It takes its name from its being found wild in districts near the sea. It is the blanching process that gives the delicate character to this plant, for in the unblanched state it is worthless; as it is the action of light that imparts the strong and bitter taste, as well as the green and reddish-purple colouring. Consequently, after it is cut, sea-kale should be kept in a dark place until wanted. If exposed in an open situation it will acquire a decided tinge, that injures colour and flavour in the course of two or three days. Cost, very variable; sometimes less than 1s. per basket, but often from 1s. 6d. to 2s., or more if scarce.

Sea-kale is amongst the earliest of vegetables. When fresh, it is white and crisp to the touch; when dark and limp, it is stale. Sea-kale is said to be one of the few plants improved by forcing; and forced shoots at mid-winter are crisper and better in flavour than the naturally-grown ones of April and May.

Sea-Kale, Boiled.—This wants nice washing and brushing; any worm-eaten and black portions of the roots must be cut out, and it is some little trouble to free it from all the adhering grit. The object in cooking should be to retain the delicate flavour and colour as much as possible. In this form, it is delicate and digestible, and most persons may safely eat it. It should be tied up in little bundles, and left in cold water after washing, then put on to boil in water lightly salted, and with a few drops of lemon juice in; some competent authorities advise that the steam be allowed to escape, by putting the lid only half over the saucepan. Time, from a quarter of an hour for very young fresh kale to half an hour or more for older. Drain thoroughly, and serve on toast, with a good white sauce in a boat; some prefer it without sauce, but if two dishes are served, sauce may be poured over one of them. If in that condition that may be described as very stale, the water should be changed when half done, and from forty to fifty minutes must be given. In dishing, put the heads all one way, and draw off the tape with which it is tied very carefully. This (and all vegetables of a similar kind) wants well draining, and must be served hot.

Shalot.—The shalot, or eschalot, is a kind of onion—the mildest cultivated—used for seasoning soups and made dishes, and for flavouring sauces, gravies, and salads. The shalot has a bulbous root, made up of a number of smaller bulbs, called cloves. It ought to be taken up in the autumn, and be hung in nets in a cool airy place. When properly dried, it will keep till spring. It is stronger in taste than the onion, but does not leave so strong an odour on the palate, and for this reason is often employed instead of the onion, both in cooking and for eating in a raw state. Shalots can be added to melted butter or white sauce,

and served with boiled meats, &c.; or purées and other dishes may be made in the same way as if using onions. The water should be changed to make them milder; lemon rind is sometimes used with shalots for sauces, &c.; and horse-radish is thought by some to be an improvement to a thick sauce of shalots made with milk in the ordinary way: this is served with tripe in some parts, and to further increase its piquancy, garlic is employed. The use of shalots will be seen more fully by referring to PICKLES, SEASONINGS, and SALADS.

Skirret. — This is a perennial plant, a native of China, known in this country since 1548. The root is composed of fleshy tubers about the size of the little finger, and joined together at the crown or head. They used to be much esteemed in cookery. In the northern districts of Scotland the plant is cultivated under the name of "crummock." The tubers, when boiled, are served with butter. Skirrets come the nearest to parsnips of any of the esculent roots, both for flavour and nutritive quality. They are rather sweeter than the parsnip, and therefore to some palates are not altogether so agreeable.

Soja.—This is a new vegetable, a sort of pea imported from China; it has received favourable notice in France, and is said to be very digestible and palatable. It is similar to the flageolet bean, and, being rich in oil and poor in starch, is recommended to diabetic patients by the medical profession. So far, its high price has hindered its adoption; and attempts at cultivation have not been marked with great success. In referring to soja as a new vegetable, we mean simply that it has only recently been introduced as a vegetable; it is well known as the basis of Chinese Soy.

Sorrel.—This is an acid-leaved root, which is used largely on the Continent for soups, salads, and sauces, and as an accompaniment to meat. Where the taste for it has been acquired, it is considered very pleasant; of its wholesomeness there is no doubt. When sorrel alone is thought too acid, it is mixed with spinach or dandelion. Sorrel grows wild, and can be had for the plucking; but as the flavour of the cultivated is superior to that of the wild sorrel, every garden should contain a few plants. Sorrel is just now one of the "fashionable" vegetables, and is being sold in London in tins at a shilling each. This is, no doubt, imported, and may lead to the further cultivation of the plant in England.

Sorrel, to Cook.—Like spinach, sorrel needs very careful washing; it is gritty, and must be rinsed in several waters, and left under a running tap for a time. The small, fine leaves can be left whole; but the thick mid-rib should be torn from the large leaves. "Giant" sorrel may be torn into shreds with advantage, after removing the rib. One of the best of the many ways of dressing sorrel is to draw it down in butter; by many it is thought to be the best. After washing and draining, the sorrel is put into a stewpan with no other moisture than that which clings about it, with an ounce of butter to each quart. When reduced (and it reduces a good deal), and tender, some flour should be dredged in, the mass being stirred the while; it is then to be rubbed through a sieve, re-heated, and seasoned slightly; a few drops of lemon juice and a pinch of sugar are sometimes added. Serve like any other green purée of the same kind.

Spinach.—This vegetable is agreeable in taste, and very wholesome, but there is not much real nourishment in it, owing to the large proportion of water. It needs thorough washing; this is best done by having two pails of water; after washing in the first it should be taken out with the hand, and put into the second pail, the water being changed a time or two. It should be drained on a sieve for a moment, not pressed in a cloth, as it

is delicate, and requires careful handling. It is usually boiled and served as a purée; the general additions being cream, butter, or gravy. For the sake of its intense green colour, spinach is very useful for garnishing purposes. When scarce and dear, turnip tops, beetroot tops, nettles, and dandelion leaves are often served as substitutes, or can be mixed with the spinach. Cost, on an average, 2d. or 3d. per pound, but may reach 4d. or 6d. (*See* DRESSED VEGETABLES for PURÉES.)

Spinach, Boiled. — This is a common English method. Take a good pailful (for a dish) of young, freshly gathered spinach; take away the stalks, and after washing as above described, give a minute for the grit to settle at the bottom of the pail, drain, and put the spinach in a saucepan, with no other moisture than that which clings about it; add a sprinkling of salt, and boil until tender, from ten to fifteen minutes; then drain, and press well in a colander, chop it up, and put it in a clean, dry saucepan, with an ounce of butter, and a little salt and pepper; stir for a few minutes, then press it in a hot dish, and garnish with croûtons.

Another way.—Add half a pint of boiling water and a teaspoonful of salt to a good-sized saucepanful of spinach; say one of a gallon capacity; boil and finish off as directed above. Or, for quite a plain dish, nothing need be added; the spinach may be dished as soon as pressed.

Another way.—Use plenty of boiling water, just as if boiling cabbage; when done, strain and press, and finish off by either of the foregoing methods. As to the best way of cooking spinach, there is a great difference of opinion. Some cooks assert that the first method is the only correct one; others declare that the flavour is too strong unless plenty of water be used, as in the last method; again, many very good judges are of opinion that there is practically no difference in the flavour of the spinach, whether water is added or not; and that very few could detect any difference. Where so many disagree, it is, perhaps, better not to attempt to decide; the various methods are easily tried, and our readers can form their own opinion as to their relative merits. (*See* next chapter.)

Spinach and Rice. — Almost any dish of rice eats well with spinach. For a *maigre* dish, a selection can be made from those dishes given under RICE, made from vegetable stock, &c.; while those who desire rice, *plus* animal juices, may make trial of such dishes as most commend themselves to their notice, either by virtue of their flavour or their cost. We may remark that most people will like any into which tomatoes enter; these with slight flavourings of ham, cheese, or curry, are also suitable for combination with spinach. RICE SAUCE is also very nice with a dish of spinach and hard-boiled eggs.

Spinach with Eggs (American method).—Required: spinach, eggs, seasoning, &c., as below. Cost, about 10d. to 1s.

After boiling and pressing the spinach, put it back with a little butter, pepper and sugar; beat until hot, then turn it into the dish, and cover with an egg dressing, made by mixing the yolks of four hard-boiled eggs, an ounce of dissolved butter, a dessertspoonful of cream, and one of lemon juice. Spread this smoothly over the vegetable, and garnish with the whites of the eggs cut into rings. These quantities are enough for a good-sized dish of spinach. This is a nice dish for serving separately.

Squash.—The squash is of the gourd family; there are two sorts, the summer squash, or cymbling, and the winter squash; the last named takes longer to cook. When very tender, squash need not be pared; and when necessary to pare it, care should be taken to remove nothing but the hard, outer rind. The seeds should be

removed, and the vegetable cut into quarters, or a greater number of pieces, according to size. Winter squash is often mashed; the recipes under VEGETABLE MARROW and TURNIPS can be followed; squash can also be used in the same way as pumpkin, for pies and puddings, but it is not so rich in flavour. Cost uncertain, but not expensive generally.

Succotash. — This is imported from America; it is a mixture of corn and beans; directions for use will be found on the tins. It is a very wholesome preparation, and furnishes a very welcome change from ordinary dishes of vegetables as served in England. (*See* SUCCOTASH SOUP and SUCCOTASH SALAD, also LIMA BEANS.) Cost, about 10d. for a tin of nearly two pounds.

Succotash, Curried.— This is a good dish, not much trouble or cost. Required: a tin of succotash, a tablespoonful of cooked apple or tomato pulp, three or four times as much cooked onion, a teaspoonful each of curry paste and powder, half an ounce of corn-flour, milk, seasoning, &c., as below. Cost, about 1s. 4d.

Turn the succotash into a saucepan with the apple, onions, and curry; the latter mixed with milk, stock, or water to a paste; add the corn-flour, stir to the boil, and simmer until the flavours are well blended. The onions may be fried for a more savoury dish. Season, and add a little vinegar or lemon juice. Serve with or without rice. Any of the adjuncts added to meat and other curries may be introduced, and butter or cream is an improvement. A cooked carrot is thought by some to be the making of this dish. A little cooked celery also goes well with it.

Summer and Winter Savoury.—These herbs are used for seasoning purposes, and possess a very pleasant taste and aroma. They should be gathered in July and August, and dried for winter use. The winter savoury has a more woody stalk; both kinds are common in kitchen gardens. Mixed herbs and aromatic seasoning mixtures generally contain one of these.

Tarragon.—This is closely allied to the well-known aromatic plants—common wormwood and southern wood; but, unlike those, its leaves are divided. Its uses are similar to those of chervil; the two are often combined in the same dish. Tarragon vinegar is very useful (*see* the chapter on SEASONINGS). "Shredded tarragon" is a term frequently used in all works on cookery; it refers to the leaves cut into strips with scissors; they should not be used whole. Tarragon is a dangerous tool in the hands of an unskilful cook, owing to its strong flavour; but judiciously employed, it is valuable. Many flavoured butters and cold sauces are greatly improved by it, and all the ordinary methods of utilising it are explained in our recipes. Cost, a few pence per bunch on an average; never very cheap so far as its first cost, but is economical in use owing to the little required.

Thyme.—This is one of our commonest herbs, but an extremely useful one; its odour and taste are strong, pungent, and aromatic. Three varieties are used in cookery—viz., common thyme, and orange and lemon thyme; orange thyme is ready for drying in June and July; the others are a little later. It must be borne in mind that an overdose of this plant is disagreeable, as it imparts bitterness to the dish; when dried, double the quantity is wanted; fresh thyme, like all other herbs, is the nicer. Cost, about 1d. per small bunch.

Tomato. — The virtues of the tomato, or love apple, are now fully recognised both in the raw and cooked condition. It has been said that Mr. Serjeant Buzfuz has made chops and tomato sauce immortal; but only within recent years have we found out that tomatoes are excellent and wholesome in almost any way. To stuff a tomato, is, in the opinion of Sir Henry Thompson, mischievous meddling carried to the highest pitch; and simple

cookery is alone admissible. To a great extent, we agree with him; but we cannot forget that much depends upon the skilful admixture of the several ingredients, and that those who serve tomatoes almost daily at their tables in some form or other are generally glad of a new method. Indeed, we think the popularity of the tomato is due in no small degree to the changes that can be rung upon the modes of serving it. Still, it has a very distinct and independent flavour of its own, which needs neither enhancement nor diminution, and the delicious sub-acid must not be destroyed by spices and herbs—only developed.

There are many varieties of the tomato; the best kinds have fine, smooth skins. English-grown ones, when just ripe, are very inviting in appearance, the red ones being of a very beautiful colour. For the purpose of loosening the skins of tomatoes for peeling, boiling water is recommended; but its use should be discouraged; if properly ripe, the peel can be removed without any soaking. For a great number of dishes of the ordinary class, it is not necessary to remove the peel; but for high-class dishes of cold dressed tomatoes it is an improvement. Then the pips: it is common to meet with recipes, no matter how plain the dish, in which the words "throw away the pips" occur. Here discretion is wanted; for one cannot take away the pips without a good deal of the pulp adhering; when they are removed, therefore, by way of making room for stuffing, or simply from choice, the pulp should be sieved, that *only* the seeds may be wasted. Another point to be borne in mind is the fact that the cooking should never be prolonged further than necessary; beyond this the tomato suffers in flavour. Cost, about 2d. to 4d. per pound for imported, and 6d. to 1s. for English-grown tomatoes, except early in the season. Of the imported, the red plum tomatoes are very good. Of the round varieties, the small ones are best for salads and garnishing purposes; and for ordinary dishes, the medium size are usually better than very large ones.

Tomatoes, to Bottle.—This is an American method. Some wide-necked jars are to be made hot, by letting them lie in boiling water, or as nearly boiling as possible, then drain them when ready to fill. Take ripe tomatoes, equal in size, and scald them to loosen the skins; take them off, and with the scalding water drain off any liquor that will run easily from the tomatoes without pressure. Put them in a jam kettle, and stir with a wooden spoon until they boil; then give them a good boil for ten or fifteen minutes; pour into the jars while boiling, and finish off in either of the following ways, but do not lose an instant, and be sure to fill to such an extent that the juice runs over; the jars should be set upon plates. The first and best way is to have jars with "grooved" necks and metal tops; screw the tops on tightly, and as the contents cool, give another screw now and then, but before putting on the covers wipe the necks of the jars. When cold, wipe all the jars clean, and dry them, then put them in the coolest, driest, and very darkest place in the house. To save time, the tomatoes may be bottled thus without skinning; if not even-sized, the large ones should be broken up. Boil rather longer than above directed, and pour off a little of the moisture before filling the jars.

The next way to finish off the bottles is to cork and wax them, and if this is done, the corks should be soaked for a time in some of the boiling liquor from the fruit.

Under the name of the "Climax" Bottle, a glass jar has been specially manufactured which is admirably adapted for the preservation of tomatoes. It has an air-tight glass cap, the contents thus come in contact with the glass only; there is no trouble of corking, sealing down, or bladdering; a great saving of time is thereby effected. A strong glass top fits on the wide, open mouth, and presses

upon an elastic band, which rests upon a rim outside the bottle mouth. The metal screw ring then fits over this glass top, and presses it hard down upon the elastic-covered ring, thus making the jar absolutely air-tight, without wax or bladder. To prepare the tomatoes for these bottles is very simple, and either of the following methods may be adopted. Put the fruit in whole and unskinned, and cook in a pot of water over the fire until the tomatoes look tender; the bottles must be wrapped round with hay or old rags, and they must be raised from the bottom of the boiling-pot by means of a trivet on legs, or a meat dish set upon a weight, or some other device; a baking-sheet answers the same purpose, if raised by means of four pieces of wood at the corners. In this mode, the glass stoppers must be provided with a vent hole for the escape of the steam (these cost a trifle more per dozen). When done, the holes are filled up with bits of cork (sent with the bottles), and want a spot of wax on each. They can cool in the water or on a board; the first is the better way, and there is no fear of the bottles cracking.

The next plan is to cook the tomatoes as directed above, first mode, or bake them in a jar in the oven; in either case, drain off some of the watery liquid. Fill the jars while hot (the jars being heated first), and screw down. When cold, try if they can be screwed a little tighter. For this way, stoppers without vent holes answer. The rubbers can be renewed when worn.

Tomatoes, to Preserve in Brine (Italian Method). — Choose sound, ripe fruit; wipe it with a cloth, and reject any broken or over-ripe. Take the stalks off, but do not skin. Make a brine by boiling a tablespoonful of salt in half a gallon of water until reduced to two-thirds the quantity. Skim a few times. Put the fruit in dry jars, pour the brine over, and put something in the necks to prevent floating; small plates or saucers are useful; no metal will answer. When cold, cork and wax the jars, or tie down with bladder. This can be used like fresh fruit, if rinsed and wiped, and the skins removed. It answers for soups, sauces, &c. It is a good plan to soak it, and for all dishes less salt will be wanted.

Tomatoes, Baked. — Take the green stalks from some tomatoes, ripe, and even in size; allow two ounces of butter or clarified fat for eight medium-sized ones; put it in little bits about them, and cook in a moderate oven from twenty minutes upwards. Serve with roast meat, &c. If split through, cook the cut side up. Tomatoes may be sliced for baking if large; put them in a single layer on a baking tin, first greasing it; brush them over with butter or dripping, and dredge with salt and pepper; and if they are not fully ripe, a pinch of sugar. Give them from seven to ten minutes, and serve hot. When eaten as a separate course, add a little stock or gravy to the liquor in the pan, and boil it up, then pour it over the tomatoes. When eaten with meat, &c., just pour the liquor over them as it is. Cost, about 6d. per pound when in full season.

Another way.—Put a little mustard with the seasoning named above, with any herbs that may be preferred; use it for halved or sliced tomatoes, and cook as directed. Cayenne pepper or grated nutmeg, a suspicion of either, may also be added; and a finely-minced onion, distributed over half a dozen tomatoes, give additional piquancy. A little lemon juice, squeezed over just before serving, will develop the flavour to perfection.

Tomatoes, Baked, with Onions. — Required: a pound of tomatoes, the same weight of Spanish onions, four ounces of cheese, seasoning, &c. as below. Cost, about 10d. to 1s.

Bake the tomatoes after wiping and cutting them in halves (*see* above); bake or fry the onions, and chop them

up. Put the tomatoes, cut side up, on a dish for serving; cover each half with a thin slice of cheese, and put some onions on the top; season nicely, then spread some bread-crumbs over; these must be browned in the oven or fried (*see* BREAD). Grate a little cheese over, and serve hot.

Another way.—Use half the quantity of onions given above, then put some small whole ones about the dish; they are nicest fried or stewed.

Another way. — Dish each half tomato on a little round of hot, buttered toast, or fried bread, and use onion sauce in place of onions.

These dishes are tasty, and when tomatoes are in full season, at three or four pence per pound, are very cheap.

Tomato Conserve. — This is one of the most useful forms of preserved tomatoes, as it is simply pulp without skins and seeds, and is unflavoured; therefore, it is practically the same as the pulp of the fresh fruit. It is handy for sauce, purées, and other purposes to which tomatoes in the fresh state can be applied, and can be flavoured as required. The price varies considerably, as does the quality; about 6d. per half-pint tin is an average price. Conserve in bottles is a little dearer. French conserve is considered good, so is the Italian. When English is bought, it should bear the name of the manufacturer or importer. Very low-priced stuff, bearing no name, should be regarded with suspicion, or is better avoided; for it is probably not pure tomatoes at all; or else a small proportion of tomato pulp is mixed with that of some other vegetable, coloured to resemble the genuine article. The difference in the price of various samples, allowing for all possible variation in the quality of the fruit, is sufficient to justify this impression.

This will not keep long, and as soon as a tin is opened it should be turned out into a jar or bottle for use, and kept in a cool place. It will be good for a few days in cold weather, but soon "turns" in warm weather. (*See* TOMATO CATSUP and TOMATO STORE SAUCE in a later chapter on PICKLES, &c.)

Tomatoes à la Diable.—Slice, coat with butter, a little mustard, and cayenne and black pepper, then grill, or bake sharply.

Tomatoes, Fried.—Unless tomatoes are coated and fried as directed under DRESSED VEGETABLES, they are better whole than cut, and should be rather small. The frying medium may be oil, butter, or clarified fat, or bacon fat used after bacon has been fried; it must be quite hot, and only a little is needed, the tomatoes being turned about with a wooden spoon or skewer until done. Take care not to use a fork, or the juice will escape; they must not be over-ripe or bruised, for the same reason. In ten minutes or thereabouts they will be ready. Supposing a dish of fried bacon to be ready for breakfast; by frying tomatoes in the fat, it becomes more wholesome as well as more economical, especially if some bread be fried in the same fat and dished with the rest. Cost, about 6d. per pound.

Tomatoes, Grilled. — These should be small, ripe, and whole, then coated with any fat described above, and grilled over a clear fire, on a greased gridiron, for five to ten minutes. If cooked in a Dutch oven before the fire, *i.e.* broiled, they are almost as good, and less trouble. They may also be cooked in the baking tin before the fire while a joint is roasting; they should be put at the corner, that the fat may not drop on them; in this way they are generally called "roasted tomatoes." Cost, as above.

Tomatoes, Grilled, American. — Cut thin slices, coat with butter, mustard, and a pinch of salt and sugar, and grill in the usual way.

Tomato Purée.—A very cheap purée may be had from tinned tomatoes. Put the contents of a quart tin in a

lined saucepan, with half an ounce of butter, and a little salt, pepper, and sugar. Cover, and simmer slowly; then, either take away the loose skins and beat the rest up to pulp, adding a little thickening, or, what is better, rub it through a colander or coarse hair sieve. The thickening may be flour or corn-flour, mixed with water or stock to a paste. For better purées, *see* the next chapter. If liked, add a little cooked carrot. Cost, about 8d. When very liquid, evaporate by quick boiling.

Tomato Sauce.—(*See* SAUCES.)

Tomato Soup.—(*See* SOUPS.)

Tomatoes, Steamed.—Choose small tomatoes; cook in a single layer in a potato steamer, turning them once; they will take from ten to twenty minutes, and may be served with meat or fish. If brushed with butter the appearance is improved. Cost, as above.

Tomatoes, Stewed.—Slice as many tomatoes as may be wanted, after taking off the stalks, and peeling them if liked. For a pound, allow a couple of ounces of butter, with a little seasoning. Cover, and cook softly in an enamelled saucepan until done—about twenty minutes. If more convenient, cook the tomatoes thus in a covered jar or dish in a moderate oven. For any dish of this sort, use a wooden spoon, or an enamelled one, in preference to iron. For a cheaper dish, use dripping.

Another way.—After melting the butter at starting, add an ounce of flour; stir until smooth, then put in a gill of plain stock or water. This will do for two pounds of tomatoes. Finish as directed above. Small tomatoes can be stewed whole.

Tomatoes, Tinned.—The quality of these varies greatly; the best and most expensive being the whole tomatoes in upright tins, imported from France; these are perfect in colour and flavour. Then there are the so-called whole ones, in the ordinary tins of a quart or so each, but, as a rule, they are more broken than whole. Next come the tins of the same size; about 5d. or 6d. being the average price. These are broken very much; but they are extremely useful for soups, purées, sauce, &c., when further boiling is necessary, and the ingredients are sieved; in such cases, of course, it would be folly to give the increased price for the whole fruit. But there is a vast difference even in these; some brands are very pale and watery, and comparatively flavourless; others are of good flavour, consistence, and colour. Almost every grocer's shop contains a choice of brands, and when one is found to be satisfactory, note should be made of it. In our recipes, when "a tin of tomatoes" is mentioned, one of the latter class, of the ordinary size (about a quart) is intended. In dealing with the whole tomatoes, the liquor must be drained off, and the fruit allowed to slide out on to a plate; the thing is to avoid breaking it. For hot dishes, it must be gradually heated (as it is already cooked), either in the oven or before the fire, with a little butter; or it may be simmered in gravy or stock; or heated in a potato steamer.

Then there are certain preparations called "tomato purée," "stewed" or "evaporated tomatoes;" the leading feature being their freedom from skin, pips, and hard cores; some are flavoured a little, others are plain. These range in price from 8d. to 9d. per tin, somewhat larger than the ordinary size, and are very useful for the quick preparation of soups and stews; or they may be heated and turned into a vegetable dish, and served with meat. Most of these hail from America; one or two firms have a wide reputation for goods of this class. By adding any cooked cereal or pulse, a more satisfactory dish is obtained; and with eggs, a little bacon, or a flavouring of cheese, a good meal may be had at small cost, and in a short time. When served alone, if desired thick, any thickening may be

added; or the preparation may simmer for a time in an uncovered saucepan, for some of the moisture to evaporate.

Tomato, Various Dishes of.—(*See* SALADS, PASTRY, GARNISHES, PICKLES, &c.)

Truffle.—This is the most distinguished member of the fungi family, for which pigs and dogs are trained to hunt, as there is nothing on the surface of the ground to indicate the presence of the truffle below. There are three kinds—red, white, and black; the last-named are best and most used. Truffles are found in England; but those of France are superior. The truffles of Périgord are famous for their odour. Lightness in weight in proportion to size, combined with elasticity, are signs of goodness. To have truffles in perfection, they must be eaten in the fresh state, as the preserved ones lose much of their aroma. They are considered stimulating, and not very digestible. Forcemeats, sauces, sausages, and gravies which are enriched by truffles are much esteemed generally; but the taste is an acquired one. Owing to their costliness, the most should always be made of the scraps; for example, when fancy shapes have been cut for garnishing purposes, the remnants will serve for other dishes; the liquor from bottled ones should always be used up in gravies, &c. Fresh truffles are to be bought in the winter; but they are costly, and many people who use bottled ones regularly have never tasted a fresh truffle. Cost of bottled truffles, from about eighteenpence to a sovereign, according to size and quality. For recipes, *see* next chapter; also INDEX, as truffles are mentioned in various chapters.

Turnip.—This is a favourite vegetable, but not very nourishing, owing to its high percentage of water. There are many varieties; the best are finely-grained, juicy, smooth, and sound. The liquor from turnips will keep but a short time, especially in warm weather; turnips boiled with onions will correct the strong flavour of the latter. The peel of turnips, if well washed, can be used for flavouring soups, &c. For serving whole as a vegetable, small turnips are best; when very large and old they become stringy and strong in flavour; in this condition they are better mashed: in the opinion of some, turnips of moderate size are best so treated. Cost, about 3d. or 4d. per bunch, sometimes cheaper.

Turnips, Boiled.—Peel turnips rather thickly when they have attained any size; they are pithy and indigestible if this is not done; young ones need only thinly paring. Very young ones sometimes have a little of the green tops left on. Put them in slightly-salted water, and boil gently until done. Young ones will take from twenty to thirty minutes; older ones, from forty-five minutes to an hour and a half; these may be halved, or a couple of cuts can be made across without dividing them. Always keep them in cold water until ready to cook, to preserve their colour. Drain thoroughly, and send to table at once. WHITE SAUCE can be poured over, or served in a tureen; or, if to be served with boiled mutton with caper sauce, some of the latter may be used in the same way.

Boiled turnips may be made more tasty by grating a little nutmeg over them in the dish, and adding a morsel of mustard (French for choice) to the sauce or melted butter that is poured over. This way is nice if for serving with boiled beef, either fresh or salted.

Turnips, French.—These are more inclined to the shape of English carrots than turnips; their flavour is very superior to that of ordinary turnips, and when used for flavouring purposes only should be added cautiously, or the taste may be too "turnipy." They take some time to cook, much longer than might be thought, judging from appearances only. We ought to say that a good deal of the flavour lies in the peel; therefore, when used for

flavouring, they should be washed and scraped, not peeled. Cost, about 6d. per bunch, but very variable; dearer than English turnips; although, taking into consideration the slight amount of waste when a small quantity for garnishing is required, it is quite worth while to buy these in preference to home-grown ones.

Turnips, Mashed. — When tender, take the turnips up, and mash with a fork, or pass them through a colander or sieve; put them back into the saucepan, emptied and dried, with a morsel of butter, salt, pepper, and sugar; a grate of nutmeg or dash of mustard is an improvement. Stir for a minute or two, then serve. A little flour stirred in the butter, which should be first melted in the pan, makes the turnips less watery; a spoonful or two of thick white sauce has the same effect. Some persons wring them in a cloth to get rid of some of the water. Cost, about 4d. per vegetable dish.

Although it is usual to boil turnips previous to mashing, we wish to recommend steamed ones in preference; any watery vegetable is nicer steamed than boiled. They may be cut in quarters or halves, according to size.

Turnips, Various Dishes of. —(*See* TURNIP and VEGETABLE MARROW recipes in the next chapter.)

Turnip Tops (or Turnip Greens). —These should be freshly cut; their slightly bitter taste recommends them to many; to others it is objectionable. All decayed leaves should be removed, also the tough stems; the tops only are to be used. Wash them well, and boil in plenty of water salted as for CABBAGE, with the lid off the pot. In about twenty minutes they will be tender. After draining, they are nicer if chopped up, and heated with a little butter and seasoning. For better dishes, a purée should be made spinach fashion. Cost, generally low; about 1d. per pound. Turnip tops are very wholesome, and those with whom greens agree, will do well to eat them whenever they have an opportunity.

Vegetable Fats and Oils.— (*See* OILS AND FATS, VEGETABLE.)

Vegetable Marrow. — This vegetable may be dressed in a variety of ways, and is wholesome and excellent in all. Various recipes are given below. It comes into season towards the end of summer, and even after it is cut, if it is hung by the stalk in a cool, dry place, it will keep for some weeks. Very small marrows are likely to be deficient in flavour. Very large ones will be full of seed. Cost, about 2d. to 6d. each.

Vegetable Marrows, Boiled. —*No.* 1. Peel the marrows, free them from seed, cut them into six or eight pieces, and put them into boiling water, salted a little; let them boil gently till tender. Lift them up carefully with a slice, put them on toast, pour melted butter or white sauce over them, and serve. *No.* 2. Put the marrow whole and without skinning it into boiling water. Let it boil until tender. Take it up, halve, pare, and seed it, lay the halves on toast, with the hollow part uppermost, and fill them with sauce as above. *No.* 3. Pare and seed the marrows, divide them into quarters, and the quarters into halves. Trim them neatly. Rub the inside of a saucepan with butter. Lay the pieces of marrow in it, and sprinkle over them a little pepper, salt, grated nutmeg, and pounded sugar. Pour upon them some weak white stock, to moisten, and boil gently till tender. Lift them upon a dish; add to the gravy the juice of half a lemon and a little piece of butter; pour it over the marrow, and serve. If liked, the marrows may be stewed in milk instead of gravy, and they may be seasoned with pepper, salt, and pounded mace. Time to boil: ten to twenty minutes, if boiled in slices; if boiled whole, longer, according to age and size.

Vegetable Marrow, Broiled.—This is a good way to re-heat some boiled marrow; cut it in pieces, and lay them before the fire in a tin, with a little butter or dripping, and some seasoning; dredge with raspings and a little cheese, and brown up well at a quick fire. Herbs may take the place of cheese.

Vegetable Marrow, Steamed.—"Boil your marrow by steaming it," says a writer, "and don't take the skin off, unless you wish to deprive it of its best properties; cook it in the state that Nature presents it, and prepare it for table afterwards." Being of so watery a nature, this needs care; while the marrow itself is firm, but the skin soft—remember to put the pieces skin downward in the steamer—rub off the skin with a clean cloth, and cut the pieces again to a suitable size for serving; transfer them to a baking tin, and finish off in a moderate oven; this drives off the excess of moisture, and improves the flavour. Only quite young marrows can be treated thus; and in cutting them first it is well to only halve or quarter them; or very small ones can be put in the steamer whole, if care be taken to turn them well about. After peeling, they must be cut as above, and the seeds removed before baking. This way, they will be more fully flavoured, and will come as a pleasant surprise to those who may hitherto have eaten marrows peeled and seeded, and boiled, perhaps almost to a pulp, and have condemned them as almost flavourless, with very good reason. The fault, however, lies more in the cooking than the vegetable very often.

Note.—The marrow can be sent to table in pieces with the peel on, if dished peel down; there is then no danger of breaking or disfiguring it.

Vegetable Marrow, Stuffed.—Required: materials as below. Cost, varies with the stuffing and size of marrow.

The ways of stuffing vegetable marrow are numerous; by varying the stuffing, very tasty and also substantial dishes may be concocted at small cost. A nice dish is made simply by mixing bread-crumbs with seasoning, a little

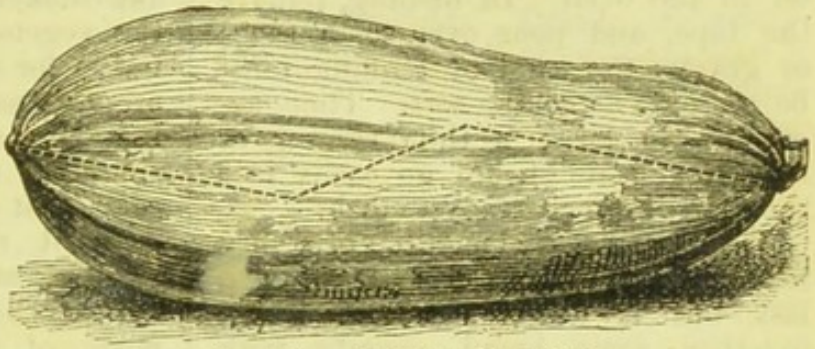


Fig. 110.—Stuffed Marrow.

cheese grated, and milk to moisten the mass. Or crumbs, with cooked onions and sage, with seasoning and milk. Under Forcemeats will be found very many varieties; those without suet are the best for the purpose; a plain herb or mushroom forcemeat will be found very good; and where the marrow is to be served instead of meat, a sausage meat stuffing may be employed. One thing must be borne in mind in making the selection; that is, the size of the marrow; it would be no use putting a solid forcemeat (one of the sausage meat variety) into a very small marrow; or, to get the interior cooked, the marrow would be overdone; therefore, fair-sized marrows are wanted when this sort of stuffing is preferred; and it should be made hot before putting it in the marrow; if put in cold, the chances are that the marrow would break up by the time the filling was done. Having then prepared the stuffing, and peeled the marrow very thinly, proceed as follows:—Cut the marrow through, and scoop the seeds out; the usual way is to take the knife straight through, but we think that the way shown in the illustration is better; there is less tendency to slip, both in cooking and after dishing. If the marrow be tender, it need not

be peeled. After filling, tie with tape, *not string*, twice round, a little way from the ends; then put more tape in a place or two to connect these pieces, and so prevent their slipping off at the ends. The marrow may then be boiled or steamed until done; or it can be parboiled, and finished off in the oven. In dishing, remove the tape, and pour over some sauce or gravy; the kind of stuffing must be a guide as to the sort. Time, according to size; a thin skewer or trussing needle should go easily into the marrow when ready to dish.

We have reserved mention of a very homely form of stuffed marrow until last, but it deserves a trial. Mix together some bread-crumbs with about half their weight of cooked fat bacon, and a small quantity of cooked liver, chopped up; season well with herbs, and moisten with a little milk; no eggs or other fat will be wanted, the bacon is sufficient. Then, for another that will be liked by vegetarians, try bread-crumbs moistened with oil and seasoned with herbs, salt, and pepper, and a hint of garlic. ONION SAUCE goes well with this, so does EGG SAUCE.

NOTE.—In heating sausage meat or any other stuffing for the marrow, put it in a jar and set that in boiling water to half its depth, until well heated through.

Vegetables, to Sweat. — A better term for this process would, perhaps, be "steaming in butter;" but sweat is the one commonly used. Although simple, a few points in connection with this process must be remembered, or failure is sure. A very clean pan is wanted, and it must be free from burnt or adhering particles of any sort. A fire-proof china one, or an enamelled one is best where copper is not to be had; the butter used must be free from the slightest suspicion of taint; or instead of the flavour which sweating is considered to impart, a very unpleasant one will be given that no after-cooking can eradicate. The vegetables that are most improved by sweating are such as are of an insipid kind; turnips or Jerusalem artichokes may be instanced. Naturally, the thing to guard against in all of the white varieties is the acquiring of colour; therefore, the contents of the pan must be watched, and shaken now and then. Whether the vegetables are to be left in the butter for a few minutes only, as they are for many soups, &c., where cooking is completed in the liquid, or simmered in it for purées of the rich sorts that are to be served as *entremets*, it must be remembered that sweating and frying are not the same; in fact, they are quite distinct. This mode of treating vegetables is far more universal and better understood abroad than in England, but it is particularly deserving of attention, for few have any idea of the improvement that may be made in vegetable dishes of all sorts until they have made trial of it. In our recipes directions are given as to the time the vegetables are to be left in the butter; but one rule holds good for all: put them in as soon as the butter is melted, and before it is really hot or has taken any colour. Then let the heat be gentle and uniform until the end. Those to whom this is an unknown mode are advised to make a few experiments. They will be astonished at the complete transformation in many a dish at a very slight increase of time and trouble.

Vegetarian Curries, Indian. —These may be described as "Bhahjees," "Chahkees," and "Dhall" Curries. The first word means "to fry," and the dishes are excellent and simple when the method is understood. Small cucumbers answer excellently for frying. They should be split through lengthwise after peeling, all the pulpy part scooped out, then sliced, and steeped in a mixture of curry powder and salt, with a little vinegar or lemon juice; or instead of curry powder, turmeric is sometimes

used, with a little cayenne pepper. After steeping, the cucumber must be drained, and fried crisp in smoking oil or butter.

For a "chahkee," some mixed vegetables should be selected; pumpkins, potatoes, peas, cauliflowers, tomatoes, and many others may be used; they should all be prepared with care. Supposing enough to fill a quart measure, put two to three ounces of clarified butter, or oil, in a pan; when hot, add a tablespoonful of curry powder, nearly as much onion, chopped and pounded, a fourth as much garlic, salt, and vinegar, and lime or lemon juice to make a paste; stir well until there is a very savoury odour, then add a bit of brown sugar, and the vegetables drained and dried; all are to be cut up conveniently for serving. Go on stirring until all are coated with the mixture, then cover, and shake the pan while they fry. Add about half a pint of liquid, either water, milk, or vegetable stock; to either of which some cocoa-nut infusion may be put with certain advantage. Continue the cooking until the vegetables are soft, then serve with rice, plainly boiled, or either of the savoury preparations given under RICE may be used. Another dish of this class owes its foundation to tomatoes; they should be treated as above described, but some tamarind water is wanted, say a gill, with the same measure of stock to a pound of tomatoes. For English tastes this will be improved by the admixture of some other vegetable, as marrow, artichoke, or carrot, to reduce the extreme acidity of the dish.

Of the "dhall" curries, one of the most popular is the one made from "musson dhall;" this is red, and something like Egyptian lentils, but of a nicer flavour. This has to be soaked. Some finely-shredded onions are fried, then taken from the fat while the dhall is fried (first drained and dried). Some curry, garlic, onions, and vinegar, as above detailed, are then stirred in, with the same sort of stock, &c., only just to cover; the whole being gently cooked until done. The fried onions are sprinkled over just before serving. This is eaten with rice or bread; or both can be served with it. Cost varies with the season, but the dishes are inexpensive on the whole.

Vegetarian Irish Stew.—Required: a pound of potatoes, half a pound of onions, a couple or three leeks, half a pound of haricot beans, seasoning, a little oil, and a small turnip. Cost, about 6d.

Peel and quarter the potatoes; cut up finely the onions and leeks, and slice the turnip; add salt and pepper, and a pint of boiling water; stew for an hour or more, then add the beans (which have been previously boiled); cover, and cook for a quarter of an hour longer. The oil should be added with the beans.

In this dish, the beans take the place of the meat used in Irish stew of the usual kind; the oil making up for the deficiency of fat. If the water from the haricots is not wanted for soup, use it for the stew. Green or red haricots, as well as white, may be used for this. Peas or lentils furnish another variety of the same class of stews. Boiled macaroni or rice can be sent to table. A few cloves and allspice berries, and a bay leaf, should be stewed with the above when a very savoury dish is desired; and the addition of a little store sauce or ketchup is optional.

Walnut.—This nut is cultivated very extensively throughout Europe. On the continent it is looked upon almost as a necessary of life. The oil, while fresh, is but little inferior to that of the olive, but soon turns rancid. The refuse matter, after the extraction of the oil, is eaten by the very poor in some parts of Switzerland. A very favourite pickle is made from unripe walnuts, also a ketchup. In some parts, walnut jam is elevated to the rank of a pleasant domestic medicine, and is considered laxative

and cooling. A salad from young nuts is popular in France. The nut in the ripe condition is said to be in perfection when the skin parts easily from the kernel. Cost of walnuts in the green state, about a shilling per hundred when plentiful, but may reach double that amount. Ripe nuts are from three or four pence per pound on an average.

(*See* INDEX for recipes for PICKLED WALNUTS, &c.)

Watercress.—This herb is possessed of valuable medicinal properties, and by most persons may be eaten freely. It is, perhaps, most largely eaten with salt, as an accompaniment to bread and cheese, or butter; it makes, with other materials, excellent salad; is most useful as a garnish; and can be cooked and served like spinach. Watercress is said to be the most popular and wholesome of all the salad plants; its dietetic value is great, owing to the mineral matter, aromatic oil, and other minor ingredients. In preparing cress for table, great care is necessary to free it from adhering animal matter; plenty of water, with a little salt is needed; and after the last rinsing, the sprigs should be well shaken, and drained in a cloth before dishing; never serve sodden or dripping. Sometimes, nothing but the coarse stalks need be removed; at others, fibrous matter clings about the stalks, then the leaves must be picked off neatly in little bunches. Cost, about 4d. or 6d. per pound.

Watercress, Boiled.—Boil as spinach, sorrel, &c.; or add a little to any other green purée. It is also very good in soups; it may be thrown in in leaves, or chopped and added like chervil, tarragon, &c. It takes but a short time to cook, and is almost always acceptable to the palate. Watercress enters into many dishes in this work; viz., SANDWICHES, SALADS, SAVOURIES, &c.

Yam.—Yams are now to be had of dealers in Indian produce in London; they cost about three shillings per cask of fourteen pounds. The same firms sell sweet potatoes at the same price.

Yams, American.—This dish is much liked; slice and cut the yams into rounds; wash and dry them; put them in a well-buttered saucepan, with a little salt and nutmeg; just moisten with water, and stew them, closely covered, until done. They should be turned sometimes. Some white sauce should be served with them; it may be sweetened, or seasoned with salt only.

Yams, Baked.—A writer says that "although excellent when boiled, yams are best baked in their skins, in the embers of a wood fire if possible. They want nothing more than salt and a morsel of butter; besides being the best way, it is also the least trouble; but for variety, they may be prepared in any of the ways in which potatoes are familiar. Potato eaters are sure to like yams."

DRESSED VEGETABLES.

(*See also* ENTRÉES, SOUFFLÉS, OMELETS, FRITTERS, SALADS, PASTRY, &c. &c.)

IN this chapter are dishes of vegetables for serving with meat that are entitled to rank above the commonplace, either by reason of the trouble involved in their preparation, or the costliness of the adjuncts. Here also will be found the dishes known as *entremets*, or as they are sometimes called, second course dishes; the latter term is hardly correct at the present time, as many nice dishes of vegetables are served as a second entrée. Considerable attention has been given of late to this branch of the cuisine, and rightly so; and there is not the slightest reason for people who do not dine late, or who do not partake of the number of courses that constitute a high-class dinner, to debar themselves of dainties of this kind. There is no question that the only way to enjoy and appreciate the delicate flavour of many vegetables is in the form of *entremets*; and their preparation is in many instances far less troublesome than it appears on paper.

The first step to success is, we think, a right understanding of the initial preparation of the vegetable, whatever its kind; and for this reason those who serve plainly cooked vegetables in perfection will be likely to succeed with the dishes we are now considering. The rules for vegetable cookery generally are given in the preceding chapter, and to repeat them here would waste space. Of the iced vegetable dishes, which are just now fashionable—more fashionable than wholesome, some consider—only a few examples are given; but others can be evolved by any intelligent cook. A number of the sauces that are served cold are just as nice iced as the kinds singled out for treatment, and almost any vegetable is sure of a welcome if perfectly cooked and left to get cold, then served in a tasty form with a good cold or iced sauce. But the dainty service of such dishes is important. It is not necessary that all should be elaborately garnished; but it is not enough to "bundle" them on a dish in any fashion, and it is just at this point that so many people break down; the finishing touches are completely ignored.

We would call attention to the fact that many of the dishes here may do double duty; that is, they will by a very little alteration serve as salads; in fact in some instances it is rather difficult to draw a line between vegetable *entremets* and salads; the latter term is now so elastic. We have already spoken of the uses of tinned vegetables, but perhaps they are never more handy than for little dishes of dressed vegetables, especially when a few of several kinds are required.

Artichoke Bottoms Purée.—Required: artichoke bottoms, stock, and sauce as below. Cost, if tinned vegetables, about 1s. 6d. to 1s. 8d.; of fresh ones, uncertain.

Put the cooked artichoke bottoms in a saucepan; the tinned ones answer well; add a little good white stock, and cook for a short time, then rub them through a wire sieve; put the purée in

a saucepan with a small quantity of sauce herbacé, or sauce verte (*see* pages 102 and 104); stir until hot.

Artichoke Bottoms with Chestnuts.—Required: a tin of artichoke bottoms, chestnuts, stock, butter, cream, bread-crumbs, and garnish as below. Cost, about 2s. 3d.

Make a tin of artichoke bottoms hot. Put the liquor from the tin in a stewpan, with a pound of chestnuts that have been roasted and peeled; bring to the boil, add a little white stock to make about half a pint of liquid altogether, and an ounce of butter. Simmer gently until the liquid is absorbed, then take up the best of the chestnuts, and put one on each artichoke bottom; pass the rest through a sieve, add a little thick cream, and re-heat, then pour it over the whole chestnuts. Sprinkle some fried crumbs over, and set in the oven for a minute or two before dishing. Garnish with fancy croûtons masked with Tomato Butter.

Artichoke Bottoms with Iced Sauce.—Required: artichoke bottoms, celery purée, sauce, and garnish as below. Cost, varies with the kind of sauce and garnish.

The combinations that are possible are too numerous to mention; but the following ways are recommended both for the appearance and flavour of the dishes. Drain a tin of artichoke bottoms from the liquor, and dry them in a cloth. Put them on ice to cool, then arrange them on the dish for serving, and put in the centre of each a little pile of rich celery purée (page 677); this is also to be first cooled; round the celery lay tiny squares of Sauce à la Barbe, that has been frozen in a shallow mould and coloured a rather deep pink. Place them on a dish paper, and serve at once. Another way of serving, which is very pretty, is to freeze the sauce in a very shallow tin and stamp it in rounds when firm, and lay one on each artichoke bottom; the latter should be the larger, and they should be placed *en couronne* on a dish, with the celery purée in the centre; this may be garnished with the trimmings of the sauce, cut up finely; a few leaves of cress or chervil, here and there between the sauce, will improve the appearance.

Another way.—Make some Sauce à la Dresde, and cut it in rounds when frozen. Lay one on each artichoke bottom, so that the two colours that compose the sauce show alternately; arrange as in the preceding recipe, but with a mixture of artichoke bottoms and beetroot in dice in the middle; moisten these with oil and vinegar, and season with mignonette pepper; garnish with the trimmings of the sauce and some plain mayonnaise.

Artichoke Creams.—Required: an artichoke purée, spinach, cream, stock, eggs, and seasoning as below. Cost, about 2s. 6d. to 3s.

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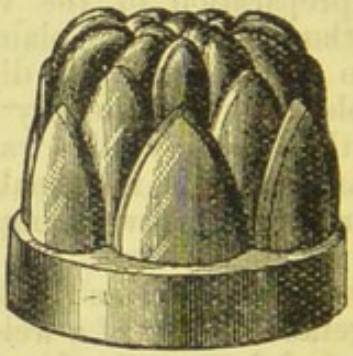


Fig. 111.—Artichoke Mould.

moulds required. They are very useful for many purposes, and are made small enough to serve one to each person. Make a purée of artichoke bottoms (page 667); add to a pint a tablespoonful of cooked sieved spinach, twice the measure of thick cream and strong stock, and when the mixture is cool, the yolks of three eggs; beat well, then season with salt and pepper, and a dash of cayenne and nutmeg. Then whip the whites of the eggs and stir in, and three-parts fill the moulds with the mixture after buttering them with clarified butter. Bake in a pan of water, or steam, and turn out as soon as firm. Serve as a second course dish



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MACÉDOINES IN CASES WITH ASPARAGUS.

with a little good gravy or sauce, or send to table with braised joints, steaks, &c. For separate service, dish on a rice or potato border, or a ring croustade. Serve as hot as possible.

Another way.—This is a good cold dish. Required: a pint of purée (made by passing cooked artichoke bottoms through a sieve while hot), a gill of mayonnaise, the same of strong aspic, a tablespoonful of whipped cream, twice the measure of chicken stock, the same of cooked chicken, pounded, and a little green colouring. Cost, about 2s. 6d. to 2s. 9d.

The ingredients mentioned should be put to the purée by degrees, and the mixture stirred over ice until on the point of setting; then, if not firm enough, a little more chicken and aspic should be added, as in warm weather it is likely to need this. Fill the moulds, and level the surface with a palette knife, and set them in a cave, or imbed them in ice until cold and firm enough to turn out. For a more ornamental dish, the moulds may be lined with pale green aspic.

Artichoke Purée.—Required: Jerusalem artichokes, seasoning, &c., as below. Cost, about 10d. to 1s.

This is rich, and is very nice with cutlets, &c.; it can be put in the centre, or may be served in a dish, or round a small braised joint. After boiling the artichokes, mash them with a fork, then rub through a hair sieve. Put the pulp in a stewpan, and add to a quart an ounce of butter, and a little salt and pepper, with a couple of tablespoonfuls of cream. Stir to the boil, and serve hot. There are several ways of varying this. Any rich sauce that will suit the meat is used in place of cream. White mushroom, or good parsley, or any that would be suitably poured over the vegetables in the whole state, answers. With veal, white sauce flavoured with grated cheese is often liked. After dishing the purée, some chopped truffles or parsley, or grated ham, may be sprinkled over the surface; or it may be left quite plain.

Artichokes à la Barigoule.—Required: artichokes, forcemeat, butter, stock, thickening, &c., as below. Cost, about 1s. 6d. to 2s. 6d., varies with the season and kind of forcemeat.

Take half a dozen globe artichokes; wash and trim them, and remove the chokes. Fill the vacant spaces with a veal forcemeat, or one of veal and ham; a little chopped mushroom may be added if liked (*see* FORCEMEATS). Mix and bind with beaten egg, then, after filling, tie the artichokes into shape with tape. Fry them a little in a covered pan, then pour off the butter, and add some good brown stock to just cover them. Cook gently for about forty minutes, and serve with the stock thickened a little, poured round them. Stock that would be suitable for good clear soup is required for these; it should be of a good colour and flavour.

Another way.—Put the artichokes in a stewpan, with a few chopped mixed vegetables at the bottom; lay a slice of bacon over, and cook covered for a short time, then drain, and cook in another pan with stock as above directed. By some, the flavour of the bacon is preferred to that of butter.

Artichokes à l'Italienne.—Required: artichokes, sauce, and garnish as below. Cost, about 4d. to 6d. each inclusive, but variable.

Wash and trim some globe artichokes, and quarter them; boil until soft, and take the chokes out; arrange them on a dish, leaves outwards, and garnish with watercress and slices of lemon. Pour some rich white sauce, that has been flavoured with mushrooms, all over the artichokes. Any good sauce does, and about a tablespoonful of white mushroom purée will flavour half a pint sufficiently for this dish.

Artichokes à la Lyonnaise.—Required: artichokes, sauce, butter, &c., as below. Cost, about 2s. to 2s. 6d.

Wash and trim some globe artichokes; put them on to boil just for a minute or two, then drain and dry

them. Put two ounces of fresh butter in a stewpan for each half dozen; add the juice of half a lemon, a pinch of salt and pepper, and a grate of nutmeg. Sweat them in this very softly for about twenty minutes. Then drain them, and set them in a moderate oven for a few minutes. Add half a pint of good white stock (for six artichokes) to the pan, with a glass of light wine, and a slight thickening of flour; boil up, and put the artichokes in; the sauce should only come half-way up them; cover, and serve in ten minutes with the sauce round them.

Artichokes with Brown Sauce.—Parboil some Jerusalem artichokes; cut them as desired (*see* page 607); then leave them to get cold. Roll them in beaten egg and fine crumbs, or crushed vermicelli, and fry them golden brown and crisp. Put them on a dish, and garnish with fried parsley, and serve a good brown sauce with them. It may be ordinary brown sauce, or one of the best brown stocks can be thickened with roux and glaze to the consistence of thick cream. They may also be dished each on a croûton, and sent to table with a purée of green vegetables in the centre. This can be garnished with braised ham or tongue, and some fried or poached eggs. Cost of artichokes, from 3d. to 4d. each. Total cost, variable.

Artichokes with White Sauce.—Both globe and Jerusalem artichokes are excellent with béchamel, suprême, velouté, Dutch, or any of the good sauces of the white class. It may be poured over, or sent to table separately, and the vegetables may be dished in various ways. If served as *entremets*, they should be put on croûtons, or garnished with them, or with something of a contrasting colour. Jerusalem artichokes look nice with fancy shapes of cooked beetroot, or strips of glazed ham or tongue. Another nice dish is made of a purée of some green vegetables, with artichokes, cut pear-shaped, placed round it. Eggs also go well with them. Oiled Butter or rich Melted Butter is very good with artichokes, and some prefer it to any other sauce.

Asparagus à la Suprême.—Required: asparagus, sauce, cream, fowl, stock, and seasoning as below. Cost, from 2s. 3d. to 2s. 6d., exclusive of the asparagus.

This is a very excellent entrée, if carefully prepared and cooked. Take fifty heads of asparagus and cut off the points as soon as done; they are to be boiled plainly; continue the cooking of the stalk parts until all but the extreme ends will pass through a sieve; sieve the heads also. Pound up the breast of a fine boiled fowl, and add it

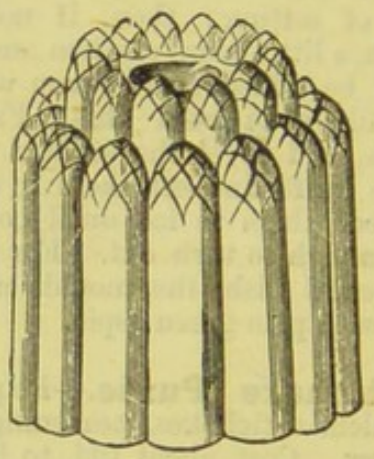


Fig. 112.—Asparagus Mould.

proportionately to the two separate purées; mix in also two tablespoonfuls of Suprême Sauce, and the same measure of rich chicken stock; then to each add a gill of whipped cream. Season the preparations pleasantly but delicately. Butter a mould like the one shown, and put in part of the green purée to one-fourth its depth; then mix the rest of the green with half the white purée, and put in the mould; the white purée is finally added, to imitate the stalk ends of the asparagus. Cover the mould with a stout sheet of white paper, very thoroughly buttered, and steam it for about forty minutes; the water must boil at the first, but only simmer afterwards; see that it is firm before turning out; slip it gently on to a hot dish and fill the centre of the mould with

asparagus heads, separately cooked, and pour more sauce round the base. If preferred, some chicken quenelle mixture may be used in place of the cooked chicken, but longer time is required for the cooking. Veal, either raw or cooked, may be used, and béchamel or other good white sauce may take the place of suprême. Before putting the three mixtures in the mould, note their colour, and, if needed, add a little green colouring or spinach juice to the first one; the second should be a neutral or mixed tint. The resemblance to the vegetable is then very perfect when cooked. For a more substantial entrée of the sort, a larger proportion of chicken can be added to the white purée; then rather more cream and sauce should be used.

Medium-sized asparagus is intended. This will serve a good number. If the white of an egg be added, the preparation will be firmer, and cook in a trifle less time.

Asparagus Cakes.—Required: a pound tin of asparagus, crumbs, eggs, seasoning, &c., as below. Cost, about 2s.

Take the asparagus from the tin, and cut it into half-inch lengths; add two eggs beaten well, and a little seasoning of salt, pepper, and parsley, or marjoram; mix in bread-crumbs by degrees until the mass can be moulded into small balls, then flattened into cakes of half an inch thick and a couple of inches in diameter. About eight ounces of crumbs will be wanted. When all are shaped, let them stand for a time, then brush them over with the white of an egg, and roll in bread-crumbs; fry a nice brown, and drain well. Garnish with fried parsley.

This is a vegetarian recipe; non-vegetarians will like the addition of an ounce or two of chopped ham. The liquor from the tin should be mixed with milk, and thickened with flour and butter for sauce. (*See* recipes for White Sauce.)

Asparagus Croûtes.—Required: asparagus, butter, cream, seasoning, eggs, parsley, and bread. Cost, from 1s. 6d. to 2s. on an average.

Cook the asparagus plainly, then chop up the tender stalk part, reserving the tips. Put a quarter of a pint or thereabouts of the chopped part in a saucepan; add an ounce of butter, a tablespoonful of cream, a little salt and pepper, and a dust of nutmeg; stir until hot, then add the sieved yolk of a hard-boiled egg, and a tablespoonful of béchamel. Have ready some rounds of fried bread, the size of a crown piece, pile the mixture neatly on them, leaving the edges clear; arrange them on a dish, and garnish the tops alternately with hard eggs, both sieved yolk and chopped white, and scalded and chopped parsley; this is for the edges only; now put in the middle of all a little pile of the tips, that have been warmed in readiness between two plates. This is a very delicious little dish; it can be varied by using Dutch or any similar sauce in place of the one named. The dish should be garnished with fried parsley.

Asparagus, Iced.—(*See* Iced Vegetables, page 683.)

Asparagus Purée.—After boiling and sieving the white part of the asparagus, put it in a stewpan, and treat it as directed for Artichoke Purée. Pile in a dish, and garnish with the points. This looks nice in the centre of a ring of cutlets. For variety, the points can be piled in the centre, and sieved egg yolk over the rest. Stick fancy croûtons round, and serve hot. Cost, varies with the season.

Asparagus with Iced Sauce.—After cooking a bundle of asparagus, drain and lay it on a dish, and set on ice or in an ice cave for a time. Make some Sauce à l'Alceste, about half a pint for a bundle of fifty heads of asparagus; cut the stalk ends of the latter into tiny pieces, and mix in with the sauce before freezing; the heads should be left with the tender green part attached. When ready to serve, either turn the border of sauce in a

dish and fill up the middle with the asparagus, or arrange the asparagus round a dish, and cut up and pile the sauce in the middle. Or a rice block can be used for the centre of the dish, the asparagus put round it, and the sauce cut up and placed at the base.

Another way.—Use SAUCE À LA BARBE, and pound the inferior part of the asparagus, then mix it with the other ingredients before freezing. After turning out the border of sauce, pack the asparagus close together in the centre, the heads standing up above the border. If preferred, omit any asparagus in the sauce, and use asparagus tips only (fresh or tinned) in the centre.

Or use SAUCE À LA GUERNSEY in place of the foregoing. This is preferably left all pink for this dish, and the tips of the asparagus only are wanted. Peas can be used in the same way, so can French beans. The cost of the above varies with the season. (For cost of sauces, *see* the recipes.)

Asparagus with Sauce Verte.—Make the sauce by either of the recipes, except the last, on page 114. After mixing, put it in the dish in a pile, and set it to get cool, then put a small quantity of white mayonnaise round the base, and stick the asparagus, freed from the extreme ends, round it; that is, the ends of the asparagus are to be inserted in the white mayonnaise. The dish should then be served at once; but the asparagus is to be set on ice for a time before adding it to the sauce. Total cost, variable.

Asparagus with Vinaigrette Sauce.—Make the sauce as directed on page 115, but omit the sugar. Boil the asparagus, and serve in the usual way, with the sauce in a boat. Or send it to table with cold asparagus, with which it is excellent. The vegetable should then be set on ice, or in a cave, until cold. It may be dished alone, or with a ring of beetroot; the points of the asparagus should meet in the centre of the dish. Total cost, variable.

Aubergines Farcies. — Required: aubergines, onions, seasoning, mushrooms, parsley, bread-crumbs, eggs, and oil as below. Cost, exclusive of aubergines, about 9d. Total cost, uncertain.

Take three medium-sized aubergines; cut them through lengthwise, and scoop out a portion of the inside, leaving the rest adhering to the skin; sprinkle them with a little salt, and leave them on a sieve. Chop up a couple of onions, add the portion taken from the aubergines, but first let the onions brown in a little butter; then add some chopped mushrooms and parsley, with an equal amount of bread-crumbs; stir for a few minutes, then draw the pan from the fire, and put in the yolks of a couple of eggs. Stuff the halves with this, and sprinkle with bread-crumbs. Arrange them in a baking tin, and pour some good olive oil over; bake in a gentle oven to a delicate brown.

Another way.—Take some small aubergines, and cut the stalks off; remove some of the inside through the opening with a scoop or spoon-handle; make tiny incisions in the skins, and insert some thin shreds of onion or shalot. Chop up the inside with raw meat, or add sausage meat, and a small proportion of boiled rice, with a good seasoning of salt and pepper, and herbs. Fill up the aubergines with this; dip them into hot oil for a second, then drain, and bake with more oil; or pour a little tomato conserve over, and baste with it during the baking. Serve very hot. Cost, very variable.

Beans à la Jersey.—Required: beans, stock, wine, butter, mushrooms, parsley, seasoning, meat, &c., as below. Cost, about 2s. to 2s. 3d.

Either broad beans or haricots can be used; they must be boiled, and then treated as follows:—Take a gill of the liquor they have been boiled in (it should be good white stock of any kind) for a quart of beans; add to it the same measure of white wine, and boil with a teaspoonful of fine rice

flour; stir in a good tablespoonful of chopped mushrooms cooked in butter, a fourth as much parsley, the grated rind of a quarter of a lemon, the same bulk of chopped bay leaf and tarragon mixed, and a small chopped onion that has been fried brown. Give a few minutes' cooking, then put in an ounce of butter, a bit of glaze the size of a small nut, and seasoning to taste. Have some thin slices from a hot braised or boiled tongue, either calf's or sheep's; form a ring with these and some croûtons the same shape; mix the beans in the sauce, and pour them in the centre; then serve hot. This is a good luncheon dish.

Beans à la Poulette, Vegetarian.—Required: beans, seasoning, butter, eggs, thickening, &c., as below. Cost, about 6d. to 8d.

Boil some small broad beans; they cannot be too young for this dish; drain them, and put them in a saucepan, with two ounces of butter to each quart; add a dust of sugar, and salt and pepper to season nicely; shake in a tablespoonful of flour, stir to the boil, then draw the pan back and beat in the yolks of two eggs; go on beating just below boiling point for a minute. Serve with a squeeze of lemon juice or white vinegar over, and as hot as possible. By adding chopped shalot or very mild onions, a tablespoonful to the quart, and some mixed herbs in place of plain seasoning, the dish becomes À LA BOURGEOISE. A few spoonfuls of vegetable stock can be put in the pan, and the quantity of flour slightly increased. The onions should be fried a little first of all.

Beetroot Purée. — Required: beetroot and other materials as below. Cost, varies with the adjuncts used.

Boil some beetroot, and make a purée of it in the way directed for artichokes or turnips; or add some brown sauce to it, with a few drops of carmine to make it a rich colour. It is very useful on account of its appearance, as it forms a pleasant contrast to dishes of white meat. A still prettier dish is made by dividing the beetroot purée into sections by means of chopped white of egg, or the sieved yolk, or some green purée from a bag and pipe. A pretty effect is also got by putting rows of the above, with turnip or other white purée in stripes, from base to point, or in rounds, until a pyramid is formed. A purée of onions or celery can be used in this way, and the dish improved in taste as well as appearance.

Broad Beans with Brown Sauce.—Required: beans, sauce, ham, eggs, and bacon as below. Cost, about 9d. to 1s.

If quite young beans are used, this is a very good dish. Boil them until the outer shells can be removed, then put them in a saucepan, with enough brown sauce to cover them; add a tablespoonful of chopped ham to each pint of beans, and, when hot, serve with a squeeze of lemon last thing. Garnish with hard eggs in slices to form a ring, and rounds of fried bacon in between; or with croûtons and eggs. Either of the piquant brown sauces may be used similarly.

Small fried onions are sometimes used as garnish to the above; or some fried sliced onions may be put in the sauce.

Broad Beans with Egg Sauce.—The beans are to be boiled and husked, then covered with EGG SAUCE, and left for a few minutes. After dishing, garnish with ham, boiled or fried, and cut in dice. This is a very tasty and favourite dish. Cost, if a quart of beans, about 1s. 3d.

Broad Beans with Tomato Chips. — Required: beans, sauce, tomatoes, macaroni, &c., as under. Cost, about 1s. to 1s. 3d.

Boil and husk the beans; they should be young; pile them up, and pour a pint of good MELTED BUTTER over each quart. Sprinkle thickly with TOMATO CHIPS, and a little shredded tarragon. Garnish with little heaps of the chips, alternated with boiled macaroni; sprinkle tarragon over the latter. This goes well with boiled ham.

Broad Beans with White Sauce.—These are served with any good white sauce (*see* recipes for turnips, Jerusalem artichokes, and other white vegetables). Purées of broad beans can be made as directed for white haricots. Good PARSLEY SAUCE, or any kind with a nice seasoning of herbs, is particularly good with beans. Cost, varies with the kind of sauce.

Brussels Sprouts with Cheese Sauce.—Required: sprouts, sauce, croûtons, cheese, ham, &c., as below. Cost, about 1s. for a dish of two pounds of sprouts.

Boil and drain the sprouts, and pile them in a dish in circles; there should be one sprout only on the top, and that is to be left as it is. Over the rest, pour some cheese sauce (*see* page 94). Round the pile put some small croûtons, glazed and sprinkled with grated cheese, then with grated ham; put a little brown sauce over. Serve very hot.

If wanted more substantial, some strips of cooked ham may be put between the croûtons. This is a very nice dish.

Brussels Sprouts with Tomato Sauce.—Proceed as above, using a sauce made from the pulp of some ripe tomatoes, thickened with roux to the consistence of custard, and seasoned. Or the sauce of page 106 may be used. On the top of the sprouts put some cooked macaroni, and a border of it round the base. Use croûtons as above, in addition, and the dish will have a very pretty appearance.

Cardoons, Boiled.—Choose a few heads of sound white cardoons. Cut them into pieces about six inches long, remove the prickles, and blanch them. Scrape off the skin and tie them in bundles. Cover them with nicely-flavoured stock, and boil till tender. Drain them, and serve on toast, with plenty of good melted butter. Half a dozen will make a dish.

Cardoons, Fried.—Proceed as above, and when the cardoons are tender, melt a little butter in a pan, drain the cardoons, dredge a little flour over, and fry them till they are nicely browned. Send good melted butter to table with them.

Cardoons en Ragoût.—Prepare the cardoons by boiling as above until nearly done. Then lay them in a stewpan with enough stock to cover them; it should be rich brown. Just before dishing, add half a glass of sherry, and half an ounce of glaze to each half pint of gravy. Salt and a pinch of cayenne are the only condiments required for the seasoning. Cost, too variable to give an average.

Carrot Cutlets.—Required: two or three carrots, egg, bread, garnish, and sauce as below. Cost, about 9d. or 10d.

Large carrots are wanted for this dish. Slice them lengthwise after boiling, or, better still, braise them until nearly done, then egg and crumb, and fry brown. Cut them out with cutlet cutters, either plain or fluted; coat half the number with sieved egg yolk and chopped parsley, and dish them in a ring, with the plain alternately; they should rest on a ring of fried bread. Cut up the trimmings into small pieces, put them in the centre of the dish, and pour a little thick white sauce over—BÉCHAMEL, or any similar.

Carrot Purée.—*See* the recipe for CARROT SAUCE, page 92. Cook as therein directed, but let the carrots cook in the butter longer; sieve them, and add brown sauce only—no stock. If colour is an object, add a little yellow colouring; or, instead of brown sauce, use a good white one, and beat in the yolk of an egg to each half pint of carrots. By using grated carrots as directed, a full-flavoured purée is obtained; but a very good one can be got by braising or stewing some carrots, and sieving them; the pulp thus obtained may be enriched with a little brown or white sauce, according to the purpose for which it required, or butter or cream may be used. Chopped capers or parsley will give a nice flavour, or

the purée may be left plain. Young carrots produce the mildest purée. Cost, varies with the mode of cooking the carrots and the season—about 6d. to 9d. per pint.

Carrots, Braised.—Required: carrots, stock, butter, seasoning, &c., as below. Cost, varies with the season and stock.

For a first-rate dish, use stock No. 16 or 17. Prepare the carrots as for Buttered or Fried Carrots, or cut the red part in slices lengthwise, then divide it into strips or any shapes preferred. Bring the carrots to the boil in water to cover, then dry them; to a quart add two ounces of butter, sweat them for ten minutes, then add a gill and a half of stock as above, or a plainer stock for a less expensive dish. Cover, and cook for thirty minutes to an hour, according to shape and thickness. Baste often, and add more stock if required. When tender, dish in a pyramid, and pour the gravy over after seasoning to taste. These go well with rich braised meats.

Carrots, Buttered.—Boil some carrots; slice them, and cut into dice about half an inch square; they should be barely done when taken up. Put them in a stewpan with a few ounces of butter to a quart; sweat them in this for ten minutes, shaking the pan; add salt and pepper, a pinch of nutmeg, and a teaspoonful of chopped parsley. The butter should adhere to them. Then serve in a pile in the centre of cutlets, fillets, &c. The water from the carrots will make nice soup. For a better dish, use the red part only, and make the dice smaller. Shapes as below can also be buttered. Cost, about 8d. or 9d.

Carrots à la Flamande.—Required: carrots, seasoning, butter, eggs, cream, and parsley. Cost, about 1s.

Take a bunch of young carrots, which alone are suitable, wash them well, cut off the heads and points, and place them in boiling water for five minutes. Take them out, drain, rub off the skin with a coarse cloth, cut them into very thin slices, and put them into a saucepan with a gill of water, a little salt and pepper, and a piece of butter the size of a small egg. Cover them closely, and simmer gently for twenty minutes, shaking the pan occasionally that they may be equally cooked. Mix the yolks of two eggs with a gill of cream, and a dessertspoonful of finely-chopped parsley. Draw the pan from the fire for a couple of minutes, taking off the cover, put a tablespoonful or two of the liquid with the eggs and cream, then pour the whole gradually into the saucepan. Stir the sauce until it thickens, and serve the carrots with the sauce poured over them.

Carrots, Fried.—Plainly-sliced carrots may be fried; but they look nicer treated as below. Boil them in stock until done; when cold, cut the thick ends into slices an inch thick; cut these into shapes like the section of an orange; season them plainly, or with herbs, then dip into beaten egg and crumbs, and fry a good brown. Thus fried, they look nice as a pile in the centre of cutlets. The thin ends should be fried whole, and used for garnishing. Or, for a separate dish, they can be coated with grated cheese before frying, and served with a good white sauce. Cost, about the same as the above.

Carrots, Glazed.—Use medium brown stock to cook the carrots, after preparing them as for Carrots, Braised. They may be whole if young, or in any shape if large. During the end of the cooking, let the stock boil rather fast, and, just before dishing, add a morsel of glaze, just to give stickiness, not to make the stock thick; coat them with this, add a pinch of sugar, and dish. Or the carrots can be drained from the stock, and brushed over with glaze prepared as for meat; the stock should then be poured round them. Ordinary boiled carrots can also be glazed and used as garnish; they should be dried in a cloth before the glaze is put on.

Carrots à la Kurrachee.—Required: carrots, butter, stock, glaze, curry, sherry, cocoa-nut, gravy, rice, garnish, &c., as below. Cost, about 1s. 2d. to 1s. 4d.

Boil a pound and a half of young carrots in a small quantity of water until they are almost done, then lay them in a cloth and dry them. Put a couple of ounces of butter and a pinch of sugar in a stewpan, and lay the carrots in; turn them about for a few minutes, then pour over them the water they were boiled in; add brown stock to make up a pint, a bit of glaze, a teaspoonful of curry paste, the same of grated cocoa-nut, a teaspoonful of sherry, and the same of lemon juice. Simmer for ten minutes, taking care the carrots do not break, then add a little browned flour to make the gravy rather thick; take the carrots up and glaze them; sprinkle half with chopped parsley, and the rest with sieved egg yolk; place them alternately round a dish, and fill the centre with half a pound of boiled rice, then pour the gravy over it and serve at once. The dish looks nice if a little of the white rice is put in the middle and garnished like the carrots. For a very piquant gravy, add a little hot chutney.

Cauliflower Aigrettes.—(*See* directions for CHEESE AIGRETTES.) Required: a small cauliflower, sauce, batter, and seasoning as below. Cost, about 1s., but variable.

Boil some cauliflower, and break it into sprigs; season them, and coat them with cheese sauce (page 94), and leave until cold. Then coat them with frying batter (*see* INDEX) mixed with an ounce of grated ham, and a teaspoonful of chopped parsley to each half pint. Fry, and serve in a ring with fried parsley in the centre. This is a very good savoury; it has a nice appearance, owing to the feathery shapes of the sprigs.

Cauliflower in Butter.—The cauliflower should be a good firm one, neatly broken into sprigs, and cooked until half done in boiling water and salt (*see* CAULIFLOWER, TO BOIL). Then drain it well, and put it in a stewpan with a couple of ounces of dissolved butter; more if a very large one, but a moderate-sized is best; add the juice of a small lemon, the same measure of pale stock, and a pinch of cayenne. Cook until done, strain the mixture from the cauliflower, add it to half a pint of good MELTED BUTTER or WHITE SAUCE, pour over the cauliflower, and serve very hot. Cost, about 1s.

Another way.—Pour DUTCH SAUCE over, or CREAM SAUCE is delicious. A small vegetable dish should be used, and the vegetable piled lightly in, with sauce between the layers, plenty being reserved for the top. Cost, about 1s.

Cauliflower au Gratin.—Required: cauliflower, sauce, and cheese as under. Cost, from 8d. to 10d. on an average.

This is an old favourite; cheese and cauliflower seem to blend peculiarly well. After a cauliflower has been boiled and drained, put it, flower up, in a dish that will just take it. Mask it with CHEESE SAUCE; for a good dish, make it by the rich recipe; sprinkle with grated cheese, and finish it in the oven; if not brown, finish with the salamander. Some cooks use white sauce, first sprinkling the cauliflower with cheese, then grating more cheese on the surface of the sauce, together with bread-crumbs, and finishing as above.

Cauliflower, Moulded.—Required: cauliflower, milk, bread, cream, eggs, seasoning, butter, and lemon juice. Cost, about 1s. 3d., exclusive of sauce.

This is a Brittany dish, and a very good one. Break up the cauliflower (one medium or two small) into sprigs, and, after washing well, boil them in milk until almost done. Drain and weigh them, and add an equal weight of bread-crumbs, then mix them up with a gill of milk, half as much cream, the yolks of four eggs, about a teaspoonful of salt, half as much white pepper, and a pinch each of cayenne and ground mace. Last of all, stir in two

ounces of clarified butter, and a tablespoonful of lemon juice. Butter a plain mould, and fill with the mixture; bake in a slow oven until firm, and serve in the mould with a serviette pinned round it. Sauce is optional; if served, it should be white. If the crumbs be allowed to soak in the milk and cream for a short time before baking, the dish is all the better. The milk is to be taken from that in which the vegetable is boiled; the surplus milk, with the stalks of the cauliflowers, will come in handy for soup. For a richer dish, use less crumbs, and add one or two more eggs. Bake in a fancy mould, and serve with Dutch Sauce or Rich Melted Butter.

Celery, Braised. — Required: celery, carrot, onion, butter, parsley, stock, glaze, and seasoning. Cost, about 8d. for celery. Total cost, variable, according to richness of stock, &c.

Take a couple of heads of celery, and wash it well, then trim away the hard root part; lay it in a pan with a few bits of carrot and onion, and a small sprig of parsley; add a couple of ounces of butter, and cover the top with a buttered paper; put in also the part of the root that was removed, after cutting it in shreds; it will assist in flavouring the braise. In about twenty minutes, after shaking the pan from time to time, add a pint of good brown stock, and cover the pan; cook the celery very softly for an hour and a half to two hours; take it up when done, and cut the heads through lengthwise into four or six parts, flatten them, and roll them up; place these rolls on a dish and keep them hot over boiling water; boil the gravy fast for a short time, add a little glaze and seasoning, and pour it round or over the celery. If for serving with steaks, or braised beef, or other meat, it is now complete; but for a separate dish, add a few croûtons, or fancy shapes of glazed ham, with a spinkling of sieved egg yolk if liked. Any stock that is suitable for clear soup may be used for this. The above quantity of stock will serve for three small heads.

Another way.—Take the root of the celery right off, cut the rest up in pieces of a couple of inches, and tie them up to keep them in shape. Add the root and some of the green tops to the stewpan. Cook as before, taking care the celery does not break and become ragged-looking; it wants very slow cooking to avoid it; after taking the tapes off—always use tape in preference to string—dish the pieces upright, close together round the dish, and fill the centre with any nice green vegetable purée, and pour the sauce round the base. Or the dish can be filled up with any whole vegetables of a contrasting colour; small tomatoes, cooked nicely, answer admirably. The sauce must be strained to keep back the tops.

Celery, Curried.—The recipe for curried vegetables (page 680) may be followed, omitting chutney and tamarinds, and reducing the apple, as the celery flavour should predominate. Another good dish is to be had by making some Curry Sauce, and adding some celery—that has been braised as above directed, in a very little stock—to make it as thick as may be desired. Or the sauce may be poured over some cooked celery. Rice is optional. Cost, for a dish of two heads of celery, from 10d. to 1s. or more.

Celery Purée.—Required: celery, butter, thickening, seasoning, and stock or milk as below. Cost, from 1s. to 1s. 3d. on an average.

For a good purée, put the white part of two or three heads of celery in a saucepan (the green part should be removed), after cutting or chopping up; add two or three ounces of butter; for three large heads, four ounces will be wanted; cover, and sweat for a quarter of an hour; the butter must not brown, and the pan must be shaken often. Then cover with good white stock or milk, cook to a pulp, and rub through a sieve. An onion or a bay leaf may be used to flavour the purée,

and a few white peppercorns and a little salt should be added. Now return it to the pan, thicken with a few spoonfuls of good white sauce, or with cream and a little arrowroot. It should be delicate both in colour and flavour. (*See* CELERY and CELERY SAUCE; the latter, made thicker, serves as a purée.)

Celery with Iced Sauces.—(*See* the recipes for asparagus and other vegetables in this chapter.)

Celery with Rich Hot Sauces.—The sauces suitable for this are the same as for asparagus, or sea-kale. The more delicate the sauce, the better will the flavour of the celery predominate.

Chartreuse of Vegetables.—Dishes of this sort are very artistic in appearance, and may be made in a number of ways. We give directions for a cold and a hot one. The principal thing to remember is that whatever is used for the filling must be of a stiff nature, that there may be no superfluous liquid to run, and spoil the appearance of the dish; for although called a chartreuse of vegetables, the interior is composed of meat, or game, or poultry. First a hot one, which is the more troublesome of the two. Take a plain mould, and line it with buttered paper; do not spare the butter, and see that every part is covered with it. Now take some cooked vegetables of two colours; they must be rather under- than overdone; carrots and turnips, or artichoke bottoms and carrots, or the stems of a cabbage or lettuce can be used with some carrot. Then measure the depth of the tin, and cut the vegetables either into long strips to fit it, or make square blocks, which are prettier; about an inch square is the size for a mould of three to four inches in depth; arrange so that the pieces shall just fit the mould. Then place them in close together, alternately, the closer the better, so that they do not break; go on the same way until the mould is full, the colours alternating each row, so that the whole looks like a chessboard. The filling may be any meat that has been nicely cooked and seasoned—poultry or game, or sweetbread with veal, &c.; but let it be neatly cut up in rather small pieces, and dip each into a little thick gravy, or, better still, into glaze, as this will hold the whole together, and if the meat has been braised it will not be dry. Before putting in the meat the top of the mould is to be coated, and for this a green purée is often used; one of spinach looks nice, or cabbage does, or the appearance is improved, if the mould be a round one, by using a green purée with one of carrots, both very thick, and putting them in in four quarters. Brush over with glaze before the meat goes in, then, after the meat, put another layer of the purée. The tin is now set in the oven until hot through, the contents turned out, and the paper carefully removed. The process is really much simpler than it appears on paper; but it requires patience. The base of the mould can be garnished with some little heaps of vegetables in blocks, or they may be in shreds or fancy shapes, and gravy can be served in a tureen. We may add that a very elegant but costly dish is made from a combination of truffles and carrots, or truffles and turnips.

For a cold dish, proceed as follows:—Line a mould with aspic as pale as possible, and arrange the vegetables in the same way; or, if strips are preferred, there can be three colours—say, carrots, turnips, and either of the green vegetables above mentioned; instead of turnips, hard whites of egg can be used, and these need not be so thick as for the hot dish. Set these with another layer of aspic. For the filling, we suggest either of the following, and there are dozens more: A mixture of macédoines and minced chicken, moistened with a little good white sauce and enough aspic to set it. Or, mayonnaise aspic in place of the sauce and aspic. Or game with the same mixture, or sweetbread, or veal—the poultry of course being omitted. A glance at the section on COLD ENTRÉES will suggest other fillings. The top of

the mould may be lined with aspic only, and the filling allowed to show through; or it can be coated with a purée such as tomato, or anything that will form a nice contrast to the sides. For a very superior dish of the sort, some asparagus stalks (with the points removed) and strips of tomato look nice for the side decoration. The garnish should consist of the asparagus points, with chopped aspic and tomato chips. For a more elaborate garnish, use a greater variety of vegetables and aspic of two colours. Cost of these dishes is very variable.

NOTE.—In hot weather, set the mould on ice after lining, and again after filling, and let it be quite firm before turning out. This principle may be applied to small moulds with equal success.

Chestnut Purée.—For a very good one, *see* the recipe for BEEF WITH CHESTNUTS, page 236. Or follow the directions for either of the CHESTNUT SAUCES, decreasing the amount of liquid. When a rich white purée is required, add eggs, &c., as for the rich potato purée (page 689).

Chicory à la Cream.—Where chicory is cultivated for the table, there are many ways of preparing it. A favourite dish in Normandy is made by boiling, pressing, and chopping it; then putting it in a saucepan with a little butter, in which it is tossed until the butter coats it. A little hot cream is then added (or good white sauce takes its place), and the chicory served on hot toast.

Cucumber à l'Espagnole.—Required: a medium-sized cucumber, stock, and sauce as below. Cost, about 1s. 3d.—more or less, according to season.

Peel the cucumber, cut it in pieces two inches long and an inch or less wide; remove the seeds, sprinkle with salt, place between two plates for an hour, then drain. Cover with good brown stock, and cook gently until done, then pile on a dish, and pour some brown sauce over; a spoonful of sherry is an improvement.

Cucumber à la Poulette.—Required: two small, quickly-grown cucumbers, seasoning, stock, butter, cream, and eggs as under. Cost, about 1s.

Cut the cucumbers as above, or in slices half an inch thick if preferred; cook until half done in a little water seasoned with salt and lemon juice, then drain. Blend in a saucepan an ounce and a half of butter and an ounce of flour; add a pint of nice white stock, stir to the boil, and simmer for a quarter of an hour with the cucumbers, or more or less as required. When tender, add the yolks of two eggs, a spoonful of thick cream, and the juice of half a lemon with seasoning. Re-heat and serve.

Cucumbers with Onions.—Required: cucumber, onions, stock, glaze, seasoning, thickening, and tomatoes. Cost, about 1s. 2d. to 1s. 4d.

This is a good ragoût; allow a pound of cucumber to half a pound of mild onions (or half shalots), other ingredients as below. The onions are to be shredded and fried lightly. Peel the cucumbers, and slice thinly; add them to the onions in a clean stewpan, pour over enough stock (No. 6 or 7) to cover; add a bit of glaze the size of a nut to every gill of stock used, and simmer until nearly done. Towards the end, season with lemon juice and tarragon or tomato vinegar, salt and pepper, and thicken with brown roux. Lay a slice of fried bread on the dish for serving; put the ragoût on, and put a border of onions fried as above, mixed with TOMATO CHIPS.

NOTE.—In such dishes, it is advisable to draw off some of the cucumber juice. This eats well with many "made dishes" of meat.

Cucumbers with Sauce Verte.—Required: cucumber, forcemeat, sauce, &c., as below. Cost, varies with the stuffing; from 2s. to 2s. 6d. inclusive is the average.

This is a very nice entrée. Stuff a nice straight cucumber with a quenelle mixture, after taking out the seeds; or use a very good forcemeat or sausage meat of a delicate kind. Tie it up and simmer in enough white stock to cover until done. Remember to make the meat hot before using it, otherwise it takes a time to heat through, and may not be done when the cucumber is. This is done by putting it in a jar, and setting in a pan of boiling water over the fire for a few minutes. Take up and pour SAUCE VERTE (page 104) over—it should be thick enough to mask it; then put a little good white sauce round, and sprinkle with a small quantity of the peel of the cucumber that has been very finely chopped. For such a dish it is more suitable than parsley. In peeling the cucumber, cut as thinly and as evenly as possible. White fish quenelle mixture is sometimes used for the interior, then a few shrimps or prawns can be placed at intervals round the white sauce, and the dish has a very pretty appearance.

Cucumbers, Stuffed. — Any delicately-flavoured forcemeat may be used, and the cucumbers treated as directed for vegetable marrows. They may be cooked in any approved fashion; but one of the nicest ways is to fry lightly, then stew in gravy. There are two ways of stuffing them: they may be cut through lengthwise, then tied together, or pieces may be cut from the sides and the seeds removed, and the pieces replaced; when this is done, strips of wide tape should be tied round the replaced portions. For white dishes, it is a good plan to steam until nearly done, after stuffing, then finish off in any white sauce or thickened white stock.

Curried Vegetables, Good.—Required: vegetables, curry powder, and other adjuncts as below. Cost, variable, about 1s., more or less, according to season, for the following quantities.

Take some vegetables cut into dice, enough to fill a pint measure; carrots, turnips, leeks, onions, lettuce stalks, and a morsel of parsnip, with some cauliflower sprigs, and French beans or peas, form a good mixture; but there are others equally good. To the above quantity add a teaspoonful of curry powder, and brown in a little olive oil, then stir in a grated apple, or some rhubarb or gooseberries, or a little tamarind chutney, or some preserved tamarinds; in the latter case tie them in muslin, that the stones and stalks may be kept out. Add a gill, or rather more, of stock No. 11 or 12, and cook until soft and the stock nearly dried up. A bay leaf improves this, so does a hint of garlic; season to taste, and add a little lemon juice. This may be eaten as it is, or served with rice, and garnished with eggs and cut lemons. The stalks of lettuce, &c., should always be parboiled for curries. (*See* INDEX for other Curries.)

NOTE.—The wateriness of the vegetables must be considered, and the amount of stock increased or reduced accordingly.

Flageolet Purée.—The flageolets sold in tins make excellent purées, and, being already cooked, want nothing more than heating and sieving. They are then ready, and may be finished off precisely the same as peas; or the recipes given for the dried green haricots under PULSE can be followed. The beans may be served whole just as peas or French beans. These are exceedingly useful, as they are so readily converted into a purée or soup; for the latter, *see* page 45. They make good salads, for which *see* next chapter.

French Beans à la Crême.—The beans should be cut very thinly, and carefully boiled until almost done; then drain them most thoroughly. For two to three pounds of beans, put a good tablespoonful of white roux in a stewpan, with half a gill of veal or chicken stock; stir to the boil, add half a pint of thick cream, and again bring to the boil; mix in the beans very carefully, and put the lid on the pan; before serving, grate in a morsel

of lemon rind, as much as would fill a saltspoon, and squeeze in a little juice; season with salt and pepper, and a hint of nutmeg. Serve hot, and garnish with dice-shaped croûtons; some as a border round the beans, and a little pile on the top.

French Beans à la Française.—Required: beans, butter, seasoning, and gravy. Cost, about 6d. to 8d.

Cut and boil one pound of French beans; drain well, and put them into a stewpan over the fire to dry; shake the pan that they may not burn. When quite free from the water, add three ounces of fresh butter, the juice of half a lemon, pepper, salt, and a tablespoonful of good gravy. Keep shaking the stewpan until the beans are quite hot, and serve quickly.

French Beans à la Maître d'Hôtel.—Boil some beans as usual, but drain them with care; if moist, the dish suffers. Keep them hot, and put in a saucepan a gill of Sauce Maître d'Hôtel (page 103) for each pound; stir them in, and let them get hot. If a thin sauce is liked, add a little cream. The beans can be put in a dish, and the sauce poured over the top. Thus served, they are often garnished with eggs. Cost, as above, for a pound of beans.

French Beans à la Provençale.—Required: beans, oil, seasoning, and onions. Cost, about 6d., if a pound of beans be used.

Fry a few thinly-sliced onions brown in oil; add beans that have been boiled as usual, and a seasoning of chopped thyme, parsley, cloves, and bay leaf. When done, add a little vinegar or lemon juice, and dish.

French Beans, Stewed.—Required: beans, stock, thickening, and seasoning. Cost, for a pound of beans, about 6d.

This is a good dish to serve with mutton or venison cutlets. Boil and drain the beans well. Put them in a clean stewpan, with a little strong stock from mutton or venison bones and meat, to which no vegetables have been added. This is to just cover them; add a tablespoonful of brown roux, and glaze the size of a nut to each half pint; season with salt and cayenne, boil up, and simmer for a few minutes.

Green Peas à la Crême.—Boil a good pint or so of newly-shelled, fresh young peas in the usual way. Drain them in a colander until quite dry. Mix an ounce of butter and a teaspoonful of flour smoothly together, over the fire; add a quarter of a pint of good, sweet cream; when it boils, put in the peas for two or three minutes, and serve as hot as possible. Cost, about 9d.

Green Peas with Egg Cutlets.—Required: peas, eggs, croûtons, and sauce as below. Cost, about 1s. 6d. or more.

Take a quart of green peas, plainly boiled; pile them in the centre of the dish. Arrange round them some slices of hard-boiled eggs, cut lengthwise, and croûtons of the same shape, the two being placed alternately. Make half a pint of Dutch Sauce, and put it round the cutlets. Serve very hot.

Another way.—Lay each slice of egg on one of hot ham, lean, and the same shape; place as above, and then put an outer ring of peas, and pour the sauce over them. Put little heaps of dice-shaped croûtons at the ends and sides of the dish, and a few on the centre pile of peas. This is a very pretty dish, as well as a tasty one.

Green Peas, Flemish.—Required: bacon, butter, stock, lettuces, seasoning, and peas as below. Cost, about 1s. 6d., but variable.

This is recommended as a decided change from the ordinary methods and very economical, when it is considered that it will take the place of a joint. Take first half a pound or three-quarters of nice streaky bacon, neatly trimmed, sliced, and cut into inch squares, or rather less. Just brown these in butter and put them aside. Into the same pan with the butter put

half a pint of any plain stock, or bone liquor or meat water—*i.e.* from boiled meat—will answer. Let this boil, then put in two or three lettuces broken up, or cut into coarse shavings, with a little salt; boil for ten to twenty minutes, then add a pint and a half of young green peas with a pinch of sugar, and cook uncovered for about twenty minutes more. If the lettuces are tough, they should cook longer before the peas go in. Shortly before serving, thicken to taste and add the bacon; serve altogether very hot.

Although it is an innovation, we can recommend the addition of rice or almost any other cereal to the above, when it becomes a vegetable dish, both nutritious and palatable, made savoury by the bacon.

Green Peas à la Française.—Required: a pint and a half of young green peas, an ounce and a half of flour, an ounce of butter, eight to twelve button onions, seasoning, &c., as below. Cost, about 8d. to 10d.

Blend the flour and butter in a stewpan; add three gills of plain white stock, and boil up; then put in a sprig of parsley, a pinch of salt and white sugar, the onions carefully peeled, and a lettuce or two cut in fine strips; add the peas, cover the pan, and cook softly for twenty-five to thirty-five minutes over a gentle fire. Before serving, the sprig of parsley is to be taken out, and some chopped parsley, with a pat of butter or a spoonful of cream, stirred in. A variation of this is made by using a grated carrot in place of the onions, or of part of them.

Another way.—Take freshly-gathered young peas, and put into plenty of cold spring water. For a peck, take a quarter of a pound of fresh butter, and work them well with the hand until they stick together. Drain them in a colander, and put them into a saucepan, with a little pepper and salt, and a wineglassful of water, if necessary; but young peas seldom require water. Let them simmer very gently for forty minutes, or until the peas are tender; add two large lumps of sugar dipped in water, and, when they have been taken off the fire a minute or two, the yolk of an egg beaten with a dessertspoonful of cold water, or, for richer dishes, veal gravy is used.

The above can be altered in numerous ways; herbs of various kinds may be added; chives, leeks, or shalots may take the place of the vegetables named, and a little thick béchamel may be used instead of eggs or cream at the finish.

Green Peas au Gratin.—There are a number of ways of preparing this dish. An Austrian one is very good; the peas should be young, and boiled nicely, then laid in a flat fireproof china dish, after mixing them with butter, and buttering the dish. The surface of the peas is masked with fine bread-crumbs, brushed with oiled butter, and baked a golden brown. This can go to table as it is, or be garnished with rounds of cooked ham, just brushed with thin glaze. Cost varies with the garnish.

Another way.—Butter and strew the bottom of a dish with crumbs; sprinkle a little chopped parsley or chopped cooked mushrooms over, then add a thin layer of peas, more mushrooms or parsley, then pour a very little cream over all just to moisten; or slightly thickened pale stock answers. Coat and finish as above directed.

For Peas and Chicken au Gratin, take some minced chicken, with a fourth its weight of ham, and moisten as above. Then put between two layers of peas. This is a very nice savoury, it should be finished off as above directed.

Green Peas Purée.—Required: peas, seasoning, butter, &c., as below. Cost, about 6d. to 8d.

To get this in perfection, cook the peas in butter; allow two ounces to the pint after shelling, and give them a rinse in cold water, then drain them at once. Cook them as slowly as possible for half an hour or until done; a pinch of sugar and salt should be put

in, also a sprig of mint if it is liked, and a morsel of spinach or some parsley juice will improve the colour. Take them up when they are soft, and rub through a hair sieve. Put back in the pan, season to taste, and add a very little thick cream, a tablespoonful or so of the yolk of an egg, or thick white sauce. Beat the purée until hot and smooth, add colouring if needed, then pile it up in the centre of a dish of cutlets, &c., or use it from a bag with a pipe for garnishing purposes. Tinned peas require heating in the butter, and are then easily converted into a purée. It goes without saying that peas cooked as described are very delicious served whole. For ordinary purées, boiled peas are sieved, then finished off as described. When a little additional flavour is required, a spoonful or two of stock is added to the peas at starting.

Haricot Purée.—(*See* FLAGEOLET PURÉE.)

Haricots with Curried Macédoines.—Required: haricots, stock, sauce, macédoines, eggs, &c., as below. Cost, about 1s. 6d. to 1s. 8d.

For a good-sized dish, boil half a pound of split white haricots in white stock (*see* page 576). Put them round a hot dish to form a border in the same way that rice is used, and fill the centre with a tin of macédoines that have been mixed with a gill of CURRY SAUCE. In making the sauce, use the liquor from the tin. Sprinkle the haricots with saffron shreds and a dust of coralline pepper. Put three hard-boiled eggs in slices round the haricots; or use the sieved yolk of one to sprinkle here and there on the top, and put the chopped white in the macédoines. The sauce for this dish is to be as good as possible.

Iced Vegetables.—Vegetables may be dressed with butter or any rich sauce while warm, then, when cool, put in an ice cave until cold, and served on a dish with a lace paper. Or the sauce may be iced, and sent to table in a boat—not frozen into shape like the iced sauces given in COLD SAUCES, but simply made icy cold. When butter is used for the dressing, it should be clarified, oiled, and seasoned to taste, and the vegetables well coated with it. A very pretty way of serving is to break up some pure ice, fill a dish, and set it in the centre of the dish of vegetables. The one containing the ice should be smaller and higher; the one for the vegetables should be an entrée dish or any other of a similar shape. A specimen glass, containing a few delicate ferns or other greenery, set in the centre of the ice, adds to the effect.

NOTE.—When no ice cave is at hand, other methods of icing must be followed. (*See* the chapter on ICES.)

Macédoines in Cases with Asparagus and Macaroni.—Required: a tin of macédoines, or a proportionate amount of fresh vegetables, six to eight ounces of macaroni, eight or nine little cases as below, and some asparagus and sauce. Cost, about 1s. 9d., exclusive of asparagus and sauce.

Take some rich potato pastry for the cases (page 648). Line some deep patty pans and bake carefully. Cases of rice or fried bread may be used if preferred. The macédoines are to be heated, and put in the cases after a little sauce has been put in, and this may be of any kind that is usually served with vegetables. The asparagus should be boiled and arranged in the centre of the macaroni, and that is first to be cooked nicely and coated with sauce or heated cream. (For the precise arrangement of the dish, *see* Coloured Plate, No. 6.) A tureen of the sauce should be sent to table. This dish may be varied by using rice or other grain instead of macaroni, and sea-kale or celery in place of asparagus; in either case, a little green purée of some kind should be placed between the centre vegetable and the macaroni.

NOTE.—The main point in the preparation of this and all such dishes is to so time the cooking of the various materials that they may be served hot,

as, if allowed to become semi-cold, the result is disappointing both with regard to flavour and appearance.

Mushroom Croquettes.—Required: half a pound of flap mushrooms, bread-crumbs, eggs, and seasoning as below. Cost, about 7d. to 9d.

Prepare and cut the mushrooms into dice; add an ounce of butter, and cook until soft, then add while warm enough bread-crumbs, or half crumbs and half bread panada, to make a stiff paste. Season with salt and pepper, and a morsel of chopped parsley and grated nutmeg; but do not destroy the mushroom flavour. When cold, mould into balls the size of chestnuts, and finish off like the asparagus cakes in this chapter.

The above is a vegetarian dish; for a more savoury one, add a few ounces of chopped ham or bacon, or a little cooked game is a very good addition; so is a morsel of liver, either poultry or calf's. Always stew down the washed parings for flavouring any gravy that may be served with little savouries of this class; they contain a good deal of flavour. If no gravy is served, they come in for other dishes.

Another way.—Take some of the rich mushroom purée given in this chapter, and add a beaten egg and a few bread-crumbs to each half pint. Cut some little rounds of fat bacon, two for each croquette, and lay a small quantity of the mushroom preparation on half the number; then cover with the rest of the rounds, so that there is no fear of the mince escaping. A little of either of the meats above named can be added to the mixture. Make them a good shape, and roll in crushed vermicelli after egging and crumbing; a good coating of egg should be given after the crumbs. By taking this precaution with regard to the coating, the interior mince may be made soft, and will eat much nicer than if stiff. Serve on a dish paper, and garnish with fried parsley or with fancy croûtons.

Mushroom Purée, Brown.—*See* the recipe for BROWN MUSHROOM SAUCE on page 97. By making as there directed, adding only as much brown sauce as will make the mixture as thick as good onion or celery purée—or, to be more explicit, it should just drop from the spoon—a very nice purée is obtained, which is suitable for piling in the centre of a dish of cutlets, &c. But for a purée to be served in a sauce boat, or for pouring round a dish of meat of any kind, it should be rather thinner than this; the manner of service must always determine the precise consistence of all purées. By many persons the flavour of the mushroom in its native simplicity is desired; then a very nice purée is made by sweating the mushrooms in butter, two ounces to the pound; when nearly done, a tablespoonful of good brown stock may be put in, but it must not be flavoured with other vegetables; in such cases, a dash of extract of meat and a morsel of glaze come in handy; but this addition will spoil it for many, and nothing more than a little salt and pepper and a few drops of lemon juice are wanted; the butter should brown unless a drop of browning is added. Grated ham (and sometimes beef as well) is added to purées of the more savoury kinds. Cost, about 1s., when a pound of mushrooms are used.

Mushroom Purée, White.—The thing to avoid here is the colouring of the mushrooms; this is especially necessary when they are to be mixed with chicken or oysters for patties and other dishes. The whitest mushrooms should be chosen, and perfect washing is needed. The addition of lemon juice helps to whiten as well as give flavour; and the pan must be very clean. The mushrooms are to be added to the butter as soon as it is melted, and two ounces to the pound, unless cream is added, is a fair amount to allow; or a spoonful of white stock and less butter may be used; then, as soon as they begin to draw down, a little cream should be added (*see* WHITE MUSHROOM

Sauce on page 97 for further details). To these purées, some finely minced chicken or veal is often added if the purée is to be used for the garnishing of other vegetables of an insipid kind. A pound of mushrooms, a couple of ounces of chicken, the same of butter, an ounce of fine bread-crumbs, a tablespoonful of cream, the same of béchamel, and a little seasoning make a very delicious purée; the addition of a suspicion of scalded onion or shalot is a matter of taste, and the same may be said of parsley and nutmeg. This, by reducing or increasing the crumbs, is suited to a number of purposes, and is referred to in many of our recipes as Rich White Mushroom Purée. Cost, as in the preceding recipe.

Mushrooms, Baked, à la Mascotte.—Required: mushroom purée as below, flap mushrooms, eggs, crumbs, seasoning, oil, sauce, and croûtons. Cost, about 1s. 3d. to 1s. 6d., according to season.

First make a purée of chopped mushrooms, half their measure of chopped ham, thyme, and parsley to season, with a little black pepper and salt and a dash of grated lemon rind; this is to be stirred in a stewpan over the fire, with enough melted ham or bacon fat to keep it from burning; when cool, two raw eggs are to be beaten in the mixture. About half a pint of the purée will make a nice-sized dish. Then take some flap mushrooms, about the size of the top of a tumbler, and prepare them in the usual way; the stems can be used up in the foregoing purée. Put in them a few fried crumbs, then some of the purée, making it high but smooth; add crumbs to cover, and bake in a flat fire-proof china dish, basting with a little oil now and then, for about twenty minutes. At the moment of serving, squeeze the juice of a lemon over the mushrooms, and garnish with fancy croûtons that are glazed and covered with chopped ham, mixed to paste with thick brown sauce. This is a very tasty dish.

Mushrooms, Braised and Glazed.—This is a good way to cook mushrooms for garnishing purposes. Take them even in size, selecting large or small as best suited to the dish. See that they are very carefully dried, then fry them in a little oil or butter to a nice brown until partly cooked; then drain and put them in a stewpan, with a little good, strong brown stock or gravy, just to keep them from burning; finish the cooking, basting a few times, then dish and keep the mushrooms hot while the stock is reduced by quick boiling; dissolve a morsel of glaze in it and pour it over the mushrooms. If not convenient to braise the mushrooms separately, they can be so cooked with any meat with which they are to be served; then taken up in time and brushed over with glaze and put in the oven or before the fire for a minute; if wanted very brown, give a second coating. Baked or fried mushrooms can be glazed in the latter way. Cost, about 1s. inclusive, for a pound of mushrooms when plentiful.

Mushrooms with Fine Herbs.—Required: mushrooms, herbs, seasoning, oil, garlic, onions, and bread-crumbs. Cost, if made from half a pound of mushrooms, about 6d. to 8d.

Take some large fresh mushrooms, peel and wipe them, break them up into pieces, lay them on a dish, and sprinkle with salt and pepper, olive oil and chopped garlic; leave them for an hour or two. Chop some onions and parsley, fry them a little, then fry the mushrooms in the same pan, first skimming out the onions and parsley; take a fire-proof dish, press in the mushrooms, &c., smooth them, then pour over the oil in which they first soaked; cover with bread-crumbs, and heat the dish through. When very hot, send to table, with some lemon juice sprinkled over last thing.

This is an Italian dish, and very savoury. Good oil is needed, or it will be a complete failure. Instead of using garlic, it will be enough to rub the dish with a morsel, or add a drop of

garlic vinegar to the lemon juice, for some tastes.

Mushrooms au Gratin.—Required: mushrooms, onion, herbs, seasoning, bread, &c., as below. Cost, from 9d. upwards on an average.

This is a very good dish, and may be served as an entrée. Flap or cup mushrooms are best, and should be about two to two and a half inches in diameter. Peel with care, so as not to break the mushrooms, and scoop out the inside of the cup, to make it hollow. The stalks are to be cut out quite close to the cup; then peel the stalks and chop them up with the scooped-out part, and add a bit of chopped onion the size of a walnut for a dozen mushrooms; put in a teaspoonful of chopped parsley, a fourth as much fresh thyme, or half as much dried thyme, and fry the mixture in a frying-pan, with a little butter, for a minute; season with salt and pepper and a dash of grated lemon peel or juice, then stir in some fine bread-crumbs to make a moist paste, and fill the cups with the mixture, making it smooth but dome-shaped. Then dredge some fine pale raspings over, and bake in a tin, with a little oil or butter, until the mushrooms are done; but take care they do not break. Take them up with a slice and drain from the fat; put them on a hot dish and garnish with fried parsley. For this, and all dishes that are served as entrées, use an entrée dish if convenient; or one of plain white is the next best, and the fancy-shaped ones look nice; many answer for salads or hot dishes of vegetables.

The seasoning for the mushrooms can be varied to taste; some chopped ham or remnants of game or poultry may be put in, and other herbs than those named. The filling is often fried in scraped bacon fat, and some will like a more highly-seasoned mixture than others; the principle is the thing, and there are few more delicious dishes if ordinary care be taken.

Mushrooms à la Merritt.—Required; mushrooms, brains, butter, seasoning, ham, sauce, &c., as below. Cost, about 10d., exclusive of the brains.

Take some mushrooms, even in size, about the circumference of the top of a sherry-glass; lay them in a buttered tin, season them a little, and cover with a buttered paper; cook in a moderate oven. Boil some brains, calf's or lamb's (*see* INDEX), and beat them up while hot; to about two large tablespoonfuls add a pinch of salt and cayenne, a saltspoonful of grated lemon peel, the same of chopped thyme and parsley, a tablespoonful of chopped ham (cooked), a dash of French mustard, and a tablespoonful of rich white sauce or cream. The stalks of the mushrooms should be chopped up and added to this mixture. Fill the mushrooms while hot, making the surface level (not convex), sprinkle with fried bread-crumbs, and put in the centre a fancy-shaped morsel of cooked ham. Place them on a tin, and set for a few minutes in the oven over a second tin of hot water. Arrange nicely on a dish. Should any of the brain mixture be left over, spread some tiny croûtons with it, and dot them about the dish.

The above mixture will fill about nine mushrooms.

Mushrooms à la Parmesan.—Required: mushrooms, seasoning, parsley, cheese, sauce, and bread-crumbs. Cost, about 1s. inclusive.

Take, for a nice dish, about nine flap mushrooms, of medium size, and prepare them carefully; pour a little oil and lemon juice over, with a sprinkling of salt and pepper, and cover them up for an hour. Then pour off the oil into a baking-tin (it should just cover the bottom), lay the mushrooms in a single layer, and bake until done, basting sometimes; then put them in a second tin (without oil), dredge with grated Parmesan, and give them a minute more in the oven. Dredge again with fried bread-crumbs, and serve hot, each on a croûton a little larger than the mushrooms, and garnish with fried parsley. If sauce is served, it should be a good CHEESE

Sauce; or rich Melted Butter, flavoured with lemon juice and grated cheese, is very good; any good white sauce may be finished off in the same way. (*See* Mushrooms à la Soyer, on this page.)

Mushrooms sur le Plat.—Required: mushrooms, seasoning, some croûtons, and any pastry trimmings. Cost, for a dish of four to six ounces, about 4d. when plentiful.

This is one of the best of the mushroom dishes, and the trouble is not great. Put small flap mushrooms on a plate that will stand the fire, and lay a morsel of butter in each; add salt and pepper, a squeeze of lemon, and a drop of water, and then press a strip of paste round the rim of the plate; the mushrooms must be in a single layer only. Press a second plate over, pressing it well into the paste; this is to keep in the flavour. Then bake in a good oven for twenty to thirty minutes. Take the top plate off and remove the rim of paste; put in the place of it some croûtons, of any desired shape and size, sufficient to cover the rim of the plate.

Any trimmings of pastry answer for this; if none are handy, a morsel of flour and water paste should be made for the purpose. The strip is to come well over the edge of the lower plate, and should be thick, so that when the upper one is pressed in, it may not cut through it.

Mushrooms à la Soyer.—Required: mushrooms, toast, cream, and seasoning. Cost, about 4d. to 6d. on an average.

Toast a square slice of bread to a delicate brown, lay it on a dish, and put on it four freshly-gathered mushrooms. The toast should be spread with Devonshire cream, and the mushrooms should be filled with it; or, if this is not at hand, ordinary cream or butter may be used in place of it. A little salt and white pepper are to be dredged over the mushrooms. Next put a common tumbler over each mushroom, leaving a little space between, and set the dish before the fire, turning it about continually, that the glasses may not break. In about twenty minutes the mushrooms should be done; the glasses will be filled with vapour, and a minute should elapse after removal from the fire before they are taken off the bread.

This dish is attributed to M. Soyer, who is said to have invented it while visiting Devonshire.

Onions, Fried, Superior.—Required: onions, crumbs, flour, eggs, stock, &c. Cost, from 6d. per pound, inclusive.

These are nice as a separate dish, or with meats of a savoury kind; small onions are best for the purpose. Peel and parboil in water, then drain and dry, and cook in a little brown stock until done; again dry, and leave for some time to get cold; then dip them in flour, then in beaten egg, and next into fine biscuit-crumbs. A few seconds in hot fat will crisp and brown them. In many cases the stock they were boiled in comes in for gravy to serve with them, or it can go into the stock-pot or be used for soups, &c.

Onions fried thus eat well with sausages, kidneys, &c.

Onions, Glazed.—The onions may be fried in the usual way (*see* p. 636), or they can be stewed in a very little brown gravy after parboiling. They should be taken up at the last, and kept hot while the gravy is boiled fast with a little glaze; it should look like thin treacle, and stick to them when poured over; or ordinary glaze, as used for meats, can be brushed over them. Remember a pinch of sugar in frying the onions. A little soy is often added to the glaze for onions.

Onion Purée, Rich.—(*See* Onion Sauce, page 98; follow the recipe for the "richer" sauce, but use less liquid, as the purée should be thick; about a third less milk will be right. *See* also Sauce Soubise.) This makes a very good purée by reducing the cream, stock, and béchamel, or increasing the onions in proportion. The recipes

above referred to give full instructions for the preparation of the onions; but it is well to remember that a purée cannot be too white, and it can hardly be too mild for serving with very delicate meats.

Onion Purée, Rich, Brown.—Fry some onions in thin slices, and chop them; let them drain well, then simmer them in good brown stock, to cover, until they can be sieved. Put back in the pan, and add brown roux and a little glaze or extract of meat; boil for a few minutes; it should be so thick that the spoon will almost stand in it, and must be constantly stirred.

It may be made thinner and served as Brown Onion Sauce. For a piquant purée, add a little flavoured vinegar of any kind. A small proportion of celery is thought an improvement by some, and a bay leaf is often added.

Onions with Macaroni.—Required: onions, macaroni, glaze, gravy, cheese, croûtons, &c., as below. Cost, about 4d. per pound inclusive.

Select onions equal in size, about four or five to the pound is large enough; bake them until tender (page 635), then twist some boiled macaroni round and round, beginning at the bottom, until all but the top is covered. Before doing this brush the onions over with glaze, and when done coat the macaroni with glaze or good brown gravy. Serve on a flat dish, with a round croûton on the top of each onion, and some fancy-shaped croûtons, sprinkled with grated cheese, about the dish.

In preparing this a little care is needed to make the macaroni adhere. While twisting with one hand, it must be pressed into shape with the other; and it must not be over-cooked, or is liable to break. Another way of finishing off consists in dredging with bread-crumbs and grated cheese, after brushing over with butter, then browning up in a sharp oven. These may be served alone, or with meat.

Onions, Stuffed.—Required: onions, butter, gravy, forcemeat, bread-crumbs, and apple sauce. Cost, about 10d., for a dish of a pound or rather more.

A very nice dish is made by taking the centres from some parboiled Spanish onions, and filling the centres with sausage meat, flavoured with sage; then put them in a baking-tin, with a little brown gravy, and cook them until nearly done, and the sausage meat is cooked. Pour the gravy off, and finish the cooking, basting with a little butter; then dish the onions, and serve with the gravy, thickened and boiled up, round them, and a tureen of apple sauce. Before putting the sausage meat in the onions, some bread-crumbs should be put in. The cores of the onions may be fried and put about the dish, if not wanted for any other purpose.

Another way.—Use large onions, parboil and core them, and put half a sheep's kidney in each; chop up the onion cores and add to some brown gravy, in which the onions may be stewed, or they may be baked brown.

Many cheese preparations may be used for stuffing onions. (*See* Cheese.)

Potato Border, Rich.—Required: potatoes, butter, cream, eggs, and seasoning. Cost, 3d. to 4d. for a small border.

Bake the potatoes in their skins, and sieve them while hot. For every potato of medium size (such as go four to six to the pound), allow a quarter of an ounce of butter, or a proportionate quantity of cream, a little seasoning of salt, pepper, and nutmeg (and for very savoury dishes cayenne); and for every four potatoes allow the yolk of an egg. To be well beaten: the mixture should be a smooth, rich-looking paste; the finer the sieve the better. This can be used for baking in a border mould, or it can be moulded by hand when quite cold on a board; the less flour the better, just a dust is wanted. For ordinary borders, roll with the hands into a round as thick as a thin rolling-pin, or, say, the circumference of a half-crown. Join the

ends very neatly; it is well to rub them over with egg-yolk, and then make an oval or round border as desired. It can be marked with a fork, then egged over, and baked a nice brown; or it may be baked minus egg, and glazed afterwards.

If more convenient, the border can be flattened, to look as if baked in a plain border mould. This is best done with a palette knife, dipped in warm water, before egging the border.

Potato Cakes, Rich.—Prepare a mixture as for borders, flatten into thin round cakes of any desired size, then finish as for croquettes below.

Potato Croquettes, Rich.—The preparation is the same as for Potato Border, Rich. The mixture is then made into cork or ball shapes, and may be fried, after egging and crumbing, and served plainly; or herbs or grated cheese may be added.

Another way is to hollow the centre, and insert a little rich, thick mince; various recipes are given for rissoles and patties (*see* Index); or any purées of game or liver may be used. The ball is then made compact, and well coated with egg; a second coating is desirable, and they are nicer if left for an hour before frying. The garnish should be fried parsley, and a hot dish paper or serviette placed under them. The best kinds are served as entrées.

Potato Purée, Rich, Creamy.—Required: for each half-dozen potatoes (about the size of a large duck egg) one ounce of butter, a little salt and pepper, a large tablespoonful of cream, and the same of milk, and a dust of cayenne and nutmeg. Cost, about 3d. to 4d.

Bake the potatoes in their skins, and sieve while hot. Melt the butter in the milk, add it while warm, then put in the cream, cold, and the seasoning, and beat well to make the mixture both light and white. This is useful in many ways. It can be forced from a bag with a plain pipe, or a leaf or rose pipe, or piled up as a pyramid in the middle of a dish of cutlets, &c. It does well for masking anything in scallop shells.

Potato Purée, Rich, with Eggs.—Omit the milk and cream, add the yolks of two eggs, with other ingredients as above, then beat the whites stiffly, and stir them in at the last minute. This will be a rich colour, and will rise considerably if put on to a hot dish and set in the oven for a short time. It should brown delicately. If to be served in a vegetable dish, the dish or plate on which it has been baked may be set in it if small enough; but if for an entrée dish (with meat, &c.) the pyramid must be slipped on to it by means of a vegetable slice or palette knife.

In forming the above for the oven, use a bag and pipe, or arrange it in spoonfuls, tapering towards the top. Cost, a little more than the above.

Potato Pyramid, Italian Method. — Required: potatoes, croûtons, cheese, gravy, butter, eggs, &c., as below. Cost, about 8d.

Cook and slice a pound of potatoes. Put some croûtons round a dish to form a border, or make a ring croûton. Put in a saucepan a tablespoonful of veal gravy, an ounce of grated Parmesan cheese, two ounces and a half of butter, a large tablespoonful of lemon juice, a good seasoning of salt, pepper, and nutmeg, with the yolks of three eggs. Whisk over the fire until hot and thick, and nearly boiling. Form a pyramid, pouring some of the sauce over each layer of potatoes. On the top put grated cheese, and bread-crumbs over the last layer of sauce; bake a nice brown, and serve very hot.

This is a very good dish.

Potatoes à la Bonne Bouche.—Required: half a dozen medium-sized potatoes, a shalot, a teaspoonful of chopped parsley, a fourth as much celery-salt, the same of powdered thyme, a little tarragon, two ounces of butter, seasoning to taste, and the juice of a lemon. Cost, about 5d.

Steam the potatoes until three-

fourths done, slice them and squeeze a little of the lemon juice over, add the herbs and a dash of seasoning; leave them to get quite cold, taking care to cover them. Chop the shalot and sweat it in the butter, then add the potatoes, and shake the pan until the contents are cooked; add more lemon juice and seasoning at the end. These are very good alone, or with steaks and chops; they should be pale in colour, and the shalot may be kept out if preferred. Sometimes a hint of shalot juice (obtained by pounding) or a few drops of any flavoured vinegar is used to heighten the flavour, and by some lemon juice only is employed.

Potatoes à la Duchesse.—(*See* the recipe for RICH POTATO PURÉE, WITH EGGS, on page 689.) Make some in the same way, but add an extra white of egg—that is, three whites to two yolks. Half fill some greased deep patty-pans, and bake in a sharp oven. The mixture should taper at the top in putting it in the patty-pans. Detach very carefully, and dredge with chopped parsley or coralline pepper, or a little sieved egg-yolk. Serve with a good mince or hash, or other dishes as preferred.

Potatoes, Fried, Superior.—There are various names for this dish—Potatoes, Fried à la Soufflé is one; Puffed Potatoes is another. Those who would eat fried potatoes in perfection should try it. First slice or cut kidney potatoes into shapes like the sections of an orange; after washing, dry them; a floured cloth is used by some, but flour is not needed. They must then be fried in fat to cover, not hot enough to colour them, only to cook them, and when soft they must be taken up; they may take five minutes or more, and a frying-basket should be used. The fat should then be made very hot, the potatoes being kept warm meanwhile; they are then put in the basket and again plunged in. If the fat be right, they will puff out; the basket should be gently moved, and must be taken out as soon as the potatoes are a golden brown. Drain well, sprinkle with salt and, if liked, with chopped parsley or cayenne. They are an excellent accompaniment to game, beef steaks, &c.

NOTE.—If not dried well, or the second fat is not hot enough, the dish is not a success.

Potatoes, Minced, and Sautéd.—New potatoes are nice thus; boil them whole until half or three-parts done. When cold, cut them in dice, and finish the cooking in butter; they should be delicately coloured and kept soft; old potatoes can be so treated if not a very mealy kind. MAÎTRE D'HÔTEL SAUCE or BUTTER is often served with these, or any good white sauce is equally nice. Cost, about 3d. or 4d. per pound when plentiful, including adjuncts.

Potatoes with Purée à la Brough. — Required: potatoes, a purée as below, and some croûtons. Cost, about 1s.

Cleanse and boil some new potatoes, and turn them into a hot soft cloth as soon as done. They must be even in size or the dish does not look well. Make a purée as follows for a pound of potatoes:—Put in a stewpan a tablespoonful of brown sauce, the same of fresh tomato pulp, an ounce of fresh butter, a half tablespoonful of sherry, a morsel of glaze the size of a nut, a little salt and cayenne, a dash of French mustard, and a few drops of carmine. Stir these to the boil, then add a tablespoonful of grated ham, the sieved yolk of a hard egg, and the white first chopped, then sieved. Add more colouring if needed; the mixture should be a pretty pink; now put some small oblong croûtons on a dish, one for each potato; lay them on, and mask with the sauce; the croûtons are to be large enough to show a rim all round the potatoes.

Another way of serving, when a rather more substantial dish is wanted, is made by laying a slice of hot ham on each croûton before putting the potatoes on; mask with a little brown sauce, then finish off as directed. The

purée answers equally well for other vegetables. It is excellent with young turnips or Jerusalem artichokes, to which it gives a very pleasant piquancy.

Potatoes with Purée à la Christie.—Required: potatoes, and a purée as below, with garnish, &c. Cost, rather more than the above.

Prepare the potatoes as above, but after peeling them trim with a "root knife," to give a ridged appearance. (*See* VEGETABLE KNIVES.) Make a purée as above, but add a tablespoonful of cooked game livers, pounded and sieved. (*See* recipes in the chapter on GAME.) This is to be more highly seasoned, and if liked, the wine may be increased and the tomato pulp reduced a little. Croûtons may be used as above, or some rich potato cakes (page 689). If the latter, glaze them. Garnish with fried parsley and serve very hot.

Potatoes à la Rose.—Required: a potato purée and some artichoke bottoms. Cost, if a small tin of artichokes, about 1s. 9d. to 2s. with sauce.

Prepare a purée (*see* page 689) and colour part of it pale pink; put this into one side of a forcing-bag with a rose pipe, and the plain, uncoloured part into the other side. Have a hot dish ready, on which some artichoke bottoms, previously heated, have been placed. Force out the potatoes to form a rose on each. Do this near the fire, the dish being set over boiling water; a cloth must be used over the forcing-bag. This can either go to table as a separate course, with a little good sauce, or be served round any nice made dish of fillets, kidneys, sweetbreads, &c. It is very pretty and has many uses.

Potatoes Stuffed (a Chinese dish).—Required: potatoes, steak, &c., for the filling as below, and some butter. Cost, about 8d. per pound, inclusive.

Parboil some potatoes of even size, and let them get cold; take a morsel from one end, and scoop out the interior. Prepare the following mixture for filling the vacant places:—Pass some tender steak through a mincer, add a small onion to each half-pound, a couple of chillies, a morsel of garlic, a little salt and mixed spice, with some herbs; pound up finely in a mortar. Cook all in a little butter; then, after filling the potatoes, replace the ends, and bake in a tin, with butter, to a golden brown. The potatoes must be thoroughly done without being broken. Drain and serve very hot.

Another way.—Use any white meat for the filling; cook it in a spoonful or two of white stock in place of butter, and flavour with herbs and spices; enrich it with cream, and thicken the mince with boiled rice carefully pounded. This is a delicate dish. Another variety is made by using a little curry, cream, and lemon or lime juice to flavour and enrich the meat.

Potatoes à la Suprême.—Required: potatoes and sauce, egg and crumbs. Cost, about 8d. for a dish of a pound, including fried parsley for garnish.

Steam the potatoes and leave to cool, mask them with the SAUCE SUPRÊME, then crumbs, then eggs and crumbs again; quarter them if large. Fry and drain, and serve very hot.

Purée à la Zouave, in Cases.—Required: half a pint of sauce, eggs, potatoes, and croustades as below. Cost, exclusive of the sauce, about 6d. or 8d.

Make the sauce as directed (page 107), but instead of adding meat to it, make it thick with cooked, sieved potatoes. Fry croustades, one for each person (*see* GARNISHES), boil four eggs hard, and slice them, put a slice in each croustade, then sauce, and a slice of egg on the top. If more egg be liked, put slices round the sides. Serve hot, and dredge the tops with fried crumbs.

Salsify à la Crême.—Take the roots, after boiling; dry them with a soft cloth, cut them into lengths of an inch or more, and lay them in enough

cream sauce just to cover them (*see* page 94). Dish in a pile and serve hot. Salsify can be re-heated in good melted butter or other sauces. Cost, variable.

Salsify, Fried.—Cut the boiled salsify into long pieces, or cut it short if preferred, and moisten with thick sauce that will cause them to adhere, and form little rolls when cold. Then coat with beaten egg and bread-crumbs, and fry brown. Add a drop of anchovy to the beaten egg. Garnish with fried parsley. Cost, variable.

Salsify, Scalloped.—Boil the salsify till tender, and rub it through a sieve. Put it into a bowl, which is placed in a larger one half filled with boiling water. This is to keep the salsify hot. Work into the pulp a little butter and cream, and season with salt and pepper. Add a pinch of celery salt, if it is at hand. Butter some scallop-shells, cover them with grated bread-crumbs, and fill them with the purée. Cover with crumbs, and place little pieces of butter here and there, and bake a nice brown. This is a favourite way of serving. Chopped parsley is sometimes added, and a little anchovy essence is an improvement; the two combined, with a grate of lemon peel and nutmeg, give an excellent flavour. Cost, variable.

Spinach Croquettes.—Required: spinach, game, potato pastry, eggs and crumbs, &c., as below. Cost, about 6d. to 9d. per dozen, but variable.

This is a good dish for any meal, and as remnants come in for it it is not costly. Take some cold spinach purée and make it into little balls the size of a large walnut. Hollow the centre and put in a morsel of game purée, or one of the livers only (*see* recipes under GAME). Close up and cover with a thin layer of potato pastry, and fry as directed for croquettes generally. Or instead of this, a coating of beaten egg and bread-crumbs, or crushed vermicelli can be used. These are to be well drained, and served with a little game gravy or sauce.

Another way.—Use a little grated cheese, moistened with a spoonful of white sauce to every four ounces, and season nicely; these can be served plainly or with CHEESE SAUCE. There are many mixtures given in the chapter on CHEESE, &c., that will furnish an improved variety of these. Any green purée can be used up thus.

Spinach Croûtes.—Required: croûtes (*see* GARNISHES), eggs, cream, seasoning, &c., as below. Cost, about 6d. per dozen.

This is a pretty dish, and any other "green" of a similar kind may be used instead of spinach; nettles, dandelion, endive, and others are just as good. After cooking the vegetable, and pressing it well, put it in a saucepan with a little spice and the yolks of an egg or two, to form a sort of paste; add a little cream and stir, then fill some hollow croûtes, size and shape according to taste; see that they are fried a delicate brown only. On the top of each put a slice of hard-boiled egg, sprinkle some with chopped parsley and some with coralline pepper; or use a pinch of fried bread-crumbs. Serve as a separate course or for garnishing meats.

Spinach Croûtes with Ham.—Prepare the croûtes as above, and lay on each a little slice of nicely broiled ham, nearly the size of the croûte; it should show just a margin of spinach; brush over with thin glaze or good gravy, and put a tiny pile of hard-boiled egg, sliced and cut into very small dice on the top. A morsel of parsley or chervil completes the dish. Serve very hot. Cost, 9d. to 1s. per dozen.

Spinach Custard.—Required: six tablespoonfuls of cooked spinach, sieved, half a pint of milk, the same of cream, the yolks of five eggs, and a little seasoning. Cost, about 1s., without spinach.

Put the sieved spinach in a bowl, add the strained yolks of eggs, and beat well, then the milk and cream heated together; add them by degrees

and beat hard; season and set by to cool, then fill any little fancy moulds, buttered, and cook them until firm. Either set the moulds in a potato steamer, or in a stewpan with boiling water round them, but see that it simmers only. A buttered paper should be laid over the moulds. Turn out very carefully. A dessertspoonful of arrowroot or potato flour, mixed with the milk, and boiled before adding to the spinach, will ensure the moulds turning out firmly, but they will eat rather less delicately. Or the yolk of a hard-boiled egg, sieved, and an extra raw yolk may be used if liked. These are useful as a garnish; they look pretty round a dish of mince or hash (of a superior kind); they go well with sweetbreads, whole or sliced, veal cutlets, and made dishes generally. Or they can be garnished with strips of poultry, ham, tongue, &c., heated in a little good sauce, and served separately. With other vegetables cut into fancy shapes, they are suitable for putting round a braised joint.

Spinach Purée (*see* page 654). —The finer the sieve through which the spinach is passed the better. For a very good dish, return the sieved spinach to the saucepan, with half a gill of thick cream to a quart, and stir until hot. This is nice for using from a bag and pipe. Another good purée is made by beating in the sieved yolk of a hard egg to the above quantity, with a little cream or butter, and seasoning to taste. A purée of spinach pressed into a mould or basin, turned out, and coated with thick béchamel or other good sauce, and garnished with fancy shapes of glazed ham, slices of hard eggs, and croûtons, is a very nice dish. A good purée of onions or celery may be used instead of sauce with the spinach. Cost, varies with the adjuncts employed.

Tomato Chips. — For *cooked* chips, take the outer part, with the skin adhering, and see that the tomatoes are sound and fully ripe; cut up into chips, and fry or cook them quickly, so as to retain their shape. They are a ready and effective garnish for many colourless vegetables, also rice, &c.

For *raw* chips, simply cut them in the same way, and season them; they may be left plain, or sprinkled with chopped parsley or other green meat; if oil be used, with tarragon, &c., they are useful for salads of many sorts. A sharp knife is wanted, and if the fruit be over-ripe and "pappy" the chips are a failure.

Tomato Rolls, Italian.—Required: tomatoes, seasoning, stock, cream, ham, chicken, eggs, crumbs, and vermicelli. Cost, about 1s. 8d.

Take four ripe tomatoes, the size of a medium orange, or a proportionate number of smaller ones. Break them up and rub through a sieve; no seeds must go through, and it saves time to use a little warm stock to moisten them. Chop a teaspoonful each of parsley, onion, and basil and thyme mixed; add these to the pulp with three ounces of chopped ham, the same weight of chicken (the white part of a braised or boiled one), as much bread as the two meats combined, to be soaked in stock or cream, and squeezed dry first, and pepper and salt to taste. Add as much beaten egg as is required to bind the mass, then put it by in a cool place for a few hours. Shape it on a floured board the thickness of ordinary sausages, and two inches long, if for garnishing; but for separate service they may be longer. Brush them over with raw egg yolk, and roll them in fine bread-crumbs; set aside for an hour, then egg again and roll in crushed vermicelli. Fry in plenty of hot fat, to a delicate brown.

Another way. — Omit the herbs named above, and season with chopped chervil and tarragon, and a few drops of tarragon vinegar.

Tomatoes au Gratin. — The recipe for mushrooms (page 686) may be followed so far as the filling of the tomatoes is concerned. The pulp must be removed with a small spoon; a

portion of it, freed from the seeds, can be mixed with the mushroom preparation used for the filling. A round should be cut in the stalk end for the removal of the pulp, and this must be filled up with fried crumbs or a little croûton. Many ways of preparing this dish are given; the following is simpler than the above:—Slice some tomatoes, lay them in a flat dish, buttered and covered with bread-crumbs, then strew some chopped mushrooms over, with a little ham; or use herbs and ham, or chopped onions; moisten with a little brown sauce, cover with more crumbs, add a few bits of butter, and bake in a quick oven to a nice brown. Cost, about 9d. per pound.

NOTE.—In filling up the holes with crumbs (first recipe), to prevent their falling over the other part of the tomatoes, take a bit of paper, and cut a hole in it the right size; lay it over the tomatoes, and fill through the hole; any loose crumbs will then be caught by the paper.

Tomatoes with Iced Sauce.—There are many ways of serving these; a good one is as follows:—Halve some ripe tomatoes and core and seed them; the skins may be removed or not as preferred. Make some SAUCE À LA DRESDE, and cut it in tiny dice shapes, then fill the halves with it and lay each in a fancy paper case. Arrange them on a dish covered with a lace paper and garnish with green salad.

Another way.—Prepare the tomatoes in the same way, and put in each half a tiny mould of SAUCE À LA CALCUTTA. Instead of using paper cases, dish them in a bed of green salad; the effect of the three colours is very pretty. For a quicker method put the sauce in the tomatoes instead of in moulds; level it with a palette knife, and set in an ice cave to get firm, then dish as before.

Another way.—Make some SAUCE À L'ALCESTE, by the second method; arrange it in a mould with a layer of thinly-sliced tomatoes in the middle, so that when turned out there shall be two layers of sauce with tomatoes between. If a border mould, turn out and fill the centre with tomatoes in dice, mixed with ordinary mayonnaise, a little of which is preferably coloured green for garnishing the surface. A plain mould can be used, and the sauce cut up into squares: these can be piled in the middle of a dish, and the tomatoes as above but in pink mayonnaise, put all round. The latter is the prettier way of serving. Cost, variable.

Tomatoes, Moulded.—The moulds illustrated below can be used for a number of purposes, both for hot and cold entrées, salads, and for the garnishing of a variety of dishes. With whatever they may be filled, it



FIG. 113.—TOMATO MOULD.

is important that the two halves of the mould are pressed firmly together, and that the marks on each side the mould are exactly opposite each other, or their appearance when turned out will be disappointing.

For TOMATOES À LA SUPRÊME, line the moulds with TOMATO ASPIC, first adding to it a tablespoonful of whipped cream and the same of cooked chicken, pounded and sieved, to each half-pint. When firm, fill up with a purée made from chicken as above, mixed with cream and rich chicken stock, two tablespoonfuls of each to half a pint of the chicken; then add half a gill of SAUCE SUPRÊME, and mix very thoroughly; this should be put on ice

and be on the point of setting before it is put into the moulds. Set them in an ice cave or on ice for about half an hour and turn out, either on a border of aspic or rice, or on a dish paper; use parsley or other green material as garnish. The chicken for these is to be delicately seasoned.

For TOMATOES À LA BÉCHAMEL, use sauce of that name for the one given above, and for an economical dish cooked veal or rabbit can be used in place of chicken.

Tomatoes à la Tyrrell.—Required: tomatoes, butter, jelly, store sauce, brown sauce, crumbs, egg, seasoning, &c., as below. Cost, very variable, according to the adjuncts named below.

Take good-sized tomatoes for this dish, as even in shape and size as possible; use the centre slices only, and cut them about a quarter of an inch thick; take the skin off, the hard core out, and the pips away. Mix in a basin a couple of ounces of butter, a teaspoonful of red currant jelly, the same of store sauce and mushroom ketchup mixed, a saltspoonful of mignonette pepper, the same of salt and castor sugar, and a tablespoonful of brown sauce. These are the proportions; the quantity must be regulated by the weight of the tomatoes; this mixture does for about a pound. Brush a baking sheet over with butter, put the tomatoes in in a single layer, brush the upper side with beaten yolk of egg, then with the mixture above; put in a sharp oven, and when half-done dredge with crumbs, preferably lightly-fried ones; finish the cooking, then put the white of the egg on in tiny spots round the edges of the slices; it must be beaten to the stiffest possible froth first; brown up in the oven, or with the salamander. These are now ready for serving as a separate dish on round croûtons, or they may be used as adjuncts to other dishes. As a breakfast dish they may be garnished in the centre with bacon or ham cut in dice and mixed with thickened gravy or brown sauce. Or some sausages can be sliced and piled up in the same way. The remains of any of the rich sorts of pâtés in tins are also very handy, and by using with them some meat or poultry a little goes a long way. All the minces of liver of game and poultry of the most savoury sorts, as given in the chapter on GAME AND POULTRY, answer admirably; but delicately-flavoured minces are not suitable. Then there are various ways of garnishing with forcemeat or eggs. (*See* INDEX.)

Truffled Tomatoes.—Required: tomatoes, truffles, sherry, stock, crumbs, glaze, croûtons, and brown sauce. Cost, about 8d. to 10d. per pound, without truffles.

Take some fully-ripe tomatoes of moderate size, cut them through; remove the skin and pips and the hard core from the centre; mince a few truffles, moisten them with sherry, and add them to an equal bulk of bread-crumbs that have soaked in rich stock; season a little and mix well, then add a little brown sauce just to make a moist mass. Fill the tomatoes with this, level each half, then press together in their original shape; put each in a round china case and steam them until the tomatoes are done; then brush the tops with thin glaze and lay a fancy croûton on the tops; stick tiny triangular croûtons all round the edges, and serve hot.

Truffle Purée.—Wash, brush, and peel half a pound of fresh truffles. Pound them with an ounce of butter and press them through a hair sieve. Put them into a stewpan with a quarter of a pint of good brown sauce, and let them boil for ten minutes. Just before serving the purée, dissolve an ounce of glaze and an ounce of butter in a little stock, and add to it. Cost, variable.

Truffles à l'Italienne.—Cleanse thoroughly, dry, and pare eight truffles, cut them into thin slices, and put them into a baking-dish with

a quarter of a pint of Lucca oil, a tablespoonful of chopped parsley, a pinch of powdered thyme, another of powdered mace, and a little pepper and salt. Let them bake gently nearly an hour, squeeze the strained juice of half a lemon over them, and serve very hot. If liked, a clove of garlic may be minced and put with them. Cost, very uncertain.

Truffles in Madeira.—Required: a dozen fine fresh truffles, Madeira to cover them, a couple of cloves, a pinch of cayenne and mignonette pepper, salt, an ounce of butter, and half an ounce of glaze. Cost, variable.

After the truffles are washed and prepared they must be kept cool until wanted. Put them in a saucepan with the wine and seasoning, and cook until tender; then add the glaze, and keep the truffles hot while the wine is boiled quickly for a few minutes; add the butter, pour the whole over, and serve the truffles at once.

Truffles, Potted.—Wash, brush, peel, and slice six ounces of fresh truffles. Dissolve a pound of fresh butter; skim it carefully, pour it into a basin, and let it stand two or three minutes, then pour the pure oiled part away from the thick, milky substance which will have settled at the bottom. Put the sliced truffles into a delicately-clean stewpan, and pour the butter gently over them. Let it stand until it is set, then put the saucepan on a slow fire, and stew the truffles very gently until they are tender. Lift them into dry preserving jars, cover them with the butter, and store them in a cool and perfectly dry place. They will keep for months, and will be a most acceptable addition to the breakfast or luncheon table. The butter which remains after the truffles are thoroughly covered, so as to exclude the air, may be potted separately, and may be used for flavouring sauces and various delicate preparations. Time to stew the truffles, thirty minutes, or more. Cost, variable.

Truffles à la Serviette.—Required: truffles, bacon, wine, gravy, herbs, &c., as below. Cost, uncertain.

Wash and brush the truffles to free them from dirt and grit, using many waters; drain well, and put them in a stewpan lined with thinly-sliced bacon; pour veal gravy over with a glass of white wine; add a bunch of parsley, a sprig of thyme, a bay leaf, a clove or two, and a little celery. Cover closely, simmer until done, and let them cool in the liquid. When required for table, re-heat, and drain, and dish in a folded napkin. Send to table with cold butter. Time, about three-quarters of an hour to an hour.

Another way.—After washing and brushing the truffles until quite clean, dry them, and wrap each separately in a buttered paper, then bake them in a good oven, or before the fire in a Dutch oven, turning them that they may be equally and thoroughly cooked. Take off the papers, wipe the truffles with a soft warm cloth, and serve on a prettily-folded napkin. Time, about an hour.

Truffles, Stewed in Champagne.—Select the finest truffles for this dish, reject any that have a musty smell. Wash and brush them well with cold water only, change it several times, and when they are perfectly clean line a stewpan with slices of sweet bacon; put in the truffles with a bunch of parsley, green onions, and thyme, two or three bay leaves, two cloves, and a little sweet basil; pour in sufficient rich veal gravy to cover them, with half a pint of champagne. Boil them very softly for an hour, then draw them aside and let them cool in the gravy. Heat them afresh in it when they are wanted for table; lift them out and drain them in a very clean cloth, and dish them neatly in a white napkin, which shall contrast as strongly as possible with the dark hue of the truffles. The above amount of champagne is for two pounds. Bottled truffles may be used in the same manner; their liquor should be used in

place of some of the stock, and the champagne may be reduced; or, for a less expensive dish, light wine of good quality may be used instead for the stewing, a glass of champagne being added near the end.

Turnip Balls or Marbles.—Prepare some nice young turnips, by cutting them into balls the size of a common marble; blanch them, then cook in white stock until tender, if to be coated with white sauce.

Turnip Cups.—These are referred to in several recipes. Boil and halve some turnips; scoop out the centres, and fill with peas, carrots in dice or pea shapes, beans, or beetroot; anything, in short, that will form a pleasant contrast in point of colour. These can be put round a dish of lamb or veal. The scooped-out part can be used for a purée, and, if liked, the cups put round it. Before filling the cups, coat them with white sauce; caper or parsley is also suitable.

Turnip Purée, Rich.—Required: turnips, cream, sauce, butter, seasoning, and garnish, as below. Cost, 4d., exclusive of the turnips. When French ones are used, the purée is much more expensive.

Boil and sieve the turnips; to a quart of the pulp add a tablespoonful each of cream and Béchamel, or other rich sauce, and half an ounce of butter; season nicely, and stir for some minutes. Very white turnips are best for this—French ones are sure to be of good colour if properly cooked. This may be served plain, or sprinkled with chopped parsley, or shreds of cooked carrot or beetroot may be put round the base, with a few chopped capers; but this must depend upon the nature of the dish it is to be served with.

Note.—If wanted stiff, a little flour should be dredged over the turnips before any liquid is added, after they are sieved.

Turnip Purée, with Bread.—This is called French Purée, or Turnip and Bread Purée. It is recommended as being rather more substantial than the above. To make it, take the sieved pulp, preferably of French turnips, and put it in a saucepan with its bulk of bread-crumbs that have been soaked in cream as for sauce. Boil for a few minutes—it should be thick; then season and serve. Cost, rather less than the above.

Turnips au Beurre.—Young turnips are required; they are to be shaped, according to taste, in olives, pears, &c. Sufficient butter is then to be melted in a stewpan; it should just cover them in a single layer, and the cooking should be gentle, or they are liable to break. They will take from thirty to forty minutes. A great improvement in the flavour is effected by parboiling them in white stock. Serve as they are, or sprinkled with chopped parsley or capers. They are nice with lamb or veal.

Turnips, Fried.—After boiling in white stock until nearly done, dry and finish off as directed for Onions, Fried, Superior. They are nice for garnishing, and may be in balls or olives, slices, dice, or like the sections of an orange. If served with fried tomatoes the appearance of the dish is improved.

Turnips, Glazed.—Boil until nearly done, then dry and fry in a little hot fat, turning them about until golden brown; brush with thin glaze and serve.

Vegetable Marrow, Marinaded.—By treating as follows, the vegetable is greatly improved:—After paring, seeding, and cutting up the marrows into suitable pieces for serving, sprinkle them with salt and pepper, then pour over them a mixture of half a gill of olive oil, a tablespoonful each of brown vinegar and herbal vinegar, and a teaspoonful of spiced or chilli vinegar; this will serve for a good-sized marrow, or two small ones; after coating with the above, squeeze the juice of half a lemon over them, and leave for awhile, covered. Take

them up and drain them, then stew them in brown gravy, or steam them, and pour thick sauce over.

The marinade can be used up in plain vegetable salads.

Vegetable Marrow Shapes or Cups.—(*See* TURNIP CUPS.)

Vegetable Marrow, Stuffed (*see* recipes in preceding chapter).—By using a rich forcemeat, and serving with a good white or brown sauce or gravy, very nice dishes are obtainable. The marrow may also be cut in pieces after boiling or steaming, then scooped out into boat shapes or any similar, the hollows filled with a white or brown mince of meat, poultry, or game, and served hot. (*See* INDEX for various minces and purées.) Turnips may be treated similarly if cut through, and scooped out into cup shapes.

Vegetables for Garnishing.—The preparation of vegetables for the garnishing of soups, and various dishes of the cold savoury class, including salads, entrées, &c., requires considerable care, or they will be most disappointing as regards their colour. This is particularly the case when they are intended for the decoration of aspic borders, or jelly in any other form; and to bring about the desired results the following points may be emphasised:—They must be most thoroughly rinsed at starting, after the preliminary cleansing; the water they are boiled in should be plentiful and well skimmed, and the vessel must be scrupulously clean; they must be well cooked, but not over-done; and this is a rather difficult task when very small shapes are in question—for a moment too long, and they break; still, if not done, not only are they practically uneatable, but the colour and general appearance are quite different; this is especially the case with turnips. As soon as done, they should be strained and rinsed with clean cold water, then put, each vegetable separately, in glasses of cold water until wanted; in this way any imperfection can be readily detected. Each colour must be boiled in a separate vessel, and the freshest and best vegetables only should be used. After putting them in the glasses, cover to keep out the dust.

Vegetables, Iced.—(*See* ICED VEGETABLES.)

SALADS AND SALAD DRESSINGS.

GENERAL REMARKS.

It is said by many that the making of salads is not an art in England; that time is begrudged, and the treatment of the materials not understood. It is also urged that a number of the most wholesome salad plants are altogether ignored. In these accusations there is no doubt some truth; but the salads of everyday life are not the mysterious compounds that some people seem to imagine them: and as certain rules are applicable both to the plain and rich dishes, we will detail them at the outset, giving first attention to the class of salads known as *raw*.

The fresher the materials, the greater the chance of a good salad; but for the majority of people, only such plants as have lost their pristine freshness are possible. This brings us to somewhat debatable ground, viz., washing or no washing. This question is best settled by the application of a little common-sense. If, for example, lettuces are brought in fresh and in unstinted quantities from one's own garden, so that only the best parts need be used, and no sign of insect appears, then it were folly to do more than wipe the leaves; but if a lettuce has been bought, and every bit must be made the most of, then washing is as necessary for the purpose of reviving it, as for the cleansing; and everybody knows that plants of all sorts that have come from a distance are often extremely gritty. In such cases the thing is to do the washing carefully and quickly, and to dry the lettuce thoroughly. As this is the plant about which there is most constant controversy, we have given it first place. After the washing, to avoid breaking the leaves, either put the lettuce in a clean cloth, and take it up by the four corners, and swing it round and round until all traces of moisture are lost; or, what is better, put it in a wire basket (a frying basket will answer for want of a better), and subject it to the same treatment. The best thing of all is, of course, a proper salad basket; these are of wire, globe-shaped, with a narrow neck, so that the salad cannot with ordinary care fall out during the swinging. After the drying, it is a good plan to leave salad exposed to the air for a short time, and this may be done on a sieve or in a colander. With respect to celery, we are of opinion that not only washing, but soaking for a time is necessary in the case of any that has been long out of the ground, as in freshly-drawn celery there is a large proportion of water.

The term salad is at the present time a very comprehensive one; a number of dishes that bear the title can be served as entrées: and by a little alteration in the garnish or dressing, many dishes of dressed vegetables are suitably served as salads, and *vice versâ*.

A word on the wholesomeness or otherwise of salads in general may

not be amiss. In most instances each must be a law unto himself; but the general opinion of those who have studied the matter seems to be that the old-fashioned common English salad, deluged with vinegar, is the most likely to disagree, especially if eaten with tea. This is accounted for by the quantity of water that salad plants contain; and many find that they experience no discomfort when they partake of a moderate quantity of salad when but little is drunk.

SALAD DRESSINGS.

Mayonnaise occupies the first place for rich salads, and such as need masking; but it is not an everyday dressing, and for general purposes the *rémoulades* and *salad dressings* of the ordinary kind, as detailed a little later on, will best meet the requirements of the majority of people. All dressings are the nicer for mixing in a cold place, on ice if convenient, and all salads are the better for being kept as cool as possible. When for a ball, or other occasion when they may have to stand for some hours, they should not be brought into the room until the last moment. (*See* the chapter on ICES for hints on the cooling of salads, and other dishes of the class—*i.e.* such as contain mayonnaise.) Salad dressing may be prepared beforehand, and put in a cold place, but, that the salad may retain its crispness, it should not be mixed with the dressing until wanted; and although the blending must be thorough, it is equally important that it be lightly performed; few people nowadays believe in the "madman for a mixer" theory. Some are of opinion that the substitution of a dish for a bowl, now very common, although an improvement on the score of appearance, is detrimental to the perfect mixing of the ingredients; but this is easily remedied by using a bowl or basin, and transferring the salad to the dish afterwards. As a go-between the flat dish and the old-fashioned deep bowl, some give the preference to shallow glass dishes. Two wooden forks can be used for the mixing, or the salad spoon and fork will answer; steel forks should not be used.

In dealing with the salads of the cooked vegetable class, than which, perhaps, there are none more wholesome, matters are reversed, and the dressing is added some time in advance of serving. This subject is worthy a little consideration. Many are of opinion that in some instances two dressings are advantageous, if not absolutely necessary; the first being given while the vegetables are warm; the second just before the dish goes to table. In this way they are well impregnated with the flavour of the compound, and insipidity is prevented; and by the second dressing the flavour is revived. This, however, is not always convenient; and in the case of left-over vegetables, which are often left to stand until quite cold before it is decided how they shall be used up, not practicable. One hint in this connection: never leave the dish uncovered after the dressing, whether the time it stands be long or short. By so doing it loses its own flavour, and often takes up others of an objectionable kind, because oils and fats all readily absorb foreign odours and flavours.

The recipe for mayonnaise is given at page 111; in certain cases it should be looked upon as the foundation of the sauce only, as many other adjuncts are admissible. The other dressings follow here.



LOBSTER SALAD MAYONNAISE.

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Olive Oil.—This is *the* oil for salads; and pure oil is all-important. This is not so readily obtained as might be imagined; or, to be correct, the first quality of this oil is not always to be had. The best way to secure the genuine article is to deal with firms whose goods bear their own name, or that of the exporter; and to pay a fair price. Those who are best able to judge say that a large quantity of low-priced "salad oil" is a mixture of cotton-seed and other oils, with a small proportion of olive oil. It is wholesome enough, and, as we have elsewhere stated, will do for frying and other purposes; but it will not make delicate salads. One firm of high repute goes so far as to say that epicures will only partake of the "virgin oil." This is got from hand-picked olives, and is the result of the first pressing. It has in it all the sweetness, with less greasiness. The pulp from the after-pressings yields oil of very different flavour, as each pressing deteriorates the quality. Naturally the "virgin" is the highest-priced oil; from 2s. per pint may be charged for it, therefore it is not within the reach of everyone. The ordinary qualities range from 1s. per pint upwards; and for about 1s. 6d. excellent oil is obtainable. Latterly, olives have been sold very cheaply, especially ripe Italian ones; probably the oil may soon be cheaper in proportion. The best and cheapest way to buy it is in gallon or half-gallon jars where it is used regularly and in quantities. In bottling for use, draw off only as much as will be used quickly, and keep it in a cool place. One writer advises the addition of a pinch of salt to a bottle as soon as opened. When from long keeping, or any other cause, oil turns green and rancid, it should be used for any purpose rather than a salad. At its worst it is only good for cleaning metal or furniture. Do not make the mistake of thinking that it will do for frying. There are many persons who entertain a prejudice against olive oil, and it is quite likely that such were "turned" at some time in their lives by a dose of oil that had been in use for a long time and become strong. Those with whom it agrees have the satisfaction of knowing that, according to the highest authorities, salad oil is particularly wholesome. One writer says "there are three main reasons why English salads are not wholesome: these are careless drying, sousing with vinegar, and lack of oil."

Ordinary Salad Dressings.—The following are useful as every-day dressings. Should they be intended for keeping, the seasoning should be increased a little, and the bottle tightly corked and stored in a cold place. Shake well before using. By varying the store sauces, ketchups, and vinegars, these are readily adapted to individual requirements. When sugar is disliked, omit it or use a pinch only in place of the amounts named in the recipes. (*See* also FRENCH LETTUCE SALAD.)

No. 1.—Required: a teaspoonful of salt, a fourth as much pepper, a saltspoonful of white sugar, a pinch of cayenne and dry mustard, four tablespoonfuls of oil or cream, and two tablespoonfuls of vinegar, plain or flavoured as liked. Cost, about 3d. or 4d. The dry materials to be mixed, and the oil or cream added by degrees, the vinegar going in drop by drop at the end very carefully. A creamy compound should be the result.

No. 2.—Add the yolk of a hard-boiled egg to the dry materials before the oil and vinegar go in. Follow the recipe above. Cost, 4d. to 5d.

No. 3.—Required: two hard-boiled yolks of eggs, two tablespoonfuls of good cream, the same of oil, a tablespoonful of herbal vinegar, the same of plain brown vinegar, a pinch of cayenne or mustard, a little celery salt and common salt, half a teaspoonful each of anchovy essence and brown store sauce, with pepper to taste. Cost, about 5d. or 6d.

Make as above directed, and leave

awhile to blend. This is useful for fish salads, but it may be used for others by reducing or omitting the anchovy essence.

No. 4.—The same as the above, with the addition of half a glass of light wine and lemon juice mixed. This may be used for fish or veal. Cost, about 7d.

No. 5.—Required: the yolk of a raw egg, two hard ones, the juice of a lemon, a chopped shalot, two tablespoonfuls of oil, the same of cream, or four spoonfuls of either, and a tablespoonful or more of vinegar to taste. Horseradish vinegar is good for many dishes, but the flavour is optional, and by varying it this answers for many salads. Cost, about 6d. or 7d.

The hard egg yolk should be pounded with the dry materials, and the raw yolk added, then the vinegar as in the first recipe.

No. 6.—Required: a baked potato, a tablespoonful of mushroom ketchup, salt and pepper, and sugar and mustard to taste, a chopped shalot or onion and vinegar and milk. Cost, about 3d.

Sieve the potato and add the rest by degrees, the milk and vinegar going last. It wants careful mixing, and should look like a thin custard. The consistence is a matter of taste. It should be piquant, and goes well with scrap salads of meat or fish. It is of all-round utility and very cheap.

Note.—Any of the above may be made thinner by using more vinegar.

Rémoulade.—This is an old-fashioned and much esteemed salad dressing. There are as many recipes for it as for ordinary salad dressings, and the various ingredients are blended to suit individual taste. The distinguishing features are hard-boiled eggs and mustard; it is, in fact, a sharp, thick sauce. It is an agreeable relish to cold meats and fish, as well as serving the purpose of ordinary salad dressing of the piquant variety; it differs from, and cannot be used as a substitute for, ordinary mayonnaise. The latter is suited to the most delicately flavoured dishes, and many who dislike it are very partial to rémoulade. The recipes that follow are illustrative of the rémoulades in common use, and the proportions are simply a matter of taste.

No. 1.—This is very easily made. Take the yolks of two eggs boiled quite hard, add to them a teaspoonful of flour of mustard, *i.e.* dry mustard, and let this be good; it makes a great difference to the flavour, and next to nothing to the cost. Rub these with the back of a spoon, and add, little by little at first, four tablespoonfuls of olive oil, two of vinegar, and pepper and salt to suit the palate. A dust of cayenne improves it.

No. 2.—This is thicker. Allow three eggs to the above quantity of oil, add a tablespoonful each of French and tarragon vinegar, and a teaspoonful of onion or a few drops of garlic vinegar. Season to taste.

No. 3.—This will suit those who like a hot and not an acid sauce. Use four eggs and four tablespoonfuls of oil, one tablespoonful of vinegar, the same of Harvey's or any similar sauce, a dessertspoonful of mustard, salt and pepper to taste and a finely-chopped shalot. Spanish onion can be used instead of the latter.

No. 4.—This is an Indian sauce, and a very good one for "seasoned palates." Its excellence depends in a great measure on the way the ingredients are blended, to which attention is directed. Take a good-sized onion and chop it as small as possible; add to it in a basin a teaspoonful of castor sugar, four or five drops of anchovy essence, half a teaspoonful of salt, and half a gill of vinegar. Stir for a few minutes, and cover up. In a second bowl put the hard yolks of three eggs, blend them with a tablespoonful and a half of olive oil, adding it slowly and incorporating it thoroughly; put in a teaspoonful of mustard flour, and a fourth as much white pepper, that have been mixed with a tablespoonful of lime juice; this must go in very gradually. Now

add the contents of the first bowl, and a teaspoonful of clear hot Indian pickles, chopped up. Leave covered for a short time before serving. This can go to table with all sorts of rice and egg dishes, curries, fish snacks, and devilled meats and bones. For salads of cooked vegetables it is excellent. It will keep well, and may be used in a small quantity just to increase the zest of any dish. In all these, it is not necessary to be as careful in adding the oil as for mayonnaise, but slow and thorough mixing is very desirable. Sometimes the yolk of a raw egg to three or four hard ones is added to give smoothness to the dressing.

Rich Salad Dressings.—The principle here is the main point. Good oil or cream, whichever is intended for the foundation, careful mixing in a cool place, and judicious blending of the several materials, are the main desiderata. The best and thickest of this class of dressings are mayonnaise in another form; that is, cream takes the place of oil. When these are required to mask a salad, the cream must be whipped very stiffly and added gradually to the other ingredients. In hot weather a good deal of trouble is saved by doing this over ice, and by keeping the mixture over ice until the moment of using. A little gelatinous stock, or a morsel of dissolved aspic, will be found useful when the dressing shows a tendency to run. These are all good for high-class vegetable salads.

No. 1.—This is nice with veal or poultry. Required: a gill of whipped cream, a dash of anchovy, a little salt and pepper, a few drops of lemon juice, and tarragon or other flavoured vinegar, cucumber is very suitable, and some strong stock. Cost, about 9d.

The materials above-named are to be put to the whipped cream, and the grated rind of a quarter of lemon or lime, a little lemon pickle, the thick liquor from hot pickles, a dash of chutney, anchovy essence, or light wine, are all suitable additions according to taste and the nature of the salad. Should mustard be used, and a little is almost always desirable, use French when obtainable. Before using, cover up for a time to blend; a much better sauce is the result, and it is only a matter of forethought.

No. 2.—This should look like cream. This is the same as the above, except that the cream is not whipped and a tablespoonful of strong veal stock is added. Thinner cream does for this.

No. 3.—The same as the above, with the addition of a teaspoonful of Harvey's sauce and a little yellow colouring. This is a rich-looking and good sauce.

No. 4.—This is rich and good. Required: four raw egg yolks, four tablespoonfuls of cream, two tablespoonfuls of the best oil, the same of strong white stock, salt and pepper, a dessertspoonful of lemon juice and tarragon vinegar mixed, a little chopped chervil and tarragon. Cost, about 10d. or 1s.

The eggs and oil are to be mixed, and the cream and stock added; the latter should be just liquid, and must "jelly" when cold. Then season, and if increased piquancy is desired, add vinegar, plain or flavoured. This is nice with salads containing white meat of any sort. If used for fish, the stock may be omitted.

No. 5.—This should be regarded as the basis for any adjuncts that may be used at the time of serving. It is a useful mixture to keep bottled in readiness. Required: eggs, cream, oil, and seasoning as below. Cost, about 10d., when made from four eggs.

Take as many eggs as may be wanted, and to each yolk add two tablespoonfuls of cream. When mixed, put in salt and white pepper, cayenne and mustard, and as much oil as cream. This is useful when several sorts of salad are to be served at one time, as it can be thinned down to any consistence. If for masking, some whipped cream must be added.

Note.—While giving recipes with both oil and cream in the same dressing, we know well that certain writers say

that nobody with an atom of common-sense mixes these two materials. One says that we might as well spread bacon with butter. Whether right or wrong, as a matter of fact the combined flavours of oil and cream are more acceptable to some palates than either used singly; and to some, especially country residents, it is often a matter of convenience to use oil in place of part of the cream. If for this reason alone, the insertion of such recipes is justified. (*See* recipes for MUSTARDS in SEASONINGS. *See* SUGAR IN SALADS, CUCUMBER MAYONNAISE and TOMATO MAYONNAISE in the present chapter.)

Salad Pickles. — The pickles usually added to salads, whether to the materials, the dressing, or as garnish only, are capers, gherkins, hot clear pickles, cabbage, and walnuts, as well as those of the thick hot variety, viz., piccalilli and similar sorts. We suggest that when used for amalgamation with the salad or the dressing, they be finely cut up, as in this way they are more digestible, and the flavour is better because more uniform. Any that are too acid should be rinsed in cold water and dried before use. Many sweet pickles may be added with advantage, and are especially useful for garnishing; damsons and cherries, on account of their colour, are generally popular. (*See* the chapter on PICKLES.)

Salad Vinegar. — When any other than plain vinegar is required for salad, almost any sort of flavoured vinegar may be employed; those who have not a supply of tarragon or herbal vinegar may find ready substitutes for everyday dishes in the vinegar from ordinary pickles. The thick liquid which is often left over from a bottle of piccalilli, &c., and which looks almost like mustard, may be thinned with vinegar, and will be found excellent; the vinegar from walnuts and other dark pickles is very nice for salads of cold meat, as by sprinkling a few drops over the meat beforehand, much is added to the excellence, and nothing to the cost of the dish; it is only a matter of forethought. Those who keep a supply of grated horseradish in vinegar will find that vinegar particularly useful in this way; and by using the horse-radish in little heaps, with beetroot or cabbage, they can garnish prettily at small cost.

For ordinary salads, brown malt vinegar is used; for French salads, French vinegar; and for giving piquancy to sauces of the mayonnaise class, white vinegar is employed. (*See* the chapter on PICKLES, &c.)

Sugar in Salads.—"The cook who puts sugar into salad dressings is no cook at all," is a sentence at once contradictory and dogmatic; but such met our eye a short time ago. The question of sugar in salads is certainly a vexed one, for authorities speak very decidedly on both sides. When added in such quantities as to make a salad taste of the sugar, then we think that it is a very decided mistake; but no one with an educated palate does this, and salads of that class are well-nigh extinct. On the other hand, when white sugar is added in minute quantities to a sharp dressing for the purpose of bringing out the other flavours, we think that it is a very pronounced improvement; for it is certainly true that just as salt improves sweets, so does sugar, judiciously used, give a certain zest to savoury dishes, in a way that can easily be proved, but is not easily described. There is one way, certainly, in which sugar may be usefully employed in salad dressings, and that is, when by chance an overdose of mustard, or cayenne, or any hot sauce may have been put in a dressing of the *rémoulade* order; for it will soften it down very effectually, without necessarily creating a sweet taste. We throw out the hint as worthy of putting to the test should such an accident happen.

Tomato Salad Dressing.— This is very nice, and is especially recommended for serving with cold vegetables of all sorts, as it gives zest

to the most insipid kinds. Required: a tablespoonful of good vinegar, pale brown, the same of tarragon and onion vinegar in equal parts, three tablespoonfuls of cream or oil as preferred, the yolks of two hard-boiled eggs and one raw one, two to three tablespoonfuls of tomato pulp, and seasoning as below. Cost, about 6d.

This is not the same thing if carelessly mixed, therefore attention is directed to the method. The hard-boiled eggs should be rubbed up with the back of a spoon and added to the raw yolk, and smoothly mixed; the oil or cream is then to go in a drop at a time, the mixing being continued. In a separate vessel mix a half-teaspoonful of flour of mustard, a saltspoonful of white sugar, a good pinch of cayenne, and the vinegars, and add to the rest carefully. The sauce should be thick, and the making must be done in a cold place. This may be termed the base, and the finishing touches depend upon circumstances. For a plain vegetable salad, pour it over as it is, and just dot a little parsley or other green about the dish or bowl. Should there be any fish in the salad, a little mushroom ketchup or anchovy essence may be added, and will be found an improvement, and ketchup or any good brown store sauce may be used to give flavour should meat or ham be put in. The sauce is also as good with a raw green salad as with one of cooked materials. A larger proportion of oil or cream may be used, if the seasoning is increased. For some dishes a few drops of colouring will improve the appearance.

Various Salad Dressings.—These are a little more novel than the foregoing, and will be found very good with any sort of vegetable salads, as well as with fish of the insipid kinds. If any are too pungent to be pleasant, they may be diluted to the right degree by means of a little milk or mild stock.

No. 1.—Take the juice of a fresh lemon or lime and mix it with a quarter teaspoonful of black pepper, half as much salt, the same amount of sugar, a teaspoonful of French mustard, the same of cucumber vinegar and Worcester sauce, and a tablespoonful of cream.

No. 2.—The same as the above, but with oil instead of cream, and walnut or mushroom ketchup in place of the Worcester sauce.

No. 3.—Take a glass of any light wine of the kind that is used in cooking; add a dash each of salt and sugar, the juice of half a small lemon, a tablespoonful of finely-chopped shalots, and a few drops of garlic vinegar or garlic wine; let this blend awhile, then put in mustard to suit the taste, and pour it over a salad that has already been dressed with oil. It will be found very good with a mixture of green salad and fresh-water fish.

No. 4.—Take a gill of good vinegar, and flavour it with a little curry sauce (that is sold in bottles), then add sugar and salt to suit the dish with which it is to be used; put in a second basin the yolks of two hard-boiled eggs and add the curry mixture by degrees; the eggs are best sieved first; then stir in some cream or oil to reduce the sauce to the consistence desired. To some palates this will be improved by adding a dash of mustard and cayenne, or some vinegar from hot pickles. The yolks blend better if mixed first with a little cream or oil.

SALADS.

ALMOST all salad materials in common use are detailed in the chapter on VEGETABLES; so are the herbs which form the seasoning or adjuncts. Of the herbs we would say that their use is so much a matter of taste, that they are not referred to in all salads with which they might advantageously be incorporated; indeed, in no branch of the *cuisine*

is it more difficult to give cut and dried recipes than in salads. Much must of necessity be left to individual taste; besides, it may happen that in a dish of half a dozen ingredients two or three may be unobtainable; then the question arises if they can be replaced by others, or if even a substitute may be dispensed with.

As to the garnish for salads, from the simplest to the most elaborate, there is any amount of scope for the exercise of individual taste; and to the most artistic member of the household should this task be entrusted. It often happens that the compounder of a dish is not the best person to give the finishing touches to it. *Fish* salads are very ornamental in some instances; so are those of chicken, game, &c. Aspic jelly of various sorts, mayonnaise of any number of tints, and other adjuncts which are detailed under GARNISHES, are pressed into the service. But let the fact be grasped that no amount of garnish, however artistic or costly, will compensate for a badly-washed salad, or a carelessly-mixed dressing. Again, to try to mask a wet salad with mayonnaise is to court failure, for it will run off as fast as it is put on.

While the purchase of inferior materials is always censurable, in no case is it more so than when they are required for salads. We refer to oil, eggs, &c., of bad quality, and not the use of homely materials; for any number of good salads can be concocted by a careful cook from such remnants of vegetables as are too frequently consigned to the dustbin.

Reference must be made to the chapter on EGGS for the method of preparing these for salads; and in the chapters on FISH, and DRESSED VEGETABLES, recipes are given for various dishes that will lend themselves to much variation, and may be served as salads; for example, any fish with mayonnaise may be garnished with a salad in place of the aspic, or other elaborate garnish. Then in some cases the mayonnaise, if not liked, or if too costly, may be replaced by an ordinary salad dressing.

American Cabbage Salad, or Cold Slaw. — Required: cabbage, vinegar, butter, egg, seasoning, &c., as below. Cost, about 6d.

This is generally liked or disliked very much by those who taste it for the first time. Take a firm white cabbage, and shave it up thinly; it cannot be too finely cut, and the younger it is the better; all the outer leaves should be taken off. Put a gill of vinegar into a saucepan, add two ounces of butter, a good pinch of pepper, a teaspoonful of salt, and half an ounce of sugar—or more is liked by some people—but it is best not to make it too sweet at first. Stir the liquid just to the boil, then pour it over the cabbage, and set it by in a cold place; then stir in at the moment of serving three or four tablespoonfuls of sour cream. The boiling of the dressing reduces the sharpness, and the heat partially cooks the cabbage, which is thus rendered more digestible than when raw cabbage, minus any such treatment, is used. At the same time, there are those who contend that a slaw in perfection can only be made from a cabbage with a cold dressing. The following is a favourite mode:— Make a dressing of oil, vinegar, pepper, and salt, and add to a gill of the mixture a hard-boiled egg, yolk only; the other ingredients are in proportion to taste. As soon as poured over, the cabbage should be eaten.

American Celery Salad.— Cut up the inner parts of as many

heads of celery as may be required. Dress them with the mixture given above, second mode. Just before serving, add a lump of ice the size of an egg to half a pint of dressing, then stir rapidly for a few seconds. Take the ice out, and pour over the celery, toss well together, and serve instantly. Tomatoes in thin slices are sometimes added to this. Cost, if two heads of celery, about 10d. to 1s., according to season.

American Cheese Salad.—Required: shrimps, cheese, oil, seasoning, and garnish as below. Cost, about 1s.

This is also known as mock crab. Put a quarter of a pound of sliced or grated cheese in a mortar, add a tablespoonful and a half of oil or cream, and a scant teaspoonful of mustard, the same of white pepper, salt as required—the cheese regulates the amount—and a pinch of grated nutmeg, with cayenne to taste. Half a pint of chopped shrimps and a squeeze of lemon juice are added last. Serve in the shell of a crab, should one be handy; or in scallop shells, and garnish with cress and celery. The mixture is sometimes put in the centre of a bed of salad on a flat dish.

American Cheese and Chicken Salad.—This is a rather peculiar mixture. It is, however, a great favourite with many. The cheese, &c., are the same as in the previous recipe, but in place of shrimps add the same bulk of cold chicken, in neat pieces. This is often served at tea, with "crackers" and butter. Cress or radishes with celery may be used for garnish. Cost, a trifle more than the above on an average. (For Crackers, *see* Biscuits.)

American Turkey Salad.—Required: turkey or fowl, celery, eggs, dressing and garnish as below. Cost, variable, about 1s., exclusive of turkey and garnish.

Take the white meat of a young turkey or a fine fowl—one that has been boiled and kept a good colour; skin, and mince this small and set it aside covered; then cut up as much, or three-fourths as much, celery; add it to the meat and season them with salt and white pepper, mixing them very well. The sauce is made in the following proportions:—Three hard-boiled eggs, one raw egg, a tablespoonful of castor sugar, a large teaspoonful each of salt, mixed mustard and white pepper, a good pinch each of cayenne and nutmeg, half a gill of vinegar and half its measure of oil or cream. The hard yolks and raw egg are first blended with the oil, the other ingredients are put in by degrees, the vinegar being added last of all by spoonfuls. This is then mixed with the meat and celery and piled in a bowl, and the top garnished with the whites of the eggs, and some celery tops, with anything to give a little colour, such as beetroot or fancy shapes of tongue. Sometimes the latter is cut into strips, which are formed into diamonds or triangles, and green pickles of many sorts are employed to give zest to the dish.

Note.—Either of the foregoing may be flavoured with rye bread; it is a common custom in America, and is thought to impart a pleasant taste to the dressing, in which it is left for a short time, then removed just before serving. Some light wine takes the place of half the vinegar when this is used, as a rule.

Anchovy Salad.—Allow about half a dozen filleted anchovies to a couple of medium-sized lettuces; chop a few young onions and mix with the lettuce, which should be shredded, also a teaspoonful of parsley; the juice of a lemon and a little salad oil forms the dressing; the fillets are used as garnish, or half can be reserved for this, and the rest put in the salad. This needs the addition of sliced lemons and olives if on one dish; but on little plates or in cases, one for each person, it can be served as it is. Cost, from 1s. 3d. upwards.

Artichoke Salad.—Take some young globe artichokes, and wash them very carefully. They can be plainly dressed in the same way as cress or lettuce; or they can be sent to table whole, with a little plate of chopped parsley, another of chopped raw onion, a third of capers, and any other herbs that may be considered an improvement. These materials, with oil and vinegar to taste, are mixed upon each plate; the leaves of the artichokes are dipped into the dressing, and the bottom is kept to the end. Thus served, artichokes are of a nutty flavour. The dish is much appreciated in France. Cost, varies considerably with the season. (*See* ARTICHOKES.)

Asparagus Salad.—Required: asparagus, butter, and seasoning as below. Cost, very variable. (*See* ASPARAGUS.)

This is a dish that is almost always liked, and by the use of tinned asparagus it can be enjoyed at any season of the year. There are several ways of preparing it, and the following can be specially recommended:—Take, say, fifty heads of young asparagus, boiled in the usual way; before it is cold dress it by dipping it into butter that has been melted and mixed with a little mustard, about a teaspoonful to two ounces, and a small quantity of pepper and salt, with a teaspoonful of lemon juice, or French or English vinegar; the amount of the last named may be increased to taste. The extreme ends need not be coated, and the asparagus should be arranged with the heads all meeting in the centre of the dish. To eat this in perfection, it should be iced. Another way, which is very nice, is to coat the asparagus over the entire green part with some rich white sauce, and to let it get cold and set; then to give a second coating of mayonnaise, or a rich cream dressing.

Asparagus Salad in Cases.—Take some cooked asparagus and cut the ends off; reserve them, and rub the rest through a sieve. With this purée a little good salad dressing is to be mixed; this is put at the bottom of any little fancy-shaped china cases, and the heads, with some tiny chips of beet-root, are put at the top, the beet-root being either mixed amongst them or put as a border, or in the middle.

Another way.—After putting the purée in the cases, take some shredded celery and season it in the same way, then place a layer of it next; the asparagus heads and the beetroot go on the top as before. This is a combination generally liked.

For SALAD À LA SUPRÊME, the asparagus is masked with sauce of that name after being cut into such lengths as will stand upright in the cases, and just come to the tops. A little bed of any green salad is put at the bottom. Some mayonnaise is put over, to leave the heads clear, which stand out in the natural colour. A few tomato chips can be put as a border if liked. Another variation consists in the addition of a few shreds of cooked chicken spread with the sauce, at the bottom of the cases. These are good for any outdoor festivities, and if kept in an ice cave or safe are most enjoyable. Cost, variable.

Beetroot Salad.—After boiling and peeling, the beetroot may be thinly sliced, and dressed with a little oil and vinegar, salt and pepper, and served alone, or with an outer fringe of any white salad, such as celery. Or tufts of grated horseradish may be put round the dish if to be served with cold roast beef or boiled beef, tongues, &c. The beetroot is sometimes sprinkled with oil only; this gives it a glistening appearance, and the colour does not run so freely; the vinegar, &c., are then added separately. For a more ornamental salad, the root may be cut in strips, with a crimped cutter, or fancy shaped blocks or slices, either round or oval, may be cut out with a crimped cutter; the trimmings that remain will come in for a mixed salad. When prepared in these ways it may

be put in a pile on a bed of green salad; such blocks as lend themselves to "building up" naturally produce the best-looking dishes; and if a white base be made from celery or egg whites, the effect is still prettier. When egg whites are used, they may be put in blocks or a border (*see* GARNISHES). Cost, variable, but generally inexpensive.

Beetroot Salad Mayonnaise.—Required: an aspic mayonnaise border, beetroot, mayonnaise, truffle, and other garnish as below. Cost, from 2s. upwards on an average.

This is a very good dish to serve with cold turkeys, galantines of fowl, &c. Make a border of mayonnaise aspic, preferably green (*see* GARNISHES for the moulds); put it on a flat dish, and fill up the centre with beetroot cut in dice, or small pieces of any other shape, and masked with thick white mayonnaise. On the surface, sprinkle some very finely-chopped truffle to form narrow stripes; these should alternate with others of chopped chervil and shredded tarragon. Supposing the mould used for the mayonnaise aspic to be a plain one, just before serving put on the top some triangular blocks of beetroot, with the points resting on the mayonnaise in the centre. A good cream dressing may be used if liked.

Broad Beans Salad. — (*See* FLAGEOLET SALAD.)

Carrot Salad.—This, like beetroot, is a very wholesome salad. For a superior dish, the outer part only should be used; it can be cut in strips or dice, or may be chopped up. The carrot can be served alone after dressing like beetroot, or with any dressing preferred; or a mixture of carrots and any raw green salad, as lettuce or endive, will better suit some tastes. In the concoction of a salad of beetroot, should the latter run short, carrots may be put with it, without any appreciable difference in the flavour. Young carrots make a very excellent salad if dressed before they get cold with a little oil and French vinegar, and a sprinkling of tarragon and chervil, then put aside and serve whole when thoroughly cold. They can be used as garnish for other kinds of salad. (*See* BEETROOT SALAD.) Cost, varies with the dressing, &c.

NOTE.—Boil the carrots until quite tender, and rinse them in cold water as soon as done; then dry them well. For a plain dish, use a cheap dressing.

Cauliflower Salad.—The ways of sending this to table are many; a very good one is to dress the cauliflower, after boiling and dividing it, with oiled butter as directed for asparagus. Or a cauliflower can be boiled and divided, then put together again as if whole, in the centre of a dish. The dressing should be thick, mayonnaise or any other, and the garnish may be just a little green salad as a border, or a macédoine of vegetables can be used, and more dressing sent to table; as, if the macédoines are left plain, their colours will contrast more strongly with the cauliflower. Or the surface of the cauliflower may be sprinkled with chopped parsley or chervil, or some capers, then a vegetable of one colour only will serve as a border—beetroot or carrots or tomatoes can be recommended. A salad of the above, with a row of French beans or green peas round, is very nice. A hint of garlic is liked by many, cauliflower being mild in itself. For a more substantial salad place a few slices of cooked ham or tongue about the dish, with any green salad that may be handy. Cost, varies with the dressing and garnish.

Celery Salad. — The root, if used, should be cut in shreds, and the white part similarly, or in dice. Sometimes the whole is finely chopped. A piquant dressing is considered best, and if the celery is required a trifle soft, they should be mixed a while before serving. Celery is more often amalgamated with other materials than served alone. With onions it is very good.

Cheese Salad.—(*See* MOCK CRAB SALAD, page 720.)

Chicken Salad. — Required: a chicken, dressing, and salad mixtures as below. Cost, about 4s. on an average, exclusive of garnish.

Take a boiled chicken and skin and joint it neatly, then pour a mixture of oil and vinegar, with a little salt and pepper, over it; a grate of lemon and a few drops of the juice will further improve it; cover and let it lie for an hour, turning it often that it may be well flavoured. Without this preliminary treatment a chicken salad is apt to be insipid. Make a salad dressing, and pour it over the chicken; about half a pint will be wanted. Arrange this on the dish with lettuce or celery as preferred; or use small whole lettuce and pile the chicken on the celery if liked. A good deal depends on the proportions of salad and fowl used: much more of the one than the other being liked by many, while others equalise them. Hard eggs, and a few sprigs of parsley, with a few slices of lemon and beetroot or cucumber, complete the garnish for a plain dish. (*See* SALAD DRESSINGS, page 703.)

Chicken Salad, Rich. — Required: a chicken salad, mayonnaise, aspic jelly, ham or tongue, &c., as below. Cost, from 5s. to 6s.

Prepare the bird as before, a boned one makes the better dish, and add to the marinade a small quantity of good chicken stock. Make a foundation of any good salad, iced, as asparagus or cucumber (*see* recipes in this chapter); pile the bird on this, keeping it over ice, and pour over some mayonnaise that has been in an ice cave; the chicken being first drained from the oil, &c. Make a border of chopped aspic, pink and green alternately, dividing the heaps with slices of hard egg, or lemon, or both; in the latter case, use them alternately. Put an outer ring of cress, or any plainly-dressed green salad, and lay about it some fancy shapes of lean ham and tongue; some dice or leaves can also be cut from mayonnaise aspic or tomato aspic. The chicken may be in slices or dice.

Another way.—Use any rich dressing instead of mayonnaise, but ice it; and if liked some of the same salad that is put under the chicken can be used with the other materials for the garnish. A chicken salad is in such frequent request, and is so generally liked, that variation in the manner of serving is desirable. (*See* other salads in this chapter, including HANOVER SALAD, and recipes under poultry for further hints on garnishing. The adjuncts are given in GARNISHES.)

See also COLD ENTRÉES for CHICKEN MAYONNAISE IN SHELLS.

Crab Salad.—There are endless ways of making this; a very common and easy one is to reserve the white meat and that of the large claws, and mix all the soft meat with the dressing (which should be sharp) and the salad. The latter may be lettuce and cress, or endive, with a few onions and sliced radishes; the white meat can be dressed and piled in the middle of the salad, and the claws used for the base, with the little claws. Another simple salad is made by using some finely-chopped lettuce, &c., and mixing it with the meat of the crab; this is then put in the shell and served on a folded napkin, the claws and some parsley sufficing for garnish. The dressing can be flavoured with curry, light wine, or pickles. Cost, variable, according to season, and salad used.

For better dishes of the sort, follow any recipes given for lobster, but mix the soft meat of the crab with the dressing when it is used. (*See* CRAB in the chapter on FISH.)

Cray-Fish Salad.—Follow the directions for salads of other shell fish as to the dressing and the arrangement of the materials, and ornament the exterior according to requirement and convenience. For a first-class dish of the sort, use a good proportion of the fish cut up and mixed amongst the salad; then ornament the outer layer of mayonnaise with some cray-fish

butter and the tails of the fish; or proceed as follows for a very ornamental dish:—Take the heart of a lettuce, and mask it thickly with mayonnaise; set this in the centre to stand higher than the rest, then go over it with a second layer of mayonnaise and make it smooth. Place some whole cray-fish round the base of the lettuce as if climbing up it, and put between them some cut lemons and stoned olives. The other part of the dish can be garnished with lemons and olives and a sprinkling of lobster coral; or some green mayonnaise and cray-fish butter. When whole fish are not to be had use the tinned tails and place them as effectively as possible about the lettuce; or large prawns can be used in place of whole fish, and the tails round the edge of the bowl. This looks appetising if well garnished. One handsome fish at the top fastened on with a silver skewer is an improvement. Cucumber Aspic or slices of cucumber may be used with good effect in garnishing this class of salad. A border of pale green aspic, chopped and sprinkled with lobster coral, looks pretty; so does one of the same jelly, cut in rings, overlapping to form a chain; or the latter can be composed of tomato aspic laid on the bed of clear green jelly. If any part of the mayonnaise is coloured red for garnishing the white surface, let the colour be imparted if possible with cray-fish butter. Failing that, use lobster butter.

Note.—The base may be of salad only, and all the fish used for garnishing; or some lobster meat can be mixed amongst the lettuce, &c., for the foundation, when the supply of cray-fish runs short. Either of the thick rich dressings will serve instead of mayonnaise. Cost, variable, according to season and arrangement.

Cucumber Mayonnaise.—*See* the directions for Tomato Mayonnaise, using some cucumber pulp and cucumber vinegar in place of those of the tomato, and enough green colouring to free it from dinginess. The pulp should be from a cooked cucumber, sieved and added when cold. It should be boiled as for ordinary garnishes, and must not be over-done. For all sorts of salads in which cucumbers are used for garnish, this is equally suitable; and is especially good with fish salads.

Another way.—Take some raw grated cucumber, and add as much of it to ordinary mayonnaise as will flavour it pleasantly; but before doing so let it lie after grating for the water to run off, or the sauce will be made thin and will not adhere to anything. This could be used to coat any salad entirely, just as ordinary mayonnaise if liked, and with a garnish of red fish makes a very pretty dish; or with nothing more than hard eggs and some sort of dark green salad the effect is good.

Cucumber Salad.—(*See* Cucumber under Vegetables for the preparation.) If the plan of drawing off the water be favoured, a little salt should be sprinkled on and the cucumber be left between two plates. For an ordinary salad the cucumber is sprinkled with oil first, and tossed about until every part is coated; the slices cannot be too thin; very little pepper and salt are wanted, and the same is true of vinegar; lemon juice is better liked by many. It is a common thing to see people pour vinegar over before oil, but for cultured palates this spoils the dish, as cucumber will absorb a lot of vinegar, and taste in the end like sour pickle. Those who object to oil and use only vinegar, will find the dish nicer by using the best quality and in moderate quantity. This is a salad that is very greatly improved by being placed in a refrigerator or an ice cave for half an hour to an hour before serving.

An iced cucumber mayonnaise is a delicious dish. (*See* Salads Mayonnaise.)

Cucumber Salad with Celery.—This is a nice dish; the cucumber may be about twice the

amount of the celery, or they may be equal. Slice or cut them in dice or strips, and season with oil, &c., as above; then put them on a dish after well blending them, and put round the base a little thick mayonnaise; over this sprinkle some thin shreds of beetroot at the moment of serving. Or the mayonnaise can be put on the top of the cucumber and celery and finished off in the same way, or with a morsel of small cress or chervil in addition. Cost, with one cucumber, about 1s. 3d.

Another way.—Cut the ingredients up as before, and toss them in mayonnaise; make a pile on the dish and put some small blocks of tomato aspic round; or use tomato butter or tomato cream instead. (*See* GARNISHES.)

Dandelion Salad.—Dandelion leaves may be dressed and served separately, or mixed with other green salads, such as lettuce.

Devilled Salad.—Take any game or poultry, or cold meat, cut in even slices, and divide them into neat pieces for serving; the remains of roasted or braised meat are excellent if not too much done. Dip them into GRAVY À LA DIABLE, and cover them for awhile. Or if raw meat be used, it may be grilled and put to soak in the same gravy while hot. When cold, arrange any salad and the meat in alternate layers; a rémoulade dressing (page 702) being used for the salad. Hot pickles and chillies may be used, with any other garnish, for this.

For a simple salad of the sort, cut up any cold meat into dice, and mix it with the salad materials, then add some hot pickles, finely chopped, to the salad dressing. If the meat cannot conveniently be soaked in the gravy above named, a cheap stock highly flavoured with the same ingredients (omitting the claret) will give pungency. This is a good way to use up remnants of cooked vegetables, and rice, &c., may be mixed with them, as the nature of the dressing prevents insipidity, and a very nice dish can be made at small cost. A little curried rice comes in for the purpose. Cost, very variable.

Egg Salad Mayonnaise.—Required: eggs, potted chicken, aspic, mayonnaise, bread, salad, and garnish as below. Cost, for a dish of a dozen eggs, about 3s. 6d.

Boil the eggs hard, cut them through lengthwise, pound half the yolks with potted chicken and a little mayonnaise (*see* STUFFED EGGS, page 598), fill the halves and level them. Take rings of fried bread (three make a good dish) of graduated sizes, and put the eggs round them; the top ring should be quite small; then set one egg upright in the centre of the top ring. Decorate the bread that shows between the eggs with any plain green salad. Put a garnish of chopped aspic round the base, and insert some of the spare yolks here and there; then place another border of salad of one kind or mixed, coat it with mayonnaise, and sieve the rest of the yolks over the top, with here and there a dash of chopped chervil, parsley, or green pickles, or strips of ham or tongue, or other garnish to taste.

Another way.—After filling the halves of eggs, pour liquid aspic over, and place the halves round the bread, alternating the flat and dome sides. Coloured aspic may be chopped and used as garnish.

These dishes are useful and handsome for ball suppers, &c., when a good number have to be provided for. They are satisfying, and not very troublesome or costly. All sorts of potted meats and fish may be used, and there are other ways to arrange materials.

Endive Salad.—This is both wholesome and ornamental. By the aid of very little else besides the plant, a nice dish can be had. A small quantity of cress, celery, and beetroot will form a striking contrast to its crisp, blanched leaves, which may be arranged *en bouquet* in the centre, or be interspersed with the other materials; the former way is very generally approved; the endive is to be divided ready for serving. The

simple oil and vinegar dressings are usually selected for this. For a good-sized, nice-looking dish the following way of arranging the ingredients is recommended:—Put the endive in the middle, some fancy slices of beetroot round it; then some cress; next some hard eggs in slices; then beetroot again; next a fringe of celery, inner stalks and the leaves; or in place of the latter, use the white part only cut in short lengths, and then stick the leafy part in amongst the beetroot, &c. A salad of this description is often sent to table apart from the dressing, which is in a boat or sauce cruet. Cost, 1s. upwards.

Note.—To the number of people who object to endive on account of its toughness, a salad from the cooked plant will be more acceptable.

Endive and Haricot Salad.—Required: beans, milk, endive, oil, vinegar, &c., and garnish as under. Cost, about 6d. for a plain, more for a garnished dish.

For a good-sized salad, boil half a pint of small white haricots in milk, after parboiling them in water (*see* page 576). Take the skins off as neatly as possible, and put them by to get cold. Take a deep glass dish or salad bowl, and put in the centre the heart of some trimmed endive; the beans are to be dressed with chopped parsley and a little powdered thyme; oil and vinegar, salt and pepper, mignonette and cayenne are best; put them round the endive with a few slices of beetroot to divide them. Just as it is, this is very pretty, but it can be further ornamented by the aid of chopped truffle, or some coloured mayonnaise dotted about the beans, or they may be entirely masked with white mayonnaise and garnished with coloured, for a rich dish.

Another variety of this consists of alternate rows of white and green beans round the endive, beginning with the white; the beans are to be plainly dressed, and garnished with some slices of hard-boiled eggs, minus the whites; the latter are to be put in rings about the green beans, which should first be tossed in a little green mayonnaise.

Endive and Potato Salad.—Cut some cooked potatoes in dice while warm, and dress them with a little oil and flavoured vinegar, a few drops of anchovy essence, a dust of cayenne and mignonette pepper with a very little salt. Put them in a cold place for a few hours. Place a head of endive as above directed; let it be compact in shape, then put a row of chopped beetroot between it and the potatoes; sprinkle over the latter a small onion, finely chopped, and a hint of tarragon and chervil. Or in place of the last named, some parsley and thyme. (*See* Potato Salads.) Cost, 6d. to 8d. for a moderate-sized dish.

French Beans Salad, Superior.—This mode of preparing a salad of beans is recommended by an authority. After the beans have been boiled as usual they are to be plunged in cold water and left for half an hour. Then dress them with vinegar and cover for an hour; drain this off and add chopped tarragon, and a sprinkling of oil and some mignonette pepper, and salt. Set the salad in an ice cave before serving. The vinegar used is to be the best French, with a suspicion of tarragon or shalot. To make this more ornamental, strew sieved egg yolk on the centre of the beans, and make a border with the chopped whites, with here and there a leaf of chervil. Cost, about 8d. for a dish from a pound of beans.

For a plain salad dress like the lettuce in the recipe below.

Fish and Egg Salad.—Required: seven eggs, some shell fish, white fish, salad, and dressing as below. Cost, about 1s. 9d.

Boil and cut the eggs in halves lengthwise, and remove the yolks. Cover a flat dish with watercress or lettuce, plainly dressed with oil, &c. (*see* pages 718 and 737). Form an

outer edge with the yolks of the eggs and little piles of picked shrimps alternately. Make a mince of white fish (cooked), moisten with any approved salad dressing (*see* pages 701 to 705), and fill the whites with it. Pile up in the middle of the salad and relieve the white by a sprinkling of chopped parsley or lobster coral, or put a shrimp in the centre of each half. Prawns can be used thus, or portions of lobster and other fish.

NOTE.—When shell-fish is objected to, substitute little piles of beetroot or other bright salad for the shrimps. In other respects proceed as above. For a more elaborate dish aspic may be used as an outer garnish, and a dressed salad may form the foundation, but it should be coated with a plain green one, on which to rest the halves of egg. Turbot, sole, or whiting may be selected for a rich dish; plaice, fresh haddock, &c., for a plain one. Dried haddock, mixed with one of the most piquant of the dressings, makes a good salad of this kind.

Flageolet Salad.—Take a tin of flageolets (*see* page 680), drain them from their liquor, and dry them carefully in a soft cloth. Rub the salad bowl or dish with garlic; season the beans with mignonette pepper, oil and salt, then add French or tarragon vinegar or the two mixed; chopped parsley is generally added, but a plain salad is very nice. The beans are handy for mixing with carrots, turnips, peas, &c., for a macédoine; or they may be used to garnish a salad of beetroot or tomatoes with good effect. Broad beans salad can be made just in the same way by using young beans, and freeing them from their outer skins. A salad of old beans is not worth the trouble of preparing. Cost, about 1s. 3d. Haricot beans (dried ones) can be converted into a salad in the above way; a small proportion of onion is generally thought an improvement.

French Lettuce Salad.—Take the lettuce, prepared as directed for LETTUCE SALAD, and for four small ones allow about four tablespoonfuls of oil, and half a tablespoonful, or from that to a tablespoonful of French vinegar, a saltspoonful or a trifle more of salt, and about as much mignonette pepper, or rather less of ordinary pepper; the first named is better in cases where the fine pepper causes throat irritation; indeed it is generally considered best for a salad of this sort; it should be sprinkled over in the dry state; but the fine pepper is better mixed in the oil with the salt. A tablespoonful of oil should be blended with the salt and put over first, then the rest of the oil by degrees; the salad is then to be most thoroughly but lightly mixed before the vinegar is put on; it is only by giving the lettuce a preliminary coating in every part that freedom from acidity is secured. After sprinkling the vinegar over, the salad wants a final toss. To complete it and give it the matchless flavour of a true French salad a dash of tarragon is wanted; but it must be a small quantity only, and the bits cannot be too small. (*See* TARRAGON, page 656.) This is to be sprinkled over, and the salad served at once. If the fresh leaves are not to be had, a little tarragon vinegar must be used, but it is but a poor substitute. Hard-boiled eggs are sometimes used for the garnishing of lettuce salads. Cost, varies with the season; about 6d. to 8d.

Another way.—Instead of using tarragon only for the seasoning, a mixture of that with chervil, and a small spring onion may be used; all should be as small as possible; some mustard and cress can also be added, about a tablespoonful to four lettuces. Nasturtium flowers and a few of their leaves shredded and put in the salad, give another variety. The flowers are to be put on last thing, as garnish only.

French Vinaigrette.—The meat left over from the POT-AU-FEU is frequently used for a dish of a plain kind, but it is prepared with the same care as would be bestowed upon more

costly materials. The meat is to be thinly shredded, and mixed with a few cooked potatoes and haricot beans, then dressed with a mixture similar to the above, and allowed to stand a few hours, that the meat may be freshened up and made piquant by the herbs, &c. Last thing, a little more oil and vinegar are poured over, and very often some such salad as is detailed above goes to table at the same time. Or, if to the vinaigrette a few cooked French beans, or some cauliflower sprigs, or green peas are added, the dish is improved, and a green salad is more easily dispensed with; or perhaps a plain one is put about the meat, &c., by way of garnish; this may be bunches of cress and a few slices of beetroot. Cost, about 6d. for a small dish.

Fruit Salads.—(*See* the chapter on FRUIT.)

Game Salads. — (*See* GROUSE, PARTRIDGE, AND PHEASANT SALADS.)

Garlic in Salads.—(*See* GARLIC, page 627.) The use of this is entirely a matter of taste; some can scarcely stay in a room with a salad that has been flavoured with garlic; while many epicures would consider a number of salads quite incomplete without the addition. Indeed, many persons not only find garlic more agreeable than onions, but assert that in their individual cases there is less after-unpleasantness. There are two ways of using garlic, and the point must first be cut off the bead. The dish is then rubbed over with it; or a crust of bread is touched with it. See that it *is* a crust; soft bread will break and bits will be left in the salad, which is not desirable. Now put the bread in the salad, and toss all together for a few seconds, then take the bread out, and for those who like garlic, the flavour will be all that can be desired.

Green Haricot Salad.—Dried green haricots may be boiled and dressed when cold, just as the flageolets of page 714.

Green Pea Salad.—Peas are more often served in a macédoine of vegetables than singly; but they are very nice alone, and need but a plain dressing; they may also be mixed with asparagus points, or the tender stalk part of asparagus, after it has been boiled and cut into short, even lengths. Peas form a good garnish to beetroot or other salads, with which they will contrast in colour.

Green Salad à la Chicago.—Cut up some cucumber into thin slices, then into strips, and season with a little white sugar and lemon juice, and serve with a border of cress that has been dressed with vinegar, oil, &c., in the usual manner.

Grouse Salad à la Soyer.—Required: grouse, eggs, salad, dressing, and garnish as below. Cost, 2s., or more, exclusive of the birds.

It is said that on one occasion, when several gentlemen had betted largely on the abilities of certain *chefs de cuisine*, M. Soyer was universally acknowledged to have won the palm in consequence of the superiority of a salad, made very much like the following: Lay a thin border of butter, about half an inch from the edge of the dish on which the salad is to be served. Put inside this, and on the bottom of the dish, a deep bed of finely-shredded lettuce. Arrange over this, very neatly, the joints of a brace of grouse, rather under-dressed than otherwise. Make a dressing, by mixing together two tablespoonfuls of finely minced shalots, two of chopped tarragon and chervil, a teaspoonful of salt, half a teaspoonful of pepper, two teaspoonfuls of pounded sugar, and the yolks of two eggs. Add gradually, at first a few drops at a time, twelve tablespoonfuls of oil, and four of chilli vinegar, putting one of vinegar after every three of oil, and beat with a wooden spoon until the sauce is smooth and of the proper consistence. Keep it in a cool place, or on ice, if possible, until wanted. To garnish the dish, take half a dozen hard-boiled eggs;

cut them in four, lengthwise, and take a little piece off the end, to make them stand upright; stick them on the butter round the salad, the yellow part outwards, with gherkins and beetroot cut into slices, and stamped into shapes between the pieces of egg. Pour the sauce over the dressing, and serve.

Grouse Salad, Plain. — Required: grouse, lettuce, eggs, salad, and dressing as below. Cost, about 1s. 4d., exclusive of the grouse, for a salad sufficient for one bird.

Cut up some cooked grouse into joints or slices, and arrange them on a bed of plainly-dressed lettuce; put a border of cress and hard-boiled eggs round, alternating them. Prepare a dressing, rémoulade or any other, but first sprinkle the game with a small quantity of chopped shalots, and a few drops of tarragon vinegar. Pour the sauce over, and serve. There must be enough sauce to moisten the lettuce as well as the game.

In our opinion, a pinch of sugar improves the lettuce for game salads generally.

Hanover Salad. — Required: part of a fowl, or a whole chicken, dressing, salad, and adjuncts as below. Cost, about 3s. 6d. to 4s., when poultry is in full season.

There are many more expensive, but few nicer salads than this. Take a fowl that has been boned and stuffed, then braised or boiled (*see* recipes under POULTRY). When cold, cut from it some thin round slices, and cut them into four, thus forming triangular pieces. Supposing part of a fowl, or one small chicken to be used in this way, make a sauce by putting in a bowl the grated rind of half a fresh lemon, free from a particle of the white pith, or the dish will be spoilt. Add a tablespoonful of scalded and chopped parsley, the juice of the lemon, and a drop of essence of nutmeg, and the same of thyme. Then put in a saltspoonful each of celery salt, French mustard, anchovy essence, and chopped and pounded shalot. Work the whole together, then add a gill of cream that has been whipped to a froth; it must be very lightly but thoroughly mixed in. In the middle of a dish pile a salad composed of lettuce, cress, and chopped cucumber and beetroot, all cut up and seasoned with oil and vinegar, and a *soupçon* of grated lemon rind, parsley, and lemon juice; with salt and mignonette pepper. Half the pieces of fowl should be incorporated with the salad. Now spread over it the dressing, which will separate a little, but the thick will remain at the top, and the thin run amongst the salad; then place the other pieces of fowl round the base, points up, and in between them stick coloured aspic of the same shape, and lemon and beetroot with cucumber, all cut similarly. Have some cooked and sieved poultry livers, with some finely-chopped ham, lean only; strew these over the surface of the sauce, and serve at once. To have this in perfection it must be made in a cool place, and be sent to table as soon as the sauce is made, all the requisite ingredients for the garnishing being in readiness.

Hop Salad. — (*See* DANDELION SALAD.) The same remark applies; the young leaves only are to be used.

Hungarian Salad.—Required: vegetables, dressing, and garnish. Cost, about 1s., but variable.

The speciality of this is the sauce, which is of a mayonnaise character, but cooked before using; and it requires great care. For the salad, put any sort of cooked vegetables in a dish; the greater variety the better; they may be in fancy shapes, or simply divided for convenient serving. Season them a little, and just sprinkle with oil and lemon juice. For a pint of vegetables allow about a gill of sauce. The following proportions must be observed:—The yolks of three raw eggs, a tablespoonful of vinegar, the same of any pale meat stock, or water will do, a pinch of salt and pepper, and two tablespoonfuls of oil. The whole of the ingredients, except the oil, are put in a copper saucepan; this is set

in another containing hot water; then the sauce is stirred until thick; the water in the lower pan should only reach simmering point, therefore the fire must be slow. As soon as taken from the fire, the pan is to be set in another one of cold water, and the stirring continued until the sauce is quite cold. The oil is then added drop by drop. After pouring over the vegetables, smooth the surface, and garnish according to the materials at hand, and then serve at once, or set on ice until wanted. A sprinkling of hard egg-yolk, and any chopped green herbs, will make a pretty garnish if put on in stripes, or a pattern of any kind.

Iced Salads.—For a salad that is to be dressed with oil and vinegar, simply set the dish of salad on ice for a time, then dress, and serve at once. Do not put the oil on before placing on the ice. If the salad is to be mixed with mayonnaise, or other rich dressing, each should be set on ice separately, before incorporation. When both are quite cold, the mixing is to take place. The same method should be followed for a salad of dressed vegetables as well as for a raw one. The dressing may be put in the cave for a short time, the salad being set on ice meanwhile; but care must be taken not to leave it long enough to freeze and stiffen it. Moulded salads, whether in aspic or any other medium, if to turn out firmly, are best put in the cave. An ordinary salad may be kept very cool in a refrigerator. The difference in a cave and a refrigerator (with other hints useful in this connection) is explained under Ices. In many cases, if the salad itself has been kept in a cold place, and the dressing mixed over ice, nothing further is required. (*See* also American Celery Salad.)

Leek Salad.—This particular salad is a very old-fashioned one; it is made by boiling leeks in meat gravy, and letting them cool, then seasoning them with chopped parsley and borage, salt and pepper, and a mixture of vinegar, oil, and honey; and sometimes lettuce, with fennel or chervil entered into the dish. Another favourite one was a mixture of leeks and fowls' livers, with pickled cucumber, and parsley, seasoned with oil and vinegar, and spice in addition to the ordinary condiments. Here is a leek salad of a more modern kind. Boil and leave the leeks until cold, then slice the white part with a little of the tender green, and sprinkle with a little chopped raw celery and pickled gherkins; mix, and season to taste with oil and vinegar, salt and pepper. Some pickled beetroot or cabbage is a good garnish, and small cress and mustard are an improvement. Cost, for a small dish, about 6d.

Lentil Salad.—Take some boiled split lentils, and let them get quite cold. They must be drained with care, and should be mixed with about a fourth their weight of cooked onions or celery, or the two mixed; a pile should then be made in the middle of a dish, and some chopped beetroot be put round it. If a salad of cooked materials entirely be desired, this can be served as it is, but for many it will be greatly improved by the addition of a few radishes or little bunches of mustard and cress, to give crispness and flavour. Or the lentils only need be boiled, and these without the beetroot, with some spring onions or morsels of raw celery, or the other materials named, will give a good wholesome salad of a plain sort, that will be best appreciated, however, by non-flesh eaters. Either of the plain dressings can be used; a piquant one should be chosen. Cost, about 4d., for a dish of half a pound of lentils.

For superior salads, use green lentils, and follow the directions given for green haricots, beans, or peas. A mixture of broad beans and lentils makes a nice salad.

Lettuce Salads.—Lettuces which are to be used for salads should be fresh and young. The thick bitter stalk should be cut off, and the outer and decayed leaves removed. The great

secret in preparing lettuce for salad is to have it quite dry. In order to insure this, look the leaves over carefully. In all probability the white, tender leaves at the heart of the plant will be entirely free from insects and grit. When this is the case, do not plunge them into water, as it only spoils the flavour. Any leaves, however, about which there is the slightest doubt must be scrupulously washed in two or three waters. Then proceed as directed on page 699. The French are careful to break the lettuces with the fingers, instead of cutting them, as they maintain that contact with steel spoils the flavour of the salad.

For the dressing, *see* FRENCH LETTUCE SALAD; or add a little mustard to the salt and pepper in the spoon, together with a pinch of white sugar, using oil and vinegar in proportions to suit the taste; the vinegar is preferred in excess of the oil by some persons. When a thick dressing is liked, a selection can be made from those on p. 70.

Little Ham Salads. — Required: ham-creams, salad, and garnish, and other adjuncts as undermentioned. Cost, about 2s. for a dozen hams. Total cost, variable.

First prepare some little ham-creams, for which moulds, as shown, are required. They are small enough to be served one to each person. They are to be carefully buttered that they may turn out a good shape, then proceed as follows:—Take some white meat, prepared just as if for quenelles; it may be either of veal or poultry as convenient. Line the moulds with this, using the back of a small spoon dipped in warm water, to press it into shape. Then take some potted ham mixture (*see* POTTED MEATS), and colour it a pretty pink; fill up the moulds with it, so as to imitate the lean of the ham when cut. Smooth the surface, and either poach the hams like quenelles, or cook them in a potato steamer with a buttered paper over for about half an hour. Turn out on a cloth, and set by to cool. When perfectly cold brush them over with a little thin glaze or liquid aspic, and sprinkle them with fine pale raspings. The imitation of a ham is then very perfect. There are a number of ways of arranging these with good effect. They may be set up round a border of aspic, plain or decorated with leaves of chervil or cress, and the centre may be filled up with a vegetable or a raw salad, either plain or a mayonnaise. If of the latter kind, and the top is garnished with a few spots of coloured mayonnaise, the effect is

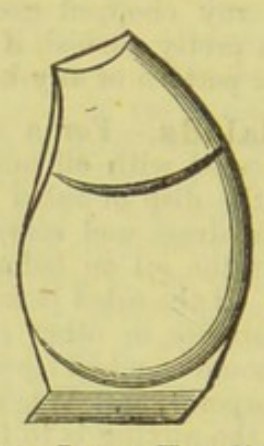


FIG. 114.—LITTLE HAM MOULDS.

very good. A very pretty way of serving is to dish the hams on a border of tomato aspic, and fill the middle with lettuce or cucumber. Eggs are suitably added, either as garnish to the base of the border, or mixed in the centre salad. Here is a simple method of dishing. Take some slices of beetroot, the shape of the hams but a trifle larger, lay a ham on each, and put them in a circle on a bed of plain green salad, with a little mound of beetroot salad in the middle. Let the green show between the beetroot.

NOTE.—Egg butter or green butter, given in GARNISHES, may be used for piping the little hams when more elaborate salads are wanted. The little moulds will be found very useful for various savoury dishes other than salads.

Lobster Salad.—For a plain dish, take a tinned lobster, divide it, and mix in either of the dressings on

page 701. Put it in a dish, and put a plain lettuce, or watercress, or cucumber salad round. If any nice claws are in the tin, use them outside the salad, with some sliced eggs for garnishing; but broken claws are better cut up with the rest; then some beetroot answers with the eggs. Cost, from 2s.

Another way.—Mix the lobster and salad, or put them in alternate layers in the dish or bowl, with any dressing preferred; a good dish is obtained by using a rémoulade; garnish with an outer ring of sliced cucumber, and another of eggs. Whipped cream is sometimes mixed with lobster coral, and used for garnishing the dish, and the effect is very pretty. Coloured mayonnaise answers. When an elaborate salad is wanted, the directions for Lobster Salad Mayonnaise should be followed, using a rich cream dressing instead of mayonnaise, arranging the dish tastily according to the materials at command.

Lobster Salad Mayonnaise.—Required: lobster, mayonnaise, garnish, and other adjuncts as detailed below. Cost varies much, according to season and the nature of the garnish, from 3s. or 4s. to 5s. or 6s., or more.

Take some small, compact little lettuces, and form a mound with them on a dish; cut up the white meat and some of the claws of a large lobster, and mix with some shredded lettuce; lay lettuce leaves over and mask with mayonnaise. The lettuces for the mound should be freed from the outer leaves, and the hearts only used. Then garnish the top with the best claws of the lobster, some olives, and gherkin shreds, cut lemon sprinkled with egg yolk, and any nice pieces of the red meat of the lobster. The base is to be ornamented with cress or shredded lettuce, white of hard eggs, rounds of aspic sprinkled with sieved yolk, more lobster meat and gherkin. (*See* Coloured Plate, No. 7.) If liked, the lemon can be sprinkled with chopped truffle or lobster coral, or chopped capers or parsley instead of egg yolk. It should be spread with mayonnaise first, and the yellow rind should stand out distinctly unmasked. It will be noticed that this salad mayonnaise differs from the following by reason of the greater portion of the lobster meat showing, whereas in many salads it is hidden. It is, of course, a matter of taste which method is followed, but this is useful if the other dishes that may be prepared at the same time lack colour. And it is more quickly prepared, as less garnish is required; for example, the sauce needs no sprinkling with anything. Take care to add to it a little aspic that is on the point of setting, if to stand long in a warm room, or it will become messy-looking. Also make a firm foundation for the insertion of the lobster claws. The top large one can be fastened into a lettuce by means of a skewer, which should not be visible. A wooden one is best. (*See* below for the mode of "Masking.")

Another way.—Take some lettuce leaves, and shred them or not according to taste, but make them into a pile of a good shape on a dish, a flat silver one, if such be handy, or a shallow one of glass; a bowl may be used, as it is still preferred by many people. If liked, a mixture of lettuce and cucumber, or lettuce and cress, with or without beetroot, can be used. The entire meat of the lobster can be cut up and added in layers with the rest, or some can be reserved for the top layer. After the pile is complete, before adding the mayonnaise, take some lettuce leaves, just one or two, and spread them on the top to make a smooth surface for the mayonnaise, which is best put on with a paper knife, or palette knife. There is now a creamy white foundation that can be finished off in any number of ways. It is well to give some consideration to any other dishes that are to be served with the salad; for example, should there be another fish salad, sameness may easily be avoided by the exercise of forethought. If lobster coral or lobster butter be employed, we think it well

to avoid beetroot, but this is a matter of opinion, and beetroot is such a favourite adjunct to this salad that many would think it almost incomplete without it. Slices of cucumber round the base look well, and intermixed with them, or forming another ring, may be eggs in quarters or slices, blocks of aspic, fillets of anchovy, and, if obtainable, prawns, shrimps, or crayfish tails; or either of these little fish look very pretty in a pattern on the mayonnaise, especially with strips of gherkin, or chopped parsley or truffles. A dish of this kind is very much improved by a lettuce heart that has been masked with thick mayonnaise, and sprinkled with lobster coral. This should be fastened on with a strong wooden skewer; it can be further surmounted with an olive, or a truffle, if either have been used in the decoration of the base; or the lettuce can be entirely coated with the sieved yolk of a hard-boiled egg. The latter is a most effective and cheap ornament. Stripes of any materials at command are also formed on the white surface; truffles and pickled gherkins are often used; they are shredded and stuck in, very much as almonds are stuck into a tipsy cake. But the methods of decoration are well-nigh endless, and no two people would turn out a lobster salad mayonnaise exactly alike. Of the mayonnaise itself that on page 111 forms the foundation, but for most people it is improved by a few drops of anchovy or shrimp essence, and by some a little strong fish stock is considered indispensable, or a spoonful of fish aspic; the latter adds to the flavour, and keeps it from running if it has to stand. The colder this is the nicer, and it is a good plan to have in reserve a little mayonnaise, which may be put on to freshen up the salad after it has been cut.

Note.—If the lettuce leaves are each coated with mayonnaise before piling them up, a much better dish is obtained. This principle may be carried out when thick dressing of other kinds is employed, the leaves being either drawn through the dressing, or spread with it as the pile proceeds. When the dressing is thin it runs into the salad of itself.

Mixed Salad.—Bake a large potato, and sieve it while hot; sieve an equal bulk of tomato; chop as much beetroot and add to the rest; spread them on a dish, then put over a gill of chopped raw onion and cooked cauliflower mixed, or break the cauliflower into sprigs. Toss the whole together, and blend with them some shredded lettuce—one large one will do—and a little watercress and tarragon. If the latter is not at hand add some tarragon vinegar to the dressing. This should consist of simple materials, as given in Salad Dressings, page 701. Let the vegetables cool before adding the rest, and if a floury potato is not to be had use some boiled rice. Cost, 4d., or more, without the dressing.

Another way.—Take a head of boiled endive and a head of celery, raw or cooked as preferred, and as much beetroot as may be liked—about half the bulk of the other ingredients makes a good mixture. When all are cut up mix them, and season with a sprinkling of mustard and cress, or other salad herbs, and send a dressing to table, or the contents of the cruet will suffice. Cost, 9d., or more, without dressing.

Another way.—Take some boiled Spanish onions, with an equal bulk of cooked celery, cut both up and mix, then pile in the middle of a dish, and dress plainly with oil, &c., then put some triangles of beetroot round; outside them put a row of mustard and cress, or some sorrel or dandelion leaves, or nasturtium leaves. This is wholesome and cheap and very palatable. Cost, variable.

Mock Crab Salad.—To make the "mock crab," which is a very nice relish and may be used in other ways, take a piece of soft rich cheese—four to six ounces will make a small salad. Take a strong fork and mash it up with a little mustard, salt, pepper, and

cayenne. It should be of the consistence of butter; then put in some vinegar, a few drops only, or for a piquant dish use a teaspoonful. A dash of hot store sauce is by some considered an improvement. One of the best ways of introducing the mixture into the salad is to take a few ounces of any cooked white fish of the ordinary sort, plaice or fresh haddock, for instance, and to flake it. Spread the flakes with a good layer of the "crab," so that they are covered; then mix them in with any plain green salad that is seasoned with a little oil and vinegar and a dash of mignonette pepper. Another way of serving is to pile up the flaked fish in the centre of a bed of cress or shredded lettuce. For more dainty ways *see* the recipes for other fish salads. A few shrimps add little to the cost and much to the flavour. The same remark applies to anchovy in the crab mixture. Cost, 9d., or more, on an average.

Mock Dutch Salad.—Those who object to the raw fish, which is considered indispensable in a Dutch salad proper, may make an excellent imitation as follows:—Take some kippered herrings that have been cooked so as not to make them hard and dry, and divide them by means of two forks into little pieces; a proportion of cooked haddock can be used with them if liked. Mix with dressed lettuce or other green meat, and see that the ingredients are well blended.

Mutton Salad.—Required: cold meat, salad, dressing, &c., as below. Cost, for a plain dish of half a pound or so of meat, about 1s.

What to do with the cold mutton is a question easily answered. The smallest pieces are readily converted into a tasty salad, and nice slices will make quite a "company" dish. Take the meat from the bone of a roast, and cut it up, or chop it if necessary; see that it is free from fat and gristle, then no matter how small. Take a salad of green meat of any kind, and mix in the meat; the proportions are a matter of convenience; pile this on a dish and dress with oil and vinegar and a little seasoning, or use one of the dressings on page 701. Mint leaves can be chopped up and put in the salad, or some whole ones can be used for garnishing. For a better salad, cut the meat in dice for mixing with the salad itself, and let there be a few slices to lay about the dish. The dressing may be as above, or a Rémoulade is excellent. Or mint sauce can be used in place of vinegar to flavour either of the cream dressings. Tomatoes, little piles of currant jelly, various sweet pickles, capers, and many other ingredients will improve the salad or serve for garnish. Sliced pickled gherkins are very good when a piquant salad is liked. The dish is much improved if the meat be laid in a marinade of oil and flavoured vinegar before making the salad. Pickled nasturtiums and some nasturtium leaves are handy for this and lamb salad.

For a very superior salad, after mixing the meat, &c., all together, and seasoning it, pile it up, and mask with Mayonnaise, then put tiny heaps of currant or tomato jelly in a design about it, together with a little green mayonnaise that has been flavoured with mint. Some chopped mint leaves should be sprinkled about the surface of the sauce, and some whole ones put round the base. Aspic can be used if liked.

Nasturtium Salad.—Nasturtium leaves can either be used whole, alone, or with other leaves for a salad; a mixture of nasturtium with lettuce and celery is pleasant, or any green salad of the mixed variety may have some of the leaves broken up into small pieces, mixed amongst it. Pickled nasturtiums are often used in vegetable salads; they give a pleasant flavour. They should be cut up, and a little of their vinegar put in the dressing. The flowers of the nasturtium, put as a border to any green salad, look very nice, and may be used whether the leaves enter into the salad or not.

Okra Salad.—(*See* OKRA, p. 634.) Drain the contents of a tin from their liquor in a sieve, then put the okra in a dish, and either pour a dressing over it or send one to table with it. The kind to use depends upon taste; those who like the flavour of okra will probably prefer the simple oil and vinegar dressing, as given for lettuce, watercress, &c.; others consider that piquancy should be given by means of a sharp dressing; while some prefer a salad of okra and some other green meat. Sprigs of cress, endive, young onions, and radishes may be mixed with it. The taste for okra is an acquired one. Cost, from 1s. 3d. to 1s. 6d., on an average.

Another way.—Put a bed of potato salad or haricot beans salad on a dish, and pile the okra on the top; sprinkle mustard and cress over, and dress with oil and tarragon vinegar, salt and pepper, and a little horse-radish vinegar; or instead of the latter some shredded horse-radish. This is an agreeable salad.

Oyster Salad.—Required: oysters, aspic, salad, mayonnaise, &c., as under. Cost, about 4d. per "case," on an average.

Take some raw natives and beard them; season them with a few drops of lemon juice and a pinch of cayenne. Take some paper or china cases, and put at the bottom a little bed of dressed lettuce and cress. Cut the oysters in two and put a couple in each case; then take two parts of mayonnaise to one of fish aspic that is on the point of setting, and whip them together; add a little of the strained oyster liquor, and pour a good coating of the mixture over the oysters, then put by on ice for a short time. At the moment of serving add a little pile of chopped aspic that has been mixed with half its measure of oyster liquor, and the sieved yolk of a hard egg and a teaspoonful of lemon juice and anchovy essence mixed, to each quarter pint. By pouring it into a shallow tin and setting it on ice it will soon "set," and can be got ready while the prepared oysters are cooling. This is a novel and very nice salad that will be appreciated at ball suppers, and on other occasions when a variety of dishes are in request.

Another way.—Make a salad mayonnaise of any desired kind; put some small bearded oysters on rounds of fish aspic; mask each with mayonnaise, after seasoning with lemon juice and cayenne, and lay them round the base, reserving one for the top. Have some chopped oysters mixed with mayonnaise that has been coloured green; put a small heap of this on each whole oyster, and place a shrimp between. No other garnish is necessary.

Partridge Salad Mayonnaise.—Required: a brace of birds, mayonnaise and cream dressing, salad and garnish as below. Cost, about 2s. 6d., exclusive of the partridges.

Take the best joints from a brace of roast birds, and season them with a little cayenne or coralline pepper, then make a mound of them, and pour over some rich cream dressing, just to moisten (No. 5, page 703, is suitable); a little anchovy essence should be added. Mask the surface with mayonnaise, some of which should be coloured; and ornament it tastefully with the halves of some hard eggs, from which the whites have been taken, and the vacant places filled, some with anchovy butter and some with green butter (*see* GARNISHES). The yolks are also to be used. They look nice placed between the whites. At the base put some small lettuce, whole and plainly dressed, with tufts of celery in between, and form an outer ring with slices of lemon and beetroot. This is a dish that will be generally acceptable. (*See* next recipe for another mode of serving.)

Pheasant Salad Mayonnaise.—Required: pheasant, salad, game or poultry livers, mayonnaise, &c., as below. Cost, varies with the season and the garnish, but the dish is not a cheap one.

This looks nice in scallop shells. Take as many as may be required according to the number of guests; the china or plated may be used, but the latter look nicer; put at the bottom of each a little green salad, and moisten it with a rich cream dressing or with mayonnaise. Cut up some cold pheasant into strips or dice, and add about half its bulk of hard egg, chopped roughly. Put these next, then cover with more salad and sauce. Have some cooked game or poultry livers, and pass them through a sieve; sprinkle the surface with this, and some sieved yolk of egg, or the chopped whites and a little parsley can be used. Before this is put on, the sauce used for the last layer of salad should be made smooth; the mixture may be as high as the shells permit, so that a level surface is made for the garnish. There are other ways of finishing these off; one is to use a coating of tomato mayonnaise (page 735) for the last layer; this needs little further garnishing; a spot of white mayonnaise or a little bunch of egg white in the middle will suffice; or a morsel of chopped aspic is pretty, with a sprig of chervil or cress in the centre. A tiny bunch of celery leaves, or a pile of cucumber give further variety, and it is not necessary that all be ornamented alike. Celery salad can be used for the bottoms of the cases if preferred, as it eats well with game. (*See* the preceding recipe for another way of serving.)

Plovers' Egg Salad.—Plover eggs are used in various ways for salads. They may be cut up into quarters, and put about the dish as garnish; or they may be piled up in a border of aspic jelly, and a salad mayonnaise served with them; or a salad mayonnaise may be put in a border of aspic, and the eggs laid on the border.

There is another way. Take an egg border mould as shown below, and line it with aspic jelly (*see* GARNISHES). It may be quite plain, or decorated with truffles in fancy shapes, or with leaves of chervil, or other green salad. When set, turn out, and then put the boiled eggs in the hollows in the mould. A good salad should be put in the centre: one

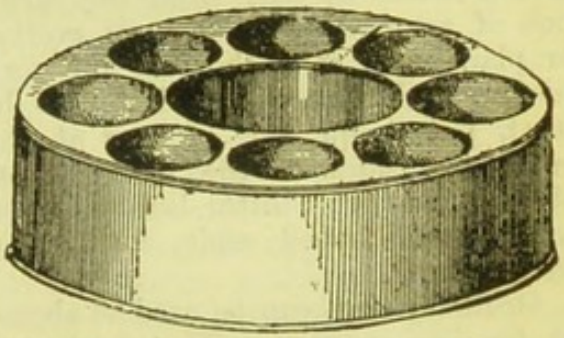


FIG. 115.—PLOVERS' EGG BORDER MOULD.

of cucumber, or asparagus, iced, is excellent. Cost, and modes of arrangement, very variable.

Plovers' Egg Salad à la Chartreuse. — Required: plovers' eggs, aspic jelly, ham, chicken, salad, mayonnaise, chervil, truffles, &c., and garnish as below. Cost, variable, from 5s. or 6s., upwards. (*See* PLOVERS' EGGS, page 600.)

Take a plain Charlotte mould, and line it with pale aspic jelly; cut some plovers' eggs in slices (they should be boiled quite hard); take the largest centre slices, and put them in a ring, overlapping, at the bottom of the mould, with a star-shaped slice of truffle in the centre; put a row of chervil leaves in between. Go on with alternate rows of egg slices and chervil, until within an inch of the edge of the mould, remembering that each row of sliced eggs should overlap in the contrary direction to the one preceding it. That is, first work from right to left, then from left to right. The last row in the mould should be of small stars of truffle; thus, when turned out, there will be truffle at bottom and top, and a very artistic dish is the result. Now cut up any egg that is left, and add about as much chicken and ham in dice; then mix with any nice salad mayonnaise—one of macédoines for choice. Lay a thin slice of lean

ham to fit the mould, then put in the salad, &c.; lay another layer of sliced ham on, make it quite even; then coat with a thin layer of aspic. Set the mould in an ice cave for half an hour or so. Turn it out on to a border, so that it stands up well from the dish; one of macédoines in aspic is pretty, or plain aspic will show it up very nicely. Supposing the latter to be used, put a quarter of egg at the ends and sides of the dish; these should rest in a little bed of green salad; or chopped aspic, with green salad round.

Ordinary eggs can be used as above, at far less expense. The chartreuse answers excellently for a ball supper, or any festive occasion. (*See* CHARTREUSE OF CHICKEN, Coloured Plate No. 3.)

NOTE.—By putting the slices of ham at the bottom of the mould (and slices of chicken would answer equally well), there is a firm foundation, and there is no necessity to mix aspic *in* the mayonnaise used for the filling. But if the chartreuse has to stand long in a warm room, it is safer to turn it out on to a *mould* of aspic than on a *border*. Any plain mould does, and it should be a little larger than the chartreuse, and the depth of an ordinary border. If served as an entrée, a border answers, as the dish is soon cut, and probably soon consumed. The garnish must be set with aspic.

Portable Salad.—A very good snack for travellers, or which will be found useful at picnics and other out-door gatherings, is thus obtained:—Have some good-sized rolls made, milk bread or any other with a soft crust—but the rolls are nicer if rasped. (*See* the chapter on BREAD.) Let the bread be a couple of days old, then cut the rolls through lengthwise, and scoop out most of the crumb as neatly as possible. Put a layer of any nice fish on each side next the bread; follow either of the recipes for fish salads, or use potted fish; then fill the centre with a salad that will blend with the fish. Let it be crisp, and dressed last thing before putting it in the rolls. A salad mayonnaise can be used, or quite a plainly dressed one. Close the two halves, and press together, then wrap up, and when the meal is wanted cut the roll in slices with a sharp knife. The bread can be buttered, or some mayonnaise can form the first layer; all sorts of variations are permissible, when the principle is understood. There are perhaps few nicer salads of this kind than one of spiced or smoked salmon, and a mixture of lettuce, cress, and cucumber. Sardines and herrings furnish other piquant salads. If preferred, use small rolls, and allow one for each person. A very nice but homely salad of the sort is composed of a mixture of green salad, grated cheese, or cheese paste, and some hard-boiled eggs; or the latter alone, with the cress or other salad material, will give a very appreciable morsel.

POTTED MEATS of all sorts can be blended with salad, and used in this manner; or layers of sliced sausages and salad will be satisfactory.

Polish Salad.—There are a number of these salads which will be new to some; a simply made and very nice one is composed of roast meat, game, or poultry, or the three mixed; this is liberally seasoned with mustard, chopped chives, salt and pepper; enough oil and vinegar in equal parts is then poured over to moisten and the whole tossed well together. For a pound of meat about three eggs are required; these are boiled for three or four minutes as if for table; the soft yolks are then blended with the meat, &c., and the whites are cut in strips or dice, and used for garnishing; some seasoned lettuce and endive with any other green salad is then put round or mixed with the rest. This may be recommended to those with whom a salad containing hard eggs does not agree. Cost, from 1s. 6d. upwards.

Potato Salad.—New potatoes make a good salad. Pick out the smallest, and serve them whole, or

cut larger ones. Boil carefully to prevent breaking if whole ones, and season with parsley or chopped onion, or rub the bowl with garlic. Some slices of pickled gherkin, or some olives can be used for garnish; or the salad served plain. An oil and vinegar dressing is generally liked. (*See* WATERCRESS.)

Another way.—While the potatoes are warm squeeze the juice of half a lemon over a pound. When cold add oil, with a little more lemon juice, and a tablespoonful of tarragon vinegar to four of oil. Put a few sprigs of chervil about the salad, also some shredded tarragon leaves if handy.

A dish of the sort, made by adding French mustard, in addition to oil and vinegar, with a dash of lime juice, and some clear-chopped pickles, may be recommended to those who like piquant dishes. Pickled gherkins should be used to garnish, and some chillies or chopped capsicums sprinkled on the salad. Cost, from 3d. or 4d. upwards, for a dish of a pound of potatoes. Many of the dressings on pages 701 and 702 are suitable for potatoes.

Potato and Game Salad.—This is a nice salad and need not cost very much. Prepare and cook some potatoes in olive, or other pretty shapes. Dress them while warm with a few drops of anchovy essence, a little oil and vinegar, and salt and pepper, and set them by. For a pound of potatoes, cut up half a pound of cooked game of one or two sorts, and season it, then mix it with tomato mayonnaise, page 735, and put it in the middle of the dish, with the potatoes round. Any sort of cooked livers can be sieved and sprinkled over the potatoes, and some hard egg and a few strips of pickled gherkin can be strewn over the game. Minute strips of filleted anchovy may also be introduced. Morsels of celery are sometimes added; stick them in amongst the potatoes, or the game. Cost, uncertain.

Potato and Truffle Salad.—Boil and slice some potatoes, and boil an equal quantity of fresh truffles in white wine to cover them; these are to be thinly sliced, after remaining in the wine until cold. The potatoes should be dressed with the finest oil, and a little lemon juice and French vinegar, with a small quantity of salt and pepper. Some fillets of anchovy that have been soaked in cream, and a tiny shalot or onion chopped and pounded are to be blended with them. The bowl should be filled with these in alternate layers, the top layer being truffles; on this strew stoned olives, more fillets of anchovy, and, if approved, some tiny button onions, scalded, and boiled in white wine; but many will dispense with this addition. The salad should be allowed to stand for a short time before serving. Cost, uncertain.

Prawn Salad à la Dunbar.—Required: a tin of prawns, aspic, mayonnaise, anchovies, salad, garnish, &c., as below. Cost, about 2s. 6d.

Take a pint tin of prawns, and lay them in a shallow tin that has been coated with pale aspic and allowed to set. Cover them with a second layer of aspic, and, when quite firm, cut them out neatly that each may be entirely embedded in the jelly. A little space must be left between in arranging them in the tin. In a second tin put a mixture as follows, equal in depth to the prawns in jelly:—Mix a gill of mayonnaise with two boned and sieved anchovies, a little cayenne, and a few sprigs of tarragon and chervil—both chopped small. Stir in just enough aspic to set this (a little should be tried); if the tin be set on ice it will soon be firm. This is to be cut up in the same shapes as the prawns, and the two piled together in the middle of a dish. Put a bed of plainly-dressed watercress to form a border, but not to touch the pile; garnish this at intervals with prawns, the inner part of some celery in two-inch lengths, some tomato aspic in strips or dice, and the yolks of some hard-boiled eggs, piped over with mayonnaise. The exact arrangement of the garnish is a matter of taste, but

there should be a division between the prawns and tomato aspic. This is a very nice salad, and comparatively inexpensive.

NOTE.—A shrimp salad can be made in this way; pink shrimps are required, and they should be put in a double layer between the jelly, and so cut out that each block contains four shrimps if very small ones are used.

Quail Salad.—This is an epicure's dish. The exact proportions of quail to salad are a matter of taste and cost, but about two or three birds will make a nice dish with the materials given below. Put on a dish first a pile of crisp lettuce shredded, and on the top lay the birds, after cutting into neat pieces. Boned birds, cooked and left to get cold before cutting them are the thing, though the remains of a hot dish may be used thus. Then pour all over a good mayonnaise or other dressing (page 703), and place a small lettuce heart in the middle. Then surround this with leaves of cress, and slices of hard-boiled eggs. Round the base of the pile place a few stoned olives, fancy shapes of beetroot, bunches of cress and more eggs, arranging the colours with taste. Other birds may be thus treated with success. Cost, very uncertain.

Rabbit Salad.—(*See* recipes for CHICKEN SALAD and VEAL SALAD.)

Rochelle Salad.—A couple of heads of celery are to be washed and dried, then cut into inch lengths and put in a salad bowl with the chopped whites of three hard eggs. Make some TARTARE SAUCE as directed on page 114, and pour over, then smooth it and garnish the salad. Some finely-chopped truffles may be sprinkled over, and also the sieved yolk of one of the eggs; these may form a pattern, which is very effective. A trellis work of beetroot and a little more truffle can be used for the base, and the yolks of the other eggs cut through and put at the ends and sides of the dish. Any sharp salad sauce does in place of Tartare. (*See* RÉMOULADE.) Sometimes the surface is left plain in the centre, and the base only garnished with the materials named, or some filleted anchovies or shreds of smoked salmon.

Salad à la Belgravia.—Required: shrimps, eggs, salad, dressing, sardines, &c., as under. Cost, about 2s.

Take a pint of freshly-shelled shrimps, make a mound of them on a dish, then put a ring of chopped egg-whites half an inch wide; next a row of capers, then a row of sieved egg-yolk, more capers, and egg-white again. Then put a few bunches of cress and shredded lettuce round, with eggs as follows in between them:—For five eggs, mix together in a mortar a boned sardine, a few drops of anchovy essence, lemon juice, a dust of coralline pepper, and a spot of carmine, a tablespoonful each of mayonnaise and thick cream, and a teaspoonful of chopped capers. Pound these to a smooth mass with the yolks of the eggs, which should be boiled quite hard and passed through a sieve, and shaken into the mixture. The whites of the eggs are to be cut even to make them stand, then filled with this mixture, any which remains being spread on tiny diamond-shaped croûtons, and dotted about the green salad. An outer ring is then to be formed with more mayonnaise, sprinkled with lobster coral or coralline pepper.

This is a very tasty salad, and not expensive.

Salad à la Chasseresse.—Required: game, eggs, salad, garnish, dressing, &c., as below. Cost, about 1s. 9d., exclusive of the game.

Take any nice game, one kind, or a mixture of two or three; it should be nicely cooked and cut up into pieces of a convenient size while warm, then seasoned with a little tarragon vinegar, chilli vinegar, and tomato vinegar; about equal parts of each, and only enough to moisten. Cover and set by for an hour or more. Then arrange a mixed salad on a dish, and dress it

with No. 2 Rémoulade, the flavour of which has been increased by the vinegars above named. The pieces of game are then to be dipped into a little melted jelly—tomato for choice; or a dash of red currant, with a few drops of lemon juice will serve. Arrange them in strips down the salad from base to point, with strips of chopped egg-white, garnished with filleted anchovies and chopped capers in between. Or shreds of pickled gherkins can take the place of capers. Form an outer border of tiny tufts of cooked cauliflower and lettuces (the hearts of the latter may be whole); then pour a little thick mayonnaise over, and garnish it like the chopped egg-whites above named. Sprinkle the hard yolks of the eggs about the salad according to taste. About a pound of game should be allowed for a good-sized salad for six or eight people.

Salad à la Financière.—Required: aspic, cocks' combs, truffles, mushrooms, foie gras, sauce, tongue, sweetbread, eggs, mayonnaise, and garnish. Cost, very variable; but this is one of the most costly of salads.

Take a plain oval or round mould of the size required, and line it with aspic, then put a ring of cocks' combs, points down, with some sliced truffle in between; arrange the same materials at the bottom of the mould, together with some cooked button mushrooms, small pieces of foie gras, masked with brown chaudfroid sauce, and pieces of tongue, shaped like the cocks' combs. These should be arranged artistically. Set with more aspic, then fill up the mould with the same ingredients, mixed with cooked sweetbread in cubes, and fancy shapes cut from hard-boiled white of egg. Pack them all rather loosely in the mould, and fill up with jelly; set on ice, and turn out when firm on a dish with a border of salad; this may be of any kind preferred, but it cannot be too rich, and is preferably masked with mayonnaise. The garnish should consist of aspic, truffles, and, if seasonable, some plovers' eggs.

Salad à l'Italienne.—Required: beetroot, eggs, anchovies, olives, green salad, &c., as under. Cost, variable, there being no definite proportions of the materials.

This is a dainty salad. Cut some thin slices of beetroot with a crimped cutter; season with oil and vinegar (a little should be tarragon), then dust with mignonette pepper; sprinkle with the chopped whites of some hard eggs and tiny fillets of anchovies that have lain for a time in lemon juice; next put a stoned olive, and fill the vacant places with the sieved yolks of eggs, mixed with a little mayonnaise and put in from a bag and pipe. These look nice on a dish-paper round a mound of green salad; one of the little piles should be served to each person. In place of anchovies some sardines or lax can be used. These may be put on separate little plates, and garnished with chopped aspic.

Salad à la Knightley.—Required: aspic, garnish, sole, eggs, mayonnaise, as below. Cost, exclusive of sole, about 3s. 6d.

A timbale mould is required for this as illustrated below. They can be had

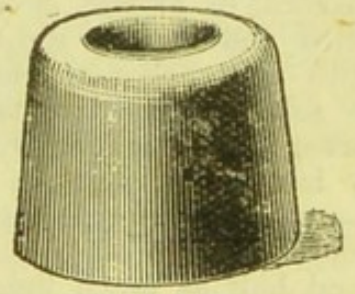


Fig. 116.—Timbale Mould.

in various sizes (a pint to a pint and a half capacity is a useful size); small moulds of the same shape are also to be had. A large mould makes a very handsome salad. First line the mould with pale pink aspic as thinly as possible; then put in a pattern some strips of hard white of egg, filleted anchovy, shredded olives and beetroot. A pretty effect is obtained by arranging the various shreds to form diamonds, with capers or pea shapes of olive in

the middle; pea shapes of cooked carrot are also suitable. Set the garnish with more aspic, and fill up the mould with the following mixture:—Cut up some cooked sole into squares, and to each half-pint add four hard-boiled eggs, cut similarly, two shredded anchovies, a tablespoonful each of chopped beetroot and celery, and a good-sized tomato in thin shreds. Arrange these lightly in the mould, and pour over some plain white mayonnaise, with half a gill of strong aspic to each half-pint; finally, put a layer of aspic over all and set by to get cold. Turn out on a dish, and in the hollow of the mould put first some green mayonnaise from a bag with a fancy pipe, and sprinkle it with lobster coral; next put pink mayonnaise with a garnish of sieved white of egg; on the top put some white mayonnaise, and use coral and chopped parsley or fennel for garnish. The mould should be turned out on a bed of green salad, ornamented with similar materials to those used next the lining of the mould.

For a plainer dish the garnish here may be omitted.

Salad à la Kustelberg.—For this some salt pork is wanted; it can be in the form of brawn, or may be just boiled and cut in strips, then mixed with any cooked vegetables, or with raw salad, or the two together. The dressing is made as follows:—Take as many hard-boiled eggs as are required, and allow for every one a tablespoonful of olive oil, the same of claret, and half as much light wine, the juice of a quarter of a lemon, a good pinch of salt and pepper, a teaspoonful of dry mustard, a chopped shalot, and a bit of sharp apple the size of a walnut, grated. The eggs and oil are pounded together and the rest of the materials stirred in by degrees. Cost, variable, the proportions being a matter of taste.

Salade de Légumes.—Here are a few arrangements of cooked vegetables as served in France without any dressing; the cruet being handed with the salad. And we may here remark that in all our recipes in which this method of serving is indicated, the contents of the cruet must be understood to include a supply of pure fresh oil, good vinegar, preferably both plain and flavoured, white pepper, mignonette pepper, and cayenne, and a store sauce or two; and it is desirable that cut lemons or lemon juice be handy, as so many prefer that to vinegar.

No. 1.—Take some cooked carrots and turnips, with peas or French beans, and some boiled beetroot, about four or five ounces of each; pile the beetroot, which may be in squares, in the middle of the bowl or dish; then put the turnips and carrots, similarly cut, in small heaps round, the peas or beans dividing them; the latter look pretty in diamond shapes. For the mode of cooking these, *see* page 698.

No. 2.—Place some asparagus heads in the centre, and the stalks cut up, and some carrots or beetroot in alternate heaps round them. This is a very good dish. In either of the above, the centre vegetable may be sprinkled with fresh green herbs, one sort, or mixed with advantage.

No. 3.—Put a pile of cooked celery in the centre, and round it very small heaps of peas, and beetroot. Or artichokes or turnips may be used in the middle.

No. 4.—This is an elegant salad. Let there be a good supply of asparagus stalks for the middle; on the mound so made, arrange the heads as if growing; round that put heaps of carrots, flageolets, and cauliflower sprigs in the order named.

Mayonnaise or rémoulade can be handed with these dishes if more approved than a simple dressing. Cost of the above varies with the season, &c.

Salad Mosaic.—This is an easy form of salmagundi (*see* page 730). The china dishes that are sold in fancy shapes in sets are very handy for it. They are often in sets of five, and

supposing that number in diamond or leaf or other pretty shape, proceed as follows:—Take the largest dish, we are assuming white ones, set in it the next sized dish and fill the space round it with a beetroot salad; remove, and put in the next sized dish, and fill round with green salad, as chopped cucumber or small cress and mustard; proceed thus until full, the next colour may be yellow, either yolks of hard eggs, or a carrot salad; then put green again, and fill in with celery, or a little mayonnaise with some chopped whites of eggs.

Salad à la Ricardo.—Required: game, stock, wine, aspic, currant jelly, tomatoes, salad, and adjuncts as below. Cost, about 2s. 9d., exclusive of game.

This is a very rich and good salad, but it requires especial care and attention to details. Take some stock from game bones and add a seasoning of sherry and mixed herbs, with some mushroom purée, and a dash of currant jelly, with a little glaze. The sauce must be quite thick; some "fumet of game" improves it, and it cannot be too good. To a gill of this, add some cooked pounded grouse and pheasant or partridge to form a thick mince; then with it fill some hard-boiled eggs from which the yolks have been taken, after cutting them through lengthwise. Level this, and cover with some pink aspic that is on the point of setting. In the centre of the dish pile up some small pieces of game free from bone, and moisten with a little fumet of game; then for a pile that would fill a quart measure or thereabouts, take a gill of pure tomato pulp from cooked tomatoes, and add to it a tablespoonful each of strong game stock and sherry; then stir in the same measure of melted currant jelly and lemon juice and pour it over the game. Toss it that each part may come in contact with the seasoning, and cover and set by for an hour or more. When ready to serve, spread white mayonnaise over the game and level it; round the base put a border of watercress and lay the eggs round, white and pink side alternately. Ornament the centre with filleted anchovies and shredded gherkin, and put an iced tomato salad round (*see* page 735). Ornament this with the hard yolks, cut through and placed flat side down.

Salad à la Russe.—There are many varieties of Russian salads, and for the following, which is considered one of the best, the precise quantities of the ingredients are left to taste; they are to be so arranged that no special flavour predominates. Therefore only experienced salad compounders should venture on this. Take some partridge or other game, also fowl or young duck or goose, salmon or other rich fish, all in dice; anchovies in thin strips, asparagus tips or peas, or French beans; the latter in diamonds, and some beetroot in fancy shapes; chopped shalots and capers, with shrimps or caviare, are wanted; olives are indispensable. The seasoning consists of oil, vinegar, mustard, and ordinary pepper and cayenne. French turnips and carrots, cooked so as to preserve their colour, may be added to the above. The ingredients are to be arranged before the dressing goes over, and there should be three to four times as much oil as vinegar; the latter is the best French. Cost, variable.

Salad à la Russe, Moulded.—This is very pretty, and much more easily made than the above. The vegetables are cooked carrots and turnips in dice, capers in halves, minute sprigs of cauliflower, asparagus tips, shredded olives or gherkins, green or white haricots, and French beans in diamonds. Take a border mould, and line it as thinly as possible with pale aspic; put the above materials in layers so that the colours contrast well; it will be noticed that there are more green vegetables than any other, therefore less of each sort will be wanted. Some sort of fish or poultry or game may be mixed in

with advantage; this may form the centre layer; salmon or lobster, or white fish, with a few chopped shrimps or prawns, will answer. Turn out, and fill the centre of the mould with precisely the same materials used for the interior, first tossing them in mayonnaise until well coated. Garnish the surface with some fancy shapes of beetroot, olives, capers, chopped aspic, and some pieces of fish; if these are white, dot them over with some mayonnaise coloured pink or green; if pink fish, use plain mayonnaise or pale aspic to decorate it. Although the majority of these materials are comparatively inexpensive, the dish is very inviting both to palate and eye if they are artistically blended.

NOTE.—If cauliflower cannot be had, use some tiny heaps of chopped white of egg, mixed with aspic when on the point of setting; and failing any of the green vegetables, some cooked artichoke bottoms, cut up as preferred, will supply the deficiency. Tinned green peas also answer. The centre should stand up higher than the border, from which it should be divided by a ring of chopped aspic. More may be put on the dish at the end and sides if a very elaborate salad is desired. Cost, variable.

Salads for serving with Roast Meats. — The custom of sending a salad to table with a joint, or hot meat of any sort, is gaining ground in this country, though it is far from being as general as it well might be; and we call attention to it as a very wholesome and economical custom. In the case of roast birds, such salads are frequently used for garnishing the dish; with meats they are often served apart, and the plainer they are the more suitable; many would prefer a plain watercress salad to any other, although the changes may be rung on all sorts of green stuff. And while the dressing should be nothing more than a hint of pepper and salt, with a dash of oil (vinegar is optional and will often be voted undesirable), there should be a little plate or dish of fine herbs, called by the French the "fourniture." One sort only may be used, or there can be a mixture of tarragon and chervil, with spring onions and mustard and cress, the latter cut up extremely small. Where there are a good number of guests, the fancy-shaped dishes with two or three divisions, answer admirably for these salads; and if two or three of them can be dotted about the table, so much the better. The fruit salads are generally welcome with a roast. (*See* INDEX.)

Salads Mayonnaise.—In some of our recipes for cold entrées and other dishes, a salad mayonnaise is referred to. This simply means a salad of lettuce or other raw materials, or one of cooked vegetables, either one kind or a mixture, served in a mayonnaise, the whole being mixed up so that a stiff mass is formed that can be put in the centre of a border of jelly, &c. When an iced salad mayonnaise is required, the dish is to be set in an ice cave for a time. In some instances the salad may with advantage be formed in a pile, and the mayonnaise spread over, then garnished, as described in one of our recipes for lobster salad mayonnaise, page 719. But generally the mixed form will be found more useful. All vegetables for these must be most thoroughly drained after cooking, that the mayonnaise may not be rendered watery, and the shapes may be as varied as possible. When served as a separate dish (though they are quite as often served as adjuncts to meat, poultry, fish, &c.) a garnish round the edge is desirable; plain green salad is often preferred to anything else, but aspic jelly is sometimes used.

Salmagundi.—A salmagundi is a sort of mosaic made with pickled herring, cold dressed chicken, salt beef, radishes, endive, olives, &c., all arranged with regard to contrast in colour as well as flavour, and served with oil, vinegar, pepper and salt. The following is a good recipe for a

salmagundi :—Take a large round dish, place in the centre a bunch of fresh endive, and lay round it strips of herring or anchovy, interspersed with neat slices from the breast of a chicken. Put round these a band of hard-boiled yolks of egg chopped small, then one of green salad, then slices of red beef or tongue, then the white of the egg, and lastly a garland of sprigs of water-cress. Insert trimmed olives, green capers, radishes, &c., wherever they will be most effective. (*See* SALAD MOSAIC.)

Salmon Salad.—Required : salmon, salad, seasoning, garnish, &c., as below. Cost, about 2s., on an average.

For one of the plainest and cheapest sorts, take a tin of salmon and drain it from the liquor; add a seasoning of black pepper, chopped parsley, a few drops of anchovy or shrimp essence, a little salt, and if the flavour is liked a morsel of finely-chopped onion. Season with lemon juice and vinegar, mixed; the latter may be plain or from any clear pickles. Put the fish in flakes in alternate layers with a plainly dressed salad of cress or lettuce. Place a few bits of fish on the top layer, which should be green, and, if shrimps are plentiful, add a few, as they improve the appearance considerably.

Ordinary boiled fish, or a piece that has been cooked in any piquant way, may be served thus; or for a better salad use some cucumber with the other green meat, and garnish with beetroot.

Tomatoes are also a first-rate addition to a salmon salad. They can be cut in dice and added to the cress, &c., or may be used for garnishing. To increase the piquancy, and probably the wholesomeness of these dishes, a small quantity of pickled capers or nasturtiums or gherkins is recommended.

NOTE.—*See* also the PLAIN SALAD DRESSINGS on page 701.

Salmon Salad, Superior.—Required : half a pound or so of salmon, lettuce, cucumber, salad dressing, garnish, and other adjuncts as below. Cost, varies with the dressing and garnish, about 2s. 6d. to 3s.

Take some nicely-boiled salmon and flake it; arrange some dressed lettuce and cucumber at the bottom of the bowl, or a deep dish, and after seasoning them add the fish, either in a pile in the centre, with the green as a border, or all over the top; then coat it with mayonnaise, or any of the rich salad dressings given in this chapter. Many kinds of garnish are suitable—the best are lobster coral, or prawns, or shrimps; filleted and shredded anchovies; capers, chopped tarragon, or some like parsley; sliced pickled gherkins; and, for the very best salads, stoned olives, and beetroot in fancy shapes or shreds. All these ingredients are not required for one dish, but are only suggestive, and care should be taken to arrange them with due regard to colour, and to study the tastes of those who are to partake of the dish. Smoked salmon is considered to make one of the best of all fish salads, but some prefer a small proportion only of the smoked fish with the plain kind. The mixture also lessens the expense very considerably.

(*See* also SALMON MAYONNAISE, and SALMON IN JELLY, under FISH.)

Salmon Salad Mayonnaise.—Required : salmon, lettuces, mayonnaise, seasoning, garnish, &c., as below. Cost, from 2s. 9d. to 3s. 6d., for a dish from a pound of fish, on an average.

After boiling the fish let it get quite cold, then flake it into neat and uniform pieces; season these singly with a mixture of French vinegar, oil, pepper and salt; then make a pile by putting the salmon in a bowl or dish, alternately with some nicely prepared lettuces; they can be broken, or coarsely or finely shredded, as preferred. Over every layer some mayonnaise sauce is to be spread; then when all the materials are used the top, which should be a good layer of sauce, can be ornamented as directed for SALMON MAYONNAISE in the chapter on FISH.

The garnish will, however, depend upon circumstances. (*See* LOBSTER SALADS.) There should be a good proportion of salmon to lettuce in this dish; two pounds of fish will make a large one, and a pound of fish with a couple or three French lettuces makes a fair-sized salad. The colder this is served the nicer it is; both the sauce and fish are improved by setting on ice a short time before the ingredients are amalgamated.

Sardine Salad.—Required: sardines, white fish, seasoning, lettuce, &c., as below. Cost, about 2s.

Put in a basin the yolks of three hard-boiled eggs, add three boneless sardines, and pound together with a couple of tablespoonfuls of oil, the same of French vinegar, a little nutmeg and white pepper, and a dust of coralline pepper. Put about half a pound of any cooked white fish at the bottom of the salad bowl; it should be flaked, and seasoned with salt and pepper, and a little oil and vinegar. Over the fish put four sardines in halves, then a sprinkling of chopped pickled gherkins or capers, then the dressing; coat the latter with another egg yolk, sieved, put a ring of cut-up lettuce round the edge, season it like the fish, then put a few dice-shaped bits of lemon on the lettuce, and serve.

Sardine Salad Rémoulade.—Required: two small French lettuces, three hard-boiled eggs, a handful of watercress and endive, a small cucumber, half-a-dozen boneless sardines, and a tablespoonful of sardine paste; dressing as below. Cost, 1s. 10d. to 2s.

Shred the lettuce and endive, and dress them with a little oil and vinegar, a dust of mignonette pepper, and a pinch of salt. Slice the cucumber, and add half to the above, then toss them together and put in a deep dish. Put the sardine paste in a basin and blend this with a gill or so of RÉMOULADE No. 1. Add a few chopped capers and pour over the ingredients in a bowl. Take two forks and toss again. Put the rest of the cucumber in a ring round the base, and the sliced eggs next. The sardines are to go on the top; they should be cut in strips and placed transversely. The cress may either be mixed in the foundation or put about the dish to garnish; it looks nice outside the cucumber with a slice of egg here and there. There are any number of methods of arrangement, and the compound will be found a very agreeable one.

NOTE.—The sardines preserved in tomato sauce can also be used in salads.

Sausage Salad. — Almost any sort of cooked sausages can be used in salads. Smoked ones, such as Frankfort, are very good. Fish sausages are also tasty. They are generally sliced, and used for ornamenting the salad, but they can be cut up and incorporated just as cold meat is. The German sausage that is sold at about eightpence per pound is good for the purpose; it gives piquancy to a salad made from cold vegetables. The dressing should contain a little mustard.

Savoury Potato Salad.—Required: potatoes, seasoning, onion, radishes, cress, &c., as under. Cost, about 6d. to 7d.

This is recommended to those whose experience of vegetable salads may have evoked the term "insipid." Boil some young potatoes—kidney are best—and cut them in dice; put them in a salad bowl that has been rubbed with garlic, with a sprinkling of grated radishes between the layers, also a little chopped onion, and a dash of mustard and cress. When the materials are used up, supposing a pound of potatoes, take a teaspoonful of chopped parsley, the same of pickled gherkin, in shreds, and mix them in; then season with salt and pepper, and add as much oil as will moisten, and enough vinegar or lemon juice to give piquancy; toss well but lightly (the potatoes are messy-looking if broken), and serve.

Another way.—This is an excellent salad at a nominal cost. Prepare the

potatoes as above, and dress with oil and vinegar, salt and pepper, and a few drops of essence of anchovies. To a pound of potatoes, add a teaspoonful each of chopped spring onions and thinly-sliced radishes, and a couple of tablespoonfuls of any cooked fish of a piquant sort; or plain white fish, if cooked in a little vinegar, or with some sharp sauce will answer very well. Pickled mackerel is very good so used, so is pickled salmon, and half the quantity may be made to do and will flavour the dish. If left to stand for a short time before serving, cover the dish.

NOTE.—Use either of the dressings on page 701 for variety.

Smoked Salmon Salad.—Smoked salmon is so delicious in itself that it needs but little to convert it into a most enjoyable salad. It may be sliced thinly, and mixed in a salad mayonnaise; or placed round the base of a mound of plainly-dressed green salad of any sort; cucumber or cress will be found as good as any. As a garnish for white-fish salads, smoked salmon is excellent, and may be used in any of the recipes in which "lax" is mentioned. Salads in little cases, served one to each person, may be made by putting alternate layers of the sliced salmon and any green salad, with a little mayonnaise on the top; this should be sprinkled over with a little more salmon chopped up; or with capers or small cress, or shredded gherkins. These are improved by icing. (*See* ICED SALADS.) Cost, uncertain; always an expensive dish.

Sole and Lax Salad in a Border.—Required: aspic jelly, sole, lax, parsley, a fish mixture as below, sauce, garnish, &c., as under. Cost, varies with the cost of sole and the garnish.

Take a mould as shown, or one as much like it as possible; line it with pale aspic; then take some fillets of sole that have been cooked and pressed; any method of cooking may be adopted so that the fish is kept white, but steaming in a little lemon juice between two plates over boiling water may be especially recommended. Cut the fillets in pieces that will just fit the projections of the mould, and press them in firmly, setting them in their places with a little more aspic. Before putting them in they should be sprinkled, half with lax, and half with chopped parsley, then arranged alternately. The mould is then to be filled up with a ragoût made as below.

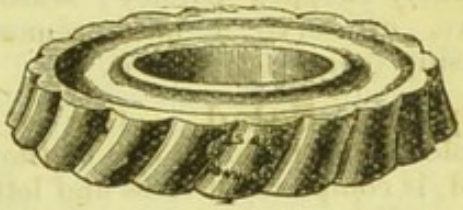


FIG. 117.—SUNK TOP FLUTED BORDER MOULD.

Take the trimmings of the fish, and a little lax, a cooked mushroom or two, chopped, a shredded gherkin or a few capers, a spoonful or two of good sauce, such as béchamel, and enough aspic jelly to set it. The mixture should be stirred on ice until it begins to thicken, and only as little aspic as will suffice is to be put in. The precise quantities of the various ingredients are a matter of taste; the result should be, after seasoning, a pleasantly-flavoured preparation, without any single ingredient predominating. The mould should be set on ice and turned out when firm. The sunk top may be filled in with chopped aspic, and, if liked, some salmon quenelles on the top; or the latter only can be put on a row of green salad; or some coloured mayonnaise can be put in from a bag and pipe. The centre hollow is to be filled with a green salad (peas with mayonnaise will be found as good as any), or a mixture of lettuce and cress with mayonnaise is suitable. If there is a sufficient quantity of lax at hand, a few pieces should be put about the salad.

Spanish Onion Salad.—Onions that have been baked will make a nicer salad than boiled ones, but either

may be used. When cold, divide them, simply pulling them apart in their natural divisions; then season with oil and vinegar, salt and pepper; or use any dressing preferred. Some herbal vinegar improves the salad. This is a plain and cheap salad, but a very tasty one. Cost, about 5d., for a dish of a pound.

Another way.—Cook the onions as preferred; divide and cut into strips; add about their measure of tomatoes, similarly cut, and a good sprinkling of finely-chopped parsley; season as above, or serve a mild rémoulade dressing (page 702) with it.

Spring Salad. — One of the simplest, and, perhaps, one of the best liked, is composed of cress and lettuce, with radishes and spring onions; the latter are generally whole, but they can be cut up, and the dish arranged according to taste. This salad is often seasoned upon the plate, but it may be dressed like lettuce and watercress. The lettuce should be broken up with the fingers; the sprigs of cress, with mustard, if liked, being mixed amongst it; the radishes and onions are then to be sliced thinly, and the whole lightly tossed with the oil, &c. Tarragon, chervil, and other small salad herbs can be put in, or either of the ordinary flavoured vinegars used in the dressing; tarragon, cucumber, herbal, and others, are suitable. Either of the salad dressings on page 701 may go to table with an undressed salad of this sort. Beetroot, in thin shreds, may be mixed in it; hard eggs are also used in slices or dice as a wreath round the salad.

Stuffed Onion Salad.—Take some cooked onions, and let them be as even in size as possible; for medium ones, allow half a hard-boiled egg for each. Cut the eggs up in dice, and moisten them with any thick salad dressing, so that it is piquant. Take the centres from the onions, and fill up with the eggs; place each onion on a round slice of beetroot, and pour a little more of the dressing over; then put a little pile of chopped beetroot or cucumber on the top of each. Arrange them round a dish, and fill up with a green salad, or a mixed one, the onion cores being used up in it. This may be plainly dressed, or mixed with the same compound used for the onions; or a dressing may be handed with it. Here is another tasty way of serving. Take some cheese; cut it up if moist, or grate it if dry; use it for the interior of the onions instead of the eggs; any dressing may be employed to moisten it, but one containing cream is to be recommended. Plainly-dressed watercress, with morsels of celery stuck in amongst it, goes well with this.

Succotash Salad.—One of the best ways of using succotash (*see* page 656) as a salad is to mix a tin of it, after draining, with some vegetables, such as onions, beetroot, and celery; let them all be cooked; the proportions are a matter of taste. A rémoulade dressing can be used, or one of oil and vinegar, well flavoured with herbs, and rather more than the usual allowance of pepper. Succotash is sometimes served alone, with some raw, green salad as a garnish; but to most people we think it will be better liked as above described. A squeeze of lemon juice over it, before the dressing, is an improvement. Thyme is a herb that goes well with it; to a pint tin, a teaspoonful of chopped parsley, and a fourth as much thyme may be added; this seasoning is very nice to a mixture of potatoes and succotash, with a small proportion of onions and beetroot. Cost, from 1s. 6d. upwards, on an average.

Swedish Salad.—Take a pickled herring, remove the skin and bones, cut the flesh into dice, and mix with it its bulk in cold-dressed beef, boiled potatoes, and sour juicy apples, all cut up small. Add four anchovies, previously soaked in milk or water for a short time, freed from skin and bone, and torn into flakes, a tablespoonful of well-drained capers, a tablespoonful of pickled gherkins chopped small, a tablespoonful of

chopped tarragon leaves, two tablespoonfuls of chopped chervil, and twenty stoned olives. Mix these ingredients lightly, add some salad dressing of oil, vinegar, pepper, and salt, and season the preparation rather highly. If liked, the anchovies may be omitted, and a dozen or more of freshly-opened oysters may be laid upon the mixture.

Tomato Mayonnaise. — This is very useful for salads either in place of ordinary mayonnaise, or for garnishing it, just according to the kind of salad under treatment. To make it, take half a pint of thick white mayonnaise, and add a teaspoonful or more of tomato vinegar; this gives both flavour and colour; add a tablespoonful of pure tomato pulp, and a few drops of colouring to bring it to the shade of a ripe tomato. If for masking, or to be used for the garnishing of a salad already masked, this is complete; but if for a dressing only, it can be made a trifle thinner, about the consistence of good cream, then it becomes TOMATO MAYONNAISE SAUCE. To thin it, a little more of the same vinegar may be used, or plain or flavoured vinegar of any kind; or if acid enough, some cream can be stirred in. Many variations of this are exceedingly pleasant with an endless number of salads.

Tomato Salad. — The ways of making tomato salad are many, and most of them are good. For the simplest, take some ripe red tomatoes; do not attempt a salad with the half-ripe, pinkish-white foreign ones, or it will be a failure. Then slice or quarter them; the removal of the pips is a matter of taste, the same may be said of the cores, though they are often taken out, but the less the fruit is cut the better is the juice retained. They want but scant dressing; a little oil is to be sprinkled about them, and then the vinegar; some like equal parts, but two or three times as much oil as vinegar is often used; a few drops of onion or tarragon vinegar can be added, then finish off with salt and mignonette pepper. A pinch of white sugar is, we think, an improvement (*see* remarks on page 704). Cost, about 1s. for a dish of a pound.

Another way.—Add some chopped chives or spring onions, or a morsel of mustard and cress; a grated radish or two may also be put in. Some chopped celery gives a pleasant crispness that is appreciated by many. Celery, or Spanish onions, cooked, are mixed with tomatoes, and form a very wholesome salad. Whichever is used should be kept as nice a colour as possible.

Another way.—Dress some tomatoes in either of the ways given above, and prepare a plain potato salad (page 724); put the potatoes in the middle of the dish, and the tomatoes round, or place them in alternate rings. This is wholesome and cheap.

Tomato Salad, Rich. — The fruit is to be cut up in sections, or dice, or slices; the core removed, and a good dressing used; mayonnaise or either of the dressings containing cream. Chopped tarragon should be added. This can be put round a lettuce heart, or the best part of a head of endive, or a mound of cress will serve; any of the garnishes used for mixed salads mayonnaise can be employed for elaborate dishes. A reference to the cold dishes of tomato under DRESSED VEGETABLES will suggest other modes of serving and ornamentation. By mixing in small pieces of game or poultry, and serving the salad in paper or china cases, very dainty dishes may be made at no great cost. Tomato salad is very good iced, and should be so prepared for serving with SALAD À LA RICARDO. (*See* page 729.)

NOTE.—Never cut up the tomatoes until wanted, or the juice runs out, leaving only the framework, and the dish becomes messy-looking, and suffers in flavour. Over-ripe tomatoes are almost as bad as unripe ones for salad-making.

Tongue and Ham Salad.— The first of these modes is intended

for the utilisation of fragments. Supposing a few ounces of the two meats combined; make a mince, and blend with a lettuce or other green salad, reserving a strip or two of the meat, if possible, for garnish. Let the dressing be of a sharp sort, say RÉMOULADES, then pile all up, and lay the slices round with some pickled gherkins or cucumber, or sliced eggs in between. Cost, about 9d. to 1s.

Another way.—If the remains of a piece of ham are at hand, a small tongue or two can be boiled; lambs' or sheep's or calves' are all nice; then cut the tongue in slices, and place it together in its original shape; let this form the centre; coat with aspic, and sprinkle with chopped parsley, or anything green, as capers, &c.; mix the cut-up ham with some lettuce and cress salad, and use a cream or any other dressing preferred; put this round the tongue, and garnish with radishes or eggs, and, if liked, with aspic. A very tasty and inexpensive dish can be had by the judicious blending of these materials.

Another way.—Pour a thick dressing over the tongue instead of the aspic, and garnish with a plainly-dressed salad, with here and there a dot of bright colour as garnish.

Trout Salad. — Fried trout are generally used for this. They should be left on blotting-paper until cold; better still put them between two sheets of it. They may be divided as desired for a large dish, but they are sometimes served whole in the centre, with a thick salad dressing such as rémoulade poured over, and lettuce hearts put round; these are sprinkled with cress, chervil, or other small salad herbs, or chives are cut up and put about the dish. Large lettuces are quartered, and may be mixed with hard eggs and filleted anchovies. A very simple dressing is liked by some; the contents of the cruet supplying all that is necessary. Cost, variable.

Tunny Fish Salad.—(*See* page 197.) Put any plainly-dressed green salad on a dish—cucumber is excellent; then arrange the sliced fish about it, or dress the two together, and pile in alternate layers. The finest oil should be used for the fish, together with pepper and lemon juice, or French vinegar; common vinegar will spoil it. A salad with a rich dressing is sometimes served with tunny fish; but it is so rich that a plain salad is more generally agreeable; in some cases a dish of lettuce or cress is served, minus dressing, the fish only being treated as above described.

Turbot Salad.—(*See* the recipe for TURBOT IN MAYONNAISE, page 201.) For a good salad prepare the fish by filleting, and cooking in any of the ways given for SOLE; and if liked, stamp out pieces with a round or an oval cutter, then garnish them with mayonnaise, and any adjuncts referred to in the above recipe. They can then be placed round a bed of salad; or may be put into a border of aspic as directed for SOLE and LAX SALAD. A very good salad is made from cooked turbot, flaked, and mixed with mayonnaise or rémoulade, or any nice thick salad dressing, then piling it in the centre of a salad.

Veal Salad.—The salad may be plain or rich, but in either case it is a good plan to moisten the meat with a little vinegar or lemon juice, and leave it for awhile, before preparing the salad, especially if the meat has been boiled; but braised veal makes the best of all salads; next to it comes roast meat, preferably stuffed. For an inexpensive dish, take half a pound or rather more of meat, in even slices, and free it from gristle, then cut it in dice, and mix it with any nice green salad that may be in season, a few chopped capers being stirred in; toss lightly, and dress with any nice thick dressing; a rémoulade is very good. Put in a pile, and garnish with slices of lemon, and hard-boiled eggs. Cost, about 1s. 3d., on an average.

Veal Salad, Superior.—Take a pound or nearly of meat for a good

sized dish, and cut it in dice or strips as liked. After the treatment above recommended, mix the meat with either of the good cream dressings on page 703, or with mayonnaise; then pile it in the middle of the dish, and put round it a plainly-dressed green salad, or a mixed one. Use eggs and lemon, with a few blocks of beetroot and aspic jelly for garnish; or the latter can be dispensed with. Or a mayonnaise of cooked vegetables and the meat may be amalgamated, if preferred. Little forcemeat balls with the other ingredients named, and miniature veal sausages, are suitable forms of garnish for this salad. Either may, however, be dispensed with if the meat has been stuffed. Cost, varies with the arrangement.

Vinaigrette of Cold Meat.—This is a kind of salad that is often made from cold boiled beef, and it is very good eating; any of the spiced or smoked meats may also be mixed in the salad. Take a pound or so of meat, and slice it neatly and thinly; put it on a dish with cold potatoes in slices, eggs treated similarly, beetroot, and cucumber, also minced onions or shalots. For a more economical dish, make a bed of cold beans, haricot or broad; the latter must be young to be worth eating. Arrange the materials nicely and send to table with the sauce in a boat (*see* page 115). Or the dish can be served with no other accompaniment than the contents of the cruet. The latter is common in France, but there is in addition a little plate, or more than one, of herbs, such as tarragon, &c., then each seasons the vinaigrette to suit his palate. Fish may be similarly served. Cost, variable.

Watercress Salad.—There are those who hold that watercress when dished alone wants no dressing, and should be served with no other adjunct than salt. But for others, a little chopped chive or shalot is appreciated. Chervil and tarragon can also be added, and a very good salad is to be had by substituting flavoured vinegar for plain; tarragon is as good as any. In many recipes watercress salad as garnish is referred to, and it should be prepared by just sprinkling the cress with oil first, then with French vinegar, and a small quantity of mignonette pepper and salt; the oil used is so little as only to brighten up the leaves; there must be none to run off.

For a nice-looking dish to serve with cold meats, pile up some watercress, and put round the base some celery in strips, with a dash of grated horse-radish if the meat be beef; omit this if for mutton, and use a little mint sauce for dressing the cress.

Watercress and Cucumber Salad. — Simply prepare the two materials as directed under the separate recipes, and put the cress lightly in the middle of the dish; the cucumber should be cut in thin slices with a cutter, and put in a wreath round it, then sprinkled with some shreds of tomato or beetroot.

Watercress and Pickle Salad, with Eggs. — This is a famous salad to eke out a small supply of meat, and is a very enjoyable one. Take some seasoned cress, and put in a border round a dish, regulating the quantity by the number of eaters; then cut into quarters as many hard eggs as there are guests, and put them in the centre on a bed of any vegetable salad that may be convenient or approved; one of potato is often liked. The eggs should stand well above the cress. Then cut up some pickles, of the sweet variety, that will contrast well in colour, or use them whole if small; lay them outside the border of cress, and serve. If liked, the meat can be cut in thin slices and put under the eggs, a few of the nicest pieces being kept to garnish the cress; the dish then becomes a "salad of cold meat with eggs and pickles."

PASTRY, PIES, AND PUDDINGS.

GENERAL HINTS ON PASTRY.

To ensure a batch of pastry turning out light and digestible, certain principles must be borne in mind. These principles apply more or less to all sorts of pastry, both plain and rich. And we advise the novice to read them over before commencing operations. The first thing is the choice of good and suitable materials.

Flour.—This is of primary importance. It may be a good household, such as would do for bread; or a kind called "pastry flour," sold by most grocers and confectioners; or the finest Vienna, or a mixture of the latter with good English, commonly called "Anglo-Austrian." Then there are many sorts of so-called "self-raising" flours, which are mixtures of flour and certain chemicals that help to make the pastry light; in other words, a mixture of flour and baking-powder. In making choice of these, regard must be had to the kind of pastry required. For the plain sorts, the first-named flour, when mixed with baking-powder, answers very well; but for good pastry, one of the others should be used. A very favourite blend with many is composed of a fine English, called "biscuit," and Vienna, in equal parts. The terms "biscuit flour" and "pastry flour" are applied sometimes to the same article, which is a very fine, white, and dry flour.

Dryness is essential whatever the kind, and to ensure freedom from lumpiness, and the exclusion of any foreign substance that may happen to get into it, flour for pastry should always be passed through a fine sieve. It may be taken for granted that flour used in a damp or lumpy condition will result in failure. If, owing to any accident, it has become damp, it should be set in a warm place before sieving, but should be left to get cold before the fat is put in.

Fat.—Butter, margarine, lard, dripping, clarified fat, and suet are the kinds of fat in common use; vegetarians find a substitute for all in vegetable oil or fat, except those who employ butter. For the *very best* pastry, butter, and that of good quality, is needed. It need not of necessity be English fresh, but it must be neither salt nor strong. The slightest suspicion of rank taste before baking is intensified when subjected to heat, and this sort of fat will produce pastry as nauseous as it is unwholesome. Butter that is too salt for the purpose (and this may readily be determined if any little globules of salt are visible on the surface), must always be washed in cold water, renewed a few times, and dried by pressing it in a cloth; the pressing is almost always required, even when fresh butter is used, to free it from moisture. In hot weather it is a good plan to set it over ice for a time to get firm; it is no use to attempt pastry with oily butter.



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RAISED PIGEON PIE.

Margarine of the very best kind answers excellently for short paste, but does not do well for the flaky kinds. It appears to be denser than ordinary butter, and the paste does not rise so well. There are many butters that may be classed between English fresh and margarine, that are very good for rich pastry.

Lard may be used alone or with butter for short or puff paste, but it must be pure, not a watery article. (*See* pages 7 and 9.)

Clarified fat and nice sweet dripping are very good for plain family dishes; indeed for flaky pastry of a fairly good quality, these are always to be preferred to inferior lard.

Suet is more adapted for use in boiled pastry of the roly-poly, or meat pudding type, but it is used by many for baked pastry when a substantial dish is needed. Those who cannot digest suet in other forms are, however, advised not to employ it for baked dishes. Among the recipes are some of the most wholesome varieties of suet pastes; but a baked one, however carefully made, will not suit everybody.

Eggs are often used in pastry. The yolk gives richness and shortness, and is generally added to rich and medium short pastes; but the addition of either the white or yolk is not generally agreed to be advantageous so far as puff pastes are concerned. While some argue that the yolk is essential to give smoothness and tenacity, others prefer the white, and some use neither the one nor the other. This is a matter that can readily be settled individually, but we may say that one of the best workmen we ever knew, and whose pastry was uniformly good, always used the yolk only, and from experience we recommend it.

Baking-powder.—This is not necessary when plenty of fat is employed; but it is very useful for giving lightness to a plain paste. When baking-powder is bought it should be in tins only, never in paper packets, which are worthless. Some powders sold are of little use, because enough of the "rising" materials are not used in proportion, or because the soda is greatly in excess, that article being much cheaper than the acids. Powders are sold under various names, but vary little in composition. So-called *egg-powder* has nothing in common with eggs except the colour, and when it is desired to give a rich appearance to cakes at small cost, sufficient turmeric can be added to give the baking-powder a rich yellow tint. In using baking-powder, it should be sifted with the flour. In this way freedom from lumps is ensured. All articles for which baking-powder is used should be put into the oven without delay. The moment moisture is added the effervescence begins, and should this cease before the article is subjected to the action of heat, the powder might as well have been left out. When anything raised by means of powder leaves a strong taste in the mouth, and the articles are strong in smell and streaky-looking, the chances are that there is an excess of soda in the powder. If a sour taste follows the consumption, and the tongue is dry, alum is probably an ingredient, and the powder should be condemned. Carbonate of ammonia, in small quantity, blended with other materials as we have given it, assists rising very greatly, but used in excess to puff up cakes, &c., it smells and tastes very unpleasantly, and dryness quickly follows, the pastry being only eatable while fresh.

become brown enough, before it is sufficiently cooked, a sheet of slightly wetted or greased paper should be twisted or laid over it. A tray of salt is used by some for putting under a pie, should the oven be too fierce. Meat or fish, or any other edibles that generate steam and give forth much odour, should never be baked with pastry when it can be avoided; sometimes it is not convenient to give up the entire oven to pastry, though much can be done by management and forethought. When baked in an atmosphere of steam, pastry of the richer varieties has not a chance of perfecting itself; to rise from a quarter of an inch in the raw state, to five or six times that height, it must be baked alone.

To test the heat of the oven a little dry flour may be sprinkled on the shelf or baking tin; should it turn brown at once, the oven is too quick even for small goods; a pale straw colour is indicative of the right heat for pies and solid pastry generally; while for small things the tint should be a trifle deeper. Should the flour not turn colour at all for the first minute, the articles must be put by for a time, as the oven is too slow for anything in the pastry line. Those who have had experience can judge of the right heat by putting the hand in for a second. Another test to which we give the preference is to put a scrap of the paste itself into the oven; this is a more practical test than some others. If the paste rises quickly, and browns only slightly, the oven is about right. These tests, however, should be regarded only as very rough-and-ready ones, for the thermometer is the only reliable guide. (*See* STOVES, in *Kitchen Utensils*, near the end of the book.)

To know when pastry is done appears to trouble some beginners, though it is really very simple. The time when one is most likely to be misled is in the case of a pie or anything else becoming prematurely brown, as of course the surface of the pastry appears to be baked. When any doubt exists, the point of a steel skewer or small knife should be inserted in the centre of the crust; if it can be withdrawn clean, it is done; should soft particles stick to it, it is not baked enough. This method of testing should not be commonly resorted to, only until experience has been gained.

There is a very pronounced odour which is inseparable from well-cooked crust, and which is readily detected after a few bakings. There is, in fact, as much difference between raw and cooked pie crust, as between dough and bread. We advise all to perfect themselves in the art of making and baking the plain sorts before attempting the richer ones; and we further advise those whose ovens are of the too familiar erratic description, to give puff paste a wide berth so far as its home concoction is concerned.

We will now suppose that the pastry has been brought to a fairly successful issue with regard to the making and the baking; there is yet left a way of damaging, if not of actually spoiling it. That is, to take it straight from the oven to the pantry or cellar; and this is often done from want of thought. The change in temperature is too sudden, and the pastry will be far less light than if left in the place it is baked in for a time before removal. In the summer a pie is often made one day for consumption the next, and this hint is worth remembering. Acting on

the same principle, pastry should never be stored in a cold, damp place. Take for instance a batch of mince pies; these, if made with a rich short crust, will be good in a week's time if kept in a moderately warm place, say the top of the kitchen cupboard. Try this, and put one of the same batch in the cellar for the same time, and note the difference. Only short paste keeps well in any place. Rich flaky paste is only nice while fresh, especially the small sorts; it is also the least wholesome, and is not suitable for everyday family consumption. Those with whom ordinary pastry disagrees may like to make trial of the malted kind given on page 749.

RECIPES FOR PASTRY.

No. 1. Plain Short Paste.—Required: four ounces of lard or dripping, a pound of flour, a teaspoonful of baking powder, a pinch of salt, and some cold water. Cost, about 4d. per pound.

Mix the dry materials, and rub the fat in until the whole looks like bread-crumbs; then add the water, about a gill at first. The paste should be stiff. It may take half as much again in cold weather, and it is the right consistence when it can be rolled easily on the board without sticking. This wants neither kneading nor folding, and is ready after once rolling. By adding more baking-powder the paste is lightened, but will the sooner get dry. The fats may be mixed if more convenient, and nice bacon fat can go in for a savoury dish.

No. 2. Medium Short Paste.—Required: flour, powder, and water as above, and six or seven ounces of lard, or half margarine, makes it very nice. Cost, about 5d. per pound.

No. 3. Medium Short Paste for Sweet Dishes.—Required: four ounces of lard, the same of butter or margarine, a pound of flour, half a teaspoonful of baking-powder, a pinch of salt, cold water, a teaspoonful of castor sugar, and the same of lemon juice. Cost, about 6d. per pound, or more if butter is used.

Make this as above, remembering that with sugar a little less water is wanted, and that careful handling is essential. This is a very useful paste for everyday sweet dishes, such as tarts and fruit pies.

No. 4. Good Short Paste.—The materials for this are the same as the above, with the addition of the yolk of an egg. It is a good paste for cheese-cakes and small sweets generally. It is equally good for savouries by omitting the sugar.

No. 5. Rich Short Paste.—Required: a pound of flour, half or all Vienna, ten ounces of butter, or half lard, the yolk of an egg, a teaspoonful of lemon juice, and some water. This is a good paste for small savouries, as croustades, &c. Cost, about 7d. or 8d. per pound.

After the fat is rubbed in, the egg and a very little water should be added with the lemon juice, and the whole lightly mixed. Roll thinly, and handle as little as possible, lifting the pin now and then to prevent the paste getting hot. Take it from the board with care, or it will break.

No. 6. Very Rich Short Paste.—The materials are the same as in the last recipe, except that the butter is increased to twelve ounces. Very little water is wanted, and the paste should be pale and quite crisp when baked; with care it is excellent. Short paste should not be made richer than this. Cost, about 9d. per pound.

No. 7. Cream Short Paste.—This is more often met with in the

country than the town. It is very nice, and may be used for finger, and all other kinds of small pastry. Required: for a crust of medium richness, a pound of flour, four ounces of butter, a teaspoonful of lemon juice, and enough cream to make the paste the right consistence. Sugar is not advisable, and an egg is not required. The butter is sometimes increased, then less cream is wanted; or the butter may be reduced to two ounces. This is made in the same way as ordinary short paste, and must be kept very cool. Cost, about 8d. per pound.

No. 8. Plain Flaky Paste.—Required: six ounces of lard, or properly-clarified fat (page 6), a pound of flour, a little salt, half a teaspoonful of baking-powder, and cold water; a few drops of lemon juice will improve this. Cost, about 5d. per pound.

Rub a fourth of the fat into the flour, as if for short crust, then mix with the water, and roll out in a long sheet. Keep the edges straight. Take half the remaining fat, and put it over two-thirds of the paste (from the point of a knife, or a spoon handle is safer, as care must be taken not to cut through the paste); then bring the unspread part over half the rest, and fold the other portion over that. In this way the fat is evenly distributed. Now turn it half round, thus bringing the end that was farthest away to the side. Flour very lightly, both over and under, and roll again into a long sheet. Repeat this folding and rolling, then put the paste by to cool for a quarter of an hour. The rest of the fat should then be put on in the same way, and the folding and rolling repeated. The paste is then ready for use. In hot weather a sprinkling of flour over the fat as it is spread is a help, as it prevents the oozing through and greasing of the board, which is so troublesome. A quicker way of making this is to complete the rolling and folding without the cooling, and for a plain dish in cold weather this answers very well.

No. 9. Good Flaky Paste.—Required: four ounces each of lard and butter, a pound of flour, the juice of a quarter of a lemon, a pinch of salt, the yolk of an egg, and some water. Cost, about 6d. per pound.

Rub in a fourth of the butter, and mix to a paste with the egg and water. See that this is the same consistence as the fats, and blend them well before commencing to spread them, otherwise the paste will look streaky. Put the fat on in three layers, and fold and roll once between each, letting the paste cool for ten minutes. After all the fat is in, roll and fold twice, then cool before rolling out for use. In putting the fat on leave a margin at the edges, that it may not break through. This is a very useful paste.

NOTE.—When the trouble of blending the fats is objected to, one sort may be used.

No. 10. Rough Puff Paste.—The materials for this are the same as the preceding recipe, or, for a better crust, the fat may be increased to ten or twelve ounces. Cost, from 6d. to 8d. per pound.

The flour and salt should be put on the board, and the fat broken into it in pieces the size of a walnut. Some use a knife, and chop the fat into the flour. Hollow the centre, and put in the yolk of egg, and a little water and lemon juice, add as much more water as is required, very gradually, and work the mass lightly into a ball; it should be rather stiff, as the fat will soften it when the rolling begins. Cool it for a short time, then press it a little on the board to shape it before rolling. Roll into a thin sheet, and then fold in three, and roll again; put by to cool, and then fold and roll twice more. Cool again, and repeat, then roll out for use.

Another way. — This is simpler. Supposing ten ounces of fat to be used, have two ounces of lard and eight of butter, or two of butter and eight of lard. Rub the two ounces of either sort into the flour, and then put the

rest in in large pieces, as directed above. Add no sugar to crusts of this sort, as with so much rolling it is apt to get sticky.

NOTE.—After the fats have been blended, it is very necessary that they be put to cool before putting into the flour, and it is a good plan to mix them together some time beforehand. To save trouble, one fat only may be used, but the mixture makes a nicer paste of this sort.

No. 11. Puff Paste, Simple and Economical.—This is recommended as a substitute for the more troublesome varieties of puff paste, and for many purposes it answers as well as the richer sorts. Required: a pound of flour, three-quarters of a pound of butter or lard, the yolk of an egg, a pinch of salt, cold water and lemon juice. Cost, about 9d. per pound.

Mix the dry materials with the egg yolk and water to a smooth paste, which should be elastic when worked on the board—it should not stick to the hand or the board. About a gill and a half of water may be wanted. Flour the board and pin, and roll the paste out, taking care that the edges are even. Roll all the time with a forward motion, never from side to side. The width is immaterial, so that it is much less than the length. Then put the fat on all over in pieces; do not spread it, the rolling will do that. Leave an inch of the paste clear all round. Then fold the paste over an inch or two, and next proceed to roll it up, precisely the same as if making a roll pudding. It is then to be slightly flattened, and turned round, then rolled and folded again, and put by to cool. It should be treated in this way again, and again cooled, and finally be rolled out for use. Or two more rollings may be given with advantage. In cold weather five minutes cooling will do, but in summer it should have a quarter of an hour. By brushing over with lemon juice after each roll this is improved, as it flakes better. It may be baked at once, or rest for a few hours in a cold place. A hot oven is essential, and the last rolling must be particularly even.

No. 12. Puff Paste, or Feuilletage.—This paste, which is considered superior to other sorts in appearance, is too rich for many, and is, as a rule, only required when pastry is to be eaten in small quantities. Required: a pound of butter, the same weight of flour, either pastry flour or a mixture of that with Hungarian, a pinch of salt, the yolk of an egg, cold water, and a lemon, or half a large one. Cost, 10d. to 1s. per pound, on an average.

Wash and squeeze the butter in a cloth to free it from moisture, and see that the consistence of it is right; for if too soft it will break through in the rolling. (*See* page 738 for remarks on this point, and on the cooling of the butter.) It is useless to start upon puff paste until the butter is cool and firm enough. See that the flour is dry; sift it on to the slab or board, and make a hollow in the centre. Put in a pinch of salt, the egg, and about a gill of water at first, adding more if required. It may take another half gill, or more than that in cold weather. The point is to put it in gradually. A knife may be used for the mixing, though some prefer the tips of the fingers, as the consistence of the paste is more readily determined. Many say that a knife is misleading, and there is danger of making the paste too soft, and there is a good deal of truth in this. The paste should be clear and smooth, and be free from stickiness when worked on the board for a minute or two. Should it adhere to the hand, or the board, it is too soft; and if it can only be worked with difficulty, it is rather too stiff, and in such a case it may be wrapped in a cloth that has been wrung out of cold water, and put by for a short time, the treatment being repeated should it seem necessary. Have the butter ready, then lay the paste on the board,

Plain.—Required: a pound of flour, a quarter of a pound of lard, an ounce of butter, half a teaspoonful of salt, and some hot water; a gill will be about right unless the fat is very hard, then a little more will be wanted; or, with soft fat, a trifle less. Dripping may be used for this.

Rub the butter in the flour, with the salt, and boil the lard and water, then pour into the centre of the flour, and work to a stiff paste with a knife; a pinch of pepper is, we think, a decided improvement, though the addition is not common. Remember that if this is soft it will not keep its shape. It is best to use the minimum quantity of water first in these pastes, adding a little more of the same heat if required.

Medium.—Make as above, but increase the fat to seven or eight ounces; it may be all lard or a mixture of that and butter in equal parts. Decrease the water a little (about the sixth of a pint will be sufficient); but the quality of the flour must be considered, as in all other pastes.

Rich.—Take four ounces of butter and six ounces of lard to a pound of flour—very little water will be wanted. In this and the one that precedes it all the fat may be boiled, or a fourth or so be rubbed in as in the first recipe; there is a difference of opinion as to which is the better way, but by rubbing a little in dry, it is generally considered that the crust eats shorter. This is as rich as raised paste can be made with certainty of success, and only the experienced should try it.

French Paste.—This is very nice, and not difficult to make. Firmness is very necessary; to be a success it should be so stiff as to give some little trouble in the rolling; that is, if it can be rolled easily and quickly, it will be too soft to bake properly, and will be no more than an ordinary short paste. The proportions vary to suit different dishes; from four to six or eight ounces of butter may be used to each pound of flour, *no* lard; six ounces make a nice medium paste.

Rub the butter and flour together like short paste, add half a teaspoonful of salt, and the yolk of one egg, or if half a pound of butter be used, add a second; the eggs increase as the butter does, as a rule. Then put in icy-cold water, little by little, until the paste is formed, and roll out with only as little flour as will prevent stickiness. Make in a cold place and keep cold until ready for baking. This cannot be handled too little. For small raised pies this is excellent.

No. 17. Cold Water Paste.—This is used for cases for pies, and is not intended to be eaten. (*See* RAISED PIES.) Required: a couple of pounds of flour for a good-sized pie, two ounces of fat of any sort, and some cold water.

Rub the fat into the flour, and add water to make a very stiff paste. Then knead it into shape on the board, or use it in a mould. The yolk of an egg is used by some in addition to the fat, as, although the paste is not eaten, something must be put in to give pliability; but an egg is not necessary.

Paste for Venison.—This is simply a mixture of flour and water made stiff enough to roll out. It is given separately to distinguish it from the preceding.

No. 18. Luting Paste.—This is used for fastening the covers of jars containing potted meats, and lids of baking jars; this is done by means of a band of paper spread with the paste; it also answers for fastening garnishes on a dish, and for joining rings of pastry together when building them into shape, and for other purposes. When necessary, add a little yellow colouring, either paste or liquid. To make the paste, mix flour and white of egg together; this should be moist, as it becomes firm in the baking; when it will just spread easily, it is right.

No. 19. Vegetarian Paste.—This is generally made plain. Wheatmeal, finely ground, or a mixture of that and white flour forms the founda-

tion. If butter is used, the paste may be made short or flaky as preferred. Those who use oil will make short crust, and from four to five ounces is often considered enough for a pound and a half of flour. Either olive oil, or one of the other oils or fats given on page 633 may be used. As a rule, the paste for boiled puddings is made plainer than one for a pie; but these pastes vary very considerably.

No. 20. Malted Paste.—Reference is made to this on page 743. All that is needed is to add from a teaspoonful to twice that quantity of malt flour to every pound of flour used. The method of making the short crusts (page 743) should be followed, and a few rules should be strictly observed to ensure success. The fat should not exceed six or seven ounces to the pound of flour. A still smaller amount is to be recommended. The water added should be as little as possible, as this paste becomes moist in the rolling. No sugar should be put in, or it will be sticky. It should be baked as soon as done. Bearing these hints in mind, anyone may succeed, and the paste used for a sweet or savoury dish. The same addition may be made to suet paste. What we would especially point out is that malt flour is not to be put in flaky paste, simply because the repeated rollings and foldings are not practicable. The malt flour and flour, whether brown or white, should be sieved together to ensure perfect mixing, and the flour must be very dry, or clogginess will result. The malt flour must be kept in a dry place.

SAVOURY PASTRY AND PUDDINGS.

THE general directions and recipes in this section will meet all requirements. So far as variation in the seasonings, and the substitution of one ingredient for another are concerned, the list might be extended very considerably, but any intelligent cook will be able to alter them to suit individual tastes; a reference to the chapters dealing with the cookery of vegetables, cereals, pulse, and cold meat, as well as the one on fish, will suggest numbers of ways of varying the dishes. Those in the following pages, therefore, are given as *representative* dishes of each respective class. The same is true of the puddings. The methods of cooking these, and the moulds, &c., required, are dealt with a little later on in the section devoted to sweet puddings and pastry.

Glazing Savoury Pastry.—There are several ways of giving to savoury pastry the glazed look that is so appetising. If a deep colour is desired, beat up the yolk of an egg, and brush over the pie or other article to be glazed, applying the wash evenly. For a lighter glaze the whole of the egg should be beaten up, and used in the same way. A still paler and more economical one is made by adding a little milk to the egg, the yolk and white being used; this wants well beating, or will look streaky. As to the best time for putting on the glaze there is a good deal of difference of opinion. In the case of articles that will be long in the oven, and might become too dark, the best way is, we think, to apply the glaze a short time before removing the pastry, then to put it back in the oven at once for the cooking to finish. Time must be allowed for the glaze to become set. For raised pies—not those baked in moulds, but such as are raised by hand—the glaze is usually applied before baking, for although these pies are a long time in the oven, the heat is slower than for other

pies in dishes that are covered with the rich kinds of crust; and in the case of raised pies the egg acts as a protection to the crust in the event of its cracking. For small pastry, the glaze can be put on at first or towards the end, as preferred; in the latter case the articles should be drawn to the mouth of the oven, the glaze quickly put on, and the oven door closed at once; on no account should the pastry be removed from the oven and allowed to chill.

Another form of glazing, less used than the above for ordinary cookery, is described under GLAZING, page 10. Such a glaze would be suitable only for a very rich raised pie that had been ornamented with aspic jelly.

Bacon Pasties.—(*See* CORNISH PASTIES.)

Bacon Patties.—(*See* HAM PATTIES.)

Beef Patties, Good.—Required: a pound of tender beef steak, or a slice from a sirloin, seasoning and paste as below. Cost, about 2d. to 3d. each.

Pass the meat through a mincer, and season highly with pepper and salt, and a little cayenne and lemon juice, or other acid, such as flavoured vinegar; have a tablespoonful of roux dissolved in a little good stock or gravy, and mix it in, then cover and let the meat remain for a time to become well flavoured; the addition of a few chopped mushrooms or a little tomato pulp is optional. The patties should be made mince-pie-shape (*see* PATTIES), and a good crust used, either short or puff (*see* page 743). Allow about half an hour or rather more for the baking, and take care to make a hole in the lids of the patties. If the meat be of good quality these are very nice. If the meat is freshly killed it is a good plan to mix it with about a couple of tablespoonfuls of stock or gravy while hot, then cover until cold. This, although it does not cook the meat, softens it, and the flavour will be as good as if the first mode is followed.

Beef Steak Pie.—Required: a couple of pounds of steak, from well-hung meat, a teaspoonful of black pepper, and twice as much salt, and a pinch of cayenne, stock, vinegar, and paste, as below. A small onion may be added, or a little parsley and thyme. Cost, about 2s. 9d.

Cut the meat in strips, and put a little fat in each; roll up, and mix in the seasoning, then put in the pie-dish ready for baking, and pour a gill of stock over (No. 4 or a plainer one), and cover and bake in a gentle oven for an hour, or until the meat is half done. (*See* page 770.) A teaspoonful of vinegar added will make the meat tender in the event of its being freshly killed. When cold add the rest of the salt; only a little should be put in at first, and cover with nice paste—No. 8 is suitable—first putting a rim round the edges of the dish. (*See* page 770.) Bake for about an hour and a half, and serve with more gravy. If the meat looks dry more should be put in before the pie is covered.

Beef Steak Pie, Superior.—This should be made from well-hung rump steak, prepared, so far as the seasoning goes, as in the recipe above. If first-class meat be used it can be browned in a little hot fat, then put in the dish with stock No. 4, or that and some gravy from a roast is better, covered with paste No. 10, 11, or 12, and baked for about an hour and a half. More gravy should be put in when done, and if for serving cold, see that it will jelly.

NOTE.—Should the meat be fresh, stew it a little in the stock after browning in the fat, and let it cool

before covering. (*See* also RUMP STEAK PIE, page 789.)

Beef Steak Pie with Oysters.—Required: two pounds of thick rump steak, salt and pepper, and a little cayenne and lemon juice, a dozen oysters, and the liquor, a few drops of anchovy essence, and paste as above. Cost, about 4s.

Cut the meat in pieces of an inch and a half by two and a half, and roll each in the seasoning; parsley may be added if liked, as it is quite suitably blended with oysters. Put them in the pie dish ready for covering, and pour the oyster liquor over, with stock or gravy from a joint to cover; or the trimmings of the steak may be stewed for the purpose with the beards of the oysters. Cover and proceed as directed for the steak pie of page 789. When cold put the oysters in, and more gravy, then cover and bake for an hour and a quarter to an hour and a half, according to thickness of the paste and heat of oven. This should be glazed and baked a rich brown. The paste should be nicely decorated with leaves.

NOTE.—If the oysters are large they should be cut up, and if very small the quantity should be increased.

Beef Steak Pudding.—Required: a pound and a half of steak, a teaspoonful and a half of salt, half as much or more of pepper, which should be black, a tablespoonful of browned flour, and if liked a chopped onion, stock, and paste. Cost, about 2s. 3d.

Beat the steak and cut it up, then dip each strip in the seasoning and flour, blended, and put a bit of fat in each; should the steak be too lean, a little fat from roast meat will make up. Take the medium or digestible suet paste of page 746, and line the basin, or a tin mould is better, as this takes a long time to cook. It should be greased well in every part, and the paste rolled rather more than half an inch in thickness. Half fill the basin with stock No. 1 or 2, and put on the lid of paste, then boil for four hours, after putting the cloth on and tying it very firmly, but leaving room for the pudding to swell.

Another way.—*See* KENTISH MEAT PUDDING, and make as there directed. The top crust should be an inch thick, and the pudding boiled for three hours and a half in a tin basin. The top of the leg is nice and juicy, or a part nearer the shin may be used; but being more gelatinous should be partly cooked by stewing in the stock first, then left to cool.

Beef Steak, Kidney, and Liver Pudding.—This is very savoury. Required: four ounces each of the ingredients named, with a trifle less of fat bacon. The latter should be cut up and fried a little, and a large sliced onion fried in the fat. These are to be mixed with seasoning and flour, and the pudding made as in the first recipe above. Any herbs, as parsley and thyme, or some sage may be added. Calf's liver makes the pudding much more delicate. Boil for three hours or longer.

Calf's Head Pie.—Required: paste, a calf's head, wine, ketchup, eggs, and seasoning materials, as below. Cost, about 5s. or 6s. when heads are moderate in price.

An excellent pie may be made of calf's head. Take one properly prepared, and boil it until the bones can be taken out. Line the edge of a large pie-dish with a good, light crust, put in the head, cut up into neat pieces, and the tongue sliced, over. Season it with salt, pepper, and a little nutmeg, pour over it a cupful of the liquor in which the head was boiled, cover it with a thick crust, and bake in a good oven until nicely browned. While it is baking put the bones of the head into a saucepan, with a quart of the liquor, a teaspoonful of powdered mace, an onion chopped small, and half a saltspoonful of cayenne pepper. Let it simmer gently until it is reduced to half, then strain it, and add two tablespoonfuls of mushroom ketchup and a glass of port, with a little roux. Mix the brains with

three or four sage leaves, chopped small, a little salt, pepper, and nutmeg, and an egg. Make them up into little cakes, and fry them in hot frying fat until they are nicely browned. Put them in the oven to keep warm, with a sheet of blotting-paper under them to drain off the fat. Have ready also four or five hard-boiled eggs. When the pie is sufficiently cooked, take off the crust, and lay the brain cakes, and the eggs, cut into rings, on the top; pour the boiling gravy over all, and fasten the crust on again with the white of an egg before sending the dish to table. Time to bake, an hour and a half or more. The brains may be flavoured with any other herbs to taste; or chopped mushrooms may be used; and sherry or Madeira can replace the port. If for serving cold, make the gravy strong enough to jelly, and omit the roux. The tongue is sometimes cut into dice, and mixed with the meat of the head, and we think it the better way.

Cannelons. — These are small rolls of pastry, enclosing a mince of any savoury kind. There is a little trouble sometimes in getting the pastry to retain its shape, and many can bake them more successfully than they can fry them. They want either a very sharp oven, or plenty of hot fat. The crust is generally puff, but other sorts can be used. When baked, the cannelons are to be brushed over with white of egg. If fried, they can be left plain, or coated with egg and crumbs, like rissoles (p. 788). There are two ways of shaping them, and we give both. *No.* 1.—Take a thinly-rolled piece of paste, about two or two and a half inches square, and lay a little of the mince in, then join the edges with a little beaten egg, and press them together; roll the pastry on the board until it is cork-like in shape, and proceed as directed. *No.* 2.—Take two pieces of paste, say two and a half inches long, and an inch and a quarter wide; lay the mince on one and put the second over, the edges being egged as before. The ends are sometimes sprinkled with fine crumbs, but if the mince be stiff enough it will not escape in the cooking. Cost, according to the kind of filling.

Cannelons à la Reine.—Make a mince with cold ham and chicken, twice the weight of the latter, and pass it through a mincer until fine; then season with mace and lemon rind very delicately, adding a little salt and pepper. Moisten with thick white sauce, either béchamel, or velouté, or suprême, or a plainer one (*see* Hot Sauces). A small quantity of stock that will jelly when cold should be added, or a little gelatine put in the sauce. The mixture must be quite cold when used. (*See* directions above.) Cost, from 2d. to 3d. each.

Cheese Darioles.—(*See* Tartlets.)

Cheese Fleur.—Required: paste, and a cheese mixture, as below. Cost, about 9d. or 10d.

This is a good dish, but for plainer ones the directions for other cheese dishes with a pastry foundation may be followed with good results. A ring-mould is required. Take some short paste, and line the ring (*see* page 792). The sixth of an inch is thick enough for the paste; it should be well pressed to the ring, the edges must be carefully trimmed, and the bottom pricked. The paper on the baking-sheet is to be greased on the side next the paste. Then prepare the filling by mixing in a stewpan an ounce and a quarter of fresh butter, an ounce and a half of fine flour, a gill of milk, and a couple of tablespoonfuls of thick cream. Stir to the boil, then add two ounces of grated Parmesan cheese, and an ounce of good English, in thin slices if soft, and grated if dry. Add a little salt, celery salt if handy, and enough white pepper and cayenne to season pleasantly. A slice of onion may be infused in the milk if a more savoury dish is liked, and nutmeg may be added at discretion, with or without

lemon rind, parsley, or anchovy essence. Take the pan from the fire, and beat in very thoroughly the yolk of an egg. The white must be beaten to a very stiff froth, and added when the mixture has cooled a little. Then pour it into the paste case, and bake for twenty to thirty minutes in a moderate oven. Remove the ring carefully, also the paper from the bottom, and serve the fleur very hot. The dish looks nicer if some fine bread-crumbs and a few bits of butter be put on the top before baking. If not brown when done, use the salamander. A dust of coralline pepper may be put over the top.

NOTE.—Take care to set the paste ring in a cold place while the filling is being prepared. A variation of this is made by adding a small quantity of grated ham to the mixture.

Cheese Pastry.—Take some puff or flaky paste, and roll it in the thinnest possible sheet. To six ounces of paste allow three ounces of grated cheese, of which two-thirds should be Parmesan. Then sprinkle the paste lightly with lemon juice; strew the cheese on, put a dust of cayenne and white pepper over, and fold the paste. Roll out again to the former length, then fold and roll again. Cut into shapes with a cutter, or make them varied; egg over, and bake in a good oven, and serve hot. Cost, about 6d.

Cheese Straws.—Proceed as above, but cut into straws the thickness of a match, and four or five inches long. Bake on a wetted baking-sheet, pressing them on lightly but firmly; serve hot in rings cut from the same paste. Pile them lightly. They may be plain or glazed as preferred; if glazed, great care in the baking is wanted. These are nice only while fresh. If made from short paste, an ounce or so of cheese being incorporated with each quarter pound of flour, they will keep longer. Or a quarter of a pound of short crust can be rolled out, and an ounce of cheese put over, then folded and rolled, and cut in strips. These can be glazed, and baked in a gentler oven than those above.

Cheese Pudding, Economical.—Required: milk, butter, seasoning, bread, cheese, and eggs. Cost, about 7d.; more if paste be used.

Put half a pint of milk on to boil with an ounce of butter, a few peppercorns, and a morsel of mace; let it stand for a short time after it boils, and pour over half a pint of bread-crumbs, which may be brown or white, as preferred. Put in a quarter of a pound of grated cheese; when cool, add two eggs, and beat well; flavour to taste with salt and pepper, and bake in a greased pie-dish in a moderate oven, for half to three-quarters of an hour. The dish may have a rim of plain pastry round it if liked.

Cheese Pudding, Good.—Required: butter, milk, bread, cheese, eggs, and seasoning. Cost, about 6d.

Dissolve an ounce of butter in a gill of hot milk; pour it over two tablespoonfuls of fine crumbs; add a quarter of a pound of grated cheese, and two eggs well beaten; season well, and bake in a tin mould that has been greased and coated with crumbs. The oven should be gentle at first. Time, about half an hour.

Another way.—This is custard-like, and very nice. Grease a tin well, and put in the mixture, made by beating together a gill of milk, a tablespoonful of cream, the yolks of two eggs, the white of one, two ounces of grated English, and one ounce of Parmesan. The white of the second egg is to be beaten up, and added last, with a little cayenne and salt. Leave room for rising, and bake in a quick oven. The mixture may also be baked in a dish lined with short or flaky paste.

Cheese Tartlets or Darioles.—Required: paste, sauce, cheese, seasoning, and eggs. Cost, from 1s. 3d. to 1s. 6d. per dozen if small.

If the first-named, use deep patty-pans; if darioles, use small tins. Line either with paste No. 5, and prick the

bottoms; the tins should be slightly greased only. Make a mixture by putting a gill of white sauce in a saucepan (ECONOMICAL BÉCHAMEL or BÉCHAMEL MAIGRE may be used); stir in two ounces of grated Parmesan, and when melted, remove the pan. Add a few drops of lemon juice and a pinch of cayenne, and the yolks of two eggs when cool; the whites are to be beaten and added last. The tins should not be more than three-parts filled. This will make half a dozen small patties; for the same number of darioles or large patties, double the quantities of all the ingredients are wanted.

Another way.—Pound some grated cheese of good flavour in a mortar, adding an ounce of butter to three or four ounces; it depends upon the condition of the cheese how much butter is wanted; then add a flavouring of mustard, salt, and pepper, and the yolks of two eggs to a quarter of a pound of cheese; beat the white of one, and add last, stirring it lightly in. Use patty pans for these, line with short or flaky paste, as preferred, and bake in a good oven. For the tartlets in the first recipe, raised crust (French) is also suitable.

Chicken Pasty.—Required: paste, a chicken, some bacon, white sauce, and seasoning. Cost, from 3s. to 4s., according to price of chickens.

This is a nice dish and not expensive. Take a good-sized round or oval tart-tin (a deep one), and line with pastry No. 9 or 10. Cut up a boiled chicken, skin it, and season while hot with salt and pepper, a dust of nutmeg, and some lemon juice. Mince four or five ounces of good bacon, boiled, and add to the chicken. The large bones should be taken from the bird, or it is nicer if entirely boned. Half a pint of white sauce, made very thick, should be used to moisten it; some of the stock will produce a better flavoured, though less white, sauce than milk. Put the mixture into the patty-pan, and cover with another sheet of paste; ornament with eaves, and crimp the edges; make two cuts in it, and bake in a hot oven for about half an hour, just long enough to cook the paste. The pasty can be made as soon as the chicken is cool. Pickled pork can be used instead of bacon, and if chicken runs short, a little veal will eke it out. Parsley and other herbs, as well as hard eggs, can be put in for variety.

Chicken Patties or Vol-au-Vents.—Required: some chicken-meat, gravy, seasoning, and paste as below. Cost, about 2d. to 3d. each.

Take the white meat of a bird that has been nicely cooked by steaming or boiling, and chop it up, or pass through a mincer. The bones should be put on with a strip of lemon peel, a mushroom if at hand, and a bunch of herbs, with a few peppercorns, and simmered for some time for the gravy. (*See* recipe for Stock No. 9.) When this is strong and nicely flavoured, strain it, and add about half as much mince-meat as there is stock, then for each quarter pound of chicken used, put in about a tablespoonful of minced ham, free from fat; this may be enriched by the addition of a spoonful or two of cream, and white roux should be added to make the mixture thick enough; it should just drop from the spoon. A little mace or nutmeg may be used for seasoning, or lemon juice, or any flavoured vinegar; there are endless ways of varying these. The yolks of a couple of eggs should be put in when richer patties are required, or a gill or so of either of the rich white sauces can be used to half a pound of chicken, then less gravy will be wanted. For plainer patties, the mince may be prepared very easily by taking the remains of a cooked bird, and mixing with a little white sauce; or brown sauce, if the brown meat has to be used. (*See* also recipes under VEAL in this chapter.) The paste should be rich in proportion to the mince; Nos. 10, 11, and 12 are all suitable for good dishes, and for plainer ones, either of the flaky pastes may be chosen.

Another way.—This is considered by

some to be the best way of preparing the meat; but it requires care, or will become hard. The breast is the part used. Take it from the bone in a piece, and put it to cook in a stewpan with two ounces of butter, and turn it about that it may become very gradually heated without browning; then add a little salt and white pepper, with lemon peel, grated, and a hint of mace and cayenne; any other seasonings are optional. Turn about, and at the end of half an hour take the meat up, and mince it very small, saving all that runs from it. Be sure to add but a hint of salt at first, or the meat will be spoilt. A spoonful or two of chicken stock should be put in the stewpan as soon as the meat begins to cook, or a little white wine and lemon juice can be used. Then put the meat back into the stewpan with a couple of ounces of chopped ham, and enough cream to make a soft mass that drops easily from the spoon, or use a little good béchamel or other sauce. To make this more savoury, and yet retain its delicacy, a small shalot, scalded, or a couple of button mushrooms, can go in with the chicken; if the latter, chop them up, and use for the patties; if shalot, take it out. These are very nice either cold or hot. (For the cases, *see* pages 779 and 800.) Large vol-au-vents can be made as above.

Chicken Pie.—Required: a couple of young well-fed chickens, some ham, sausage meat, gravy, eggs, paste, and other ingredients as below. Cost, about 6s. 6d., but very variable.

Wash and dry the birds and cut into joints. Put the trimmings, with the backs, leg bones, salt and peppercorns, a blade of mace, and an onion, in a saucepan, and cover with water, or white stock of a gelatinous sort to make the gravy; a bunch of herbs should be added, and the contents of the pan simmered long and skimmed well. Line the edges of a pie-dish with paste No. 10 or 11, or use a plainer one if preferred; put a layer of chicken, then some ham in strips, then sausage meat in balls; this may be of beef or veal, but the latter is the better, or if of ham and veal the strips of ham may be dispensed with. Two or three hard-boiled eggs in slices should be put in. The layers of chicken should be seasoned, and when the dish is full the juice of half a lemon should be squeezed over all. The liver of the birds can be minced and put in the sausage meat. The stock should be strained, and thickened with white roux to the consistence of cream, then put over the chicken, &c., to half the depth. A cover of paste half an inch thick should be put on, and plenty of ornament in the shape of leaves. Bake for about an hour and a half. If to be served cold, the gravy that is put in after baking should "jelly"; for a hot one a little cream is generally considered an improvement. (*See* directions for GRAVY, p. 771.)

NOTE.—For chickens that are not of the tenderest, stew them a little in the gravy, or cook them for a short time in a steamer before cutting them up. Large birds are also browned before the fire or in the oven for pies of a more savoury sort; when this is done the gravy should be brown.

Chicken Pie, Superior.—The birds should be boned. (*See* p. 400.) For a large bird allow about half a pound of rich forcemeat and some ham and eggs as above, and make a good gravy from the bones of the bird. A few mushrooms are a great improvement to pies that are to be served hot, and a little sherry makes the gravy very nice. Use rich puff paste (page 745) for this. This is nice for a picnic when cold, and if the chicken bones are stewed for several hours the gravy will jelly, except in the hottest weather. (*See* remarks on page 771.) When a number of people have to be provided for, a mixture of chicken and veal will make very good pies if plenty of good forcemeat be used. (*See* FOWL PIE.)

Cold Shoulder Pudding.—Required: mutton, onions, herbs,

seasoning, paste, and adjuncts as below. Cost, about 1s. 6d., when made from a pound of meat.

Take the meat of a cold shoulder of mutton, which is preferably somewhat underdone, cut it into thick square pieces, and season with salt and pepper and some chopped onions, or mushrooms or herbs, according to taste and convenience; the seasoning and stock are the making of this pudding. To a pound of meat, a sheep's kidney or a morsel of liver, just an ounce or two, will prove a good addition, by heightening the flavour and increasing the richness. The stock may be from the bone or ordinary stock, as No. 1 or 2, but it should be well seasoned and coloured a good brown, also thickened with brown flour. In making the pudding use a thin crust and cut up the kidney finely, distributing it among the cold meat; or this can be mixed with a little plain forcemeat of any sort and used for lining the basin, all the cooked meat being piled in the centre. If the mutton be very lean a small quantity of fat bacon or pickled pork is a further improvement. The pudding can be boiled, baked, or steamed, and will take about an hour and a half if the crust be thin. A suet or dripping crust can be used. A small pudding served to each person will be even more satisfactory than the above.

Note.—This recipe may serve as a guide for puddings made of any sort of cold meat. One of veal, with a lining of forcemeat—it is well worth while to make some on purpose—and a few strips of ham or lean bacon will be found very good if deftly seasoned; a dash of lemon peel or a gravy slightly acidulated with lemon juice improves it. Hard eggs or a little macaroni may be employed to eke out the veal, and many will appreciate the addition of a morsel of grated cheese. Cold meat of any kind, mixed with some thick curry sauce, makes a famous pudding; boiled rice can be added for the sake of economy, or served with the pudding.

Cornish Pasties.—These are made in Cornwall and taken by the miners for dinner. There are various combinations used in their concoction, the most common being a mixture of meat with some vegetable of a moist sort, so that they shall contain plenty of gravy. Mutton, and onions or turnips, or both; beef, with one of these vegetables; pork, with apples; or a mixture of meats with any vegetables to hand are also used. The paste is of suet as a rule, and is very nice when eaten hot, but when cold is apt to be hard, and for that reason a short paste, such as No. 1 or 2, will be better. This is to be rolled about half an inch thick, as the pasties are substantial, and want a moderate oven only that the meat may cook. To make the pasties, cut the meat up very small, and the more tender it is the better; indeed, if it is hard the pasties are very indigestible. Then put an equal weight of the vegetable—we recommend a mixture of onion and potato, both scalded and chopped up—season with salt and pepper, then roll the paste out in rounds and put some of the meat in the centre; bring the edges up, after moistening them, and press them together; then take the thumb and finger of the right hand and pinch them up, using the forefinger of the left hand to press the paste between them. The sizes of these must be in proportion to the appetite of those who eat them; from four to six ounces in weight is an average size. Then lay them on a greased tin and bake from thirty to forty minutes. They may be washed over with a little milk when nearly done, or with egg for a better dish (*see* p. 749). This is the common mode. We advise for a much nicer dish that the meat be cut up as finely as possible, or passed through a mincer as for sausage meat. When turnips are used they should be partly cooked beforehand, and many will like the pasties better if both onions and turnips are parboiled, although this is a departure from the original.

Imitation Cornish pasties are made by taking some underdone cold meat, with vegetables of any sort, fully cooked, and adding a little gravy to moisten, with seasoning to taste; the paste for these may be better, and can be rolled thinner, and the pasties, if made small, will be baked in about twenty minutes. Bacon can be put with these, or a mixture of that and cooked rice or macaroni can be used. Cost, variable; about 2d. each for pasties for one person.

Cottage Pie.—(*See* page 512.)

Croustades.—The crust required is the same as for FLEURS (page 792). Fig. 66, page 212, illustrates a suitable design for the mould; almost any of the fluted patty pans that are deep enough can be used; the one given below is suitable. Then there are shell moulds, made deep, also patty pans that resemble boats, leaves, &c. As a rule croustades are served without



FIG. 122.—OVAL FLUTED PATTY MOULD.

a cover; sometimes fried crumbs are sprinkled over the top, but there are various ways of decorating them. For plain ones the ragoût or mince is put in and nothing added. Almost any mixture that would do for patties answers.

Duck Pie.—Required: a duck, gravy, and flaky paste as below. Cost, about 3s. 6d. on an average.

Put the duck down to the fire and brown the surface well, letting it become nearly half cooked; then put it aside and joint when cold. Meanwhile, make gravy from the giblets (*see* GIBLET PIE), and let it get cold, so that the fat can be skimmed off, and use enough of it to almost cover the duck in making the pie. Thin flaky crust should be used, as this pie will not take long to cook. The giblets and rest of the gravy will make a plainer pie, or can be served separately (*see* recipes under GAME AND POULTRY). When the pie is done add more boiling gravy through a hole in the crust. Season the meat nicely. For a more savoury dish make stuffing of a kind used for roast duck, and put in alternate layers with the joints. A couple of ducks will be wanted if the bony parts are left out. (*See* page 771.)

Another way.—Joint the duck and brown the best parts in a frying-pan in hot butter; drain them and add a little fried onion and powdered sage, then season and put in the pie-dish. Make the gravy from the inferior parts, flavouring nicely. (*See* page 771.) The giblets can be cooked for a pie or other dish. Pour gravy to half cover the duck, and cover with flaky paste (page 774). Bake about an hour if the crust be thin. Forcemeat of sage and onion, or other kind, can be put in in balls. (*See* FORCEMEATS.)

Dumplings for Soups and Stews.—The addition of small, nicely made dumplings to soups and stews has much to recommend it. The dish may be made more savoury as well as more nourishing, at very little increase of cost or trouble, and variety is easily effected. Reference to the INDEX should be made for details of the different sorts, but we give here a few rules of universal application. The smaller the dumplings the better, as a rule, for soups; about the size of a nutmeg is sufficient, for stews they may be considerably larger. Should the soup to which they are added be a very thick one they may with advantage be separately parboiled in a little thin stock or water before they are put in; there need be no waste of nutriment, as the liquor they are cooked in should go in the soup also. When fat is added to the dumpling mixture and time is short, suet should not be used; with dripping or butter they are soon cooked, with marrow they take rather longer, and with suet the longest of all. (*See* SUET PUDDINGS.) They

should always be made stiff that they may retain their shape; they are also lighter when this rule is followed. Bread-crumbs also ensure a light dumpling. (*See* recipe for DIGESTIBLE SUET PASTE on page 746.) By way of adding to the nourishment when the dish is for children, brown flour or oatmeal may take the place of ordinary flour. The dish can be made savoury by the addition of herbs; indeed, the changes may be so rung that the dumplings may form the most enjoyable part of the dish. Dumplings are as good in soups and stews made from fish as from meat.

Eel Pie.—Required: from a pound and a half to two pounds of eels (they should weigh about half a pound each after skinning), seasoning, paste and gravy as below. Cost, 1s. 6d., or more according to season.

Wash and cut the fish into neat pieces and let them soak awhile in salt and water, then put them in a little veal or white fish stock to cover and simmer for about half an hour. Take them up and season with salt and pepper, a little nutmeg and lemon juice, and put them in the pie-dish ready for covering. The heads and tails of the fish should be cooked in the same, with more liquor to well cover them; an onion, a bunch of herbs, and some peppercorns and allspice berries being added to flavour; when strong and good strain this over the fish to half its depth, and cover when cold. A plain flaky paste may be used (*see* page 744), or short paste No. 2 will be rich enough for some. Bake for about an hour, and pour in a few spoonfuls of hot cream when the pie is done. If this is not liked the gravy may be thickened a little; brown roux may be used, or browned flour, which is plainer, and some flavoured vinegar be added to give piquancy.

For a good pie of a more savoury kind, the eels should be fried and left to cool, then put in the dish with gravy to cover them; fish stock thickened with brown roux and flavoured with ketchup or sherry will serve for this. (For other adjuncts *see* the recipes for eels in FISH.) Forcemeat balls are sometimes put in eel pies; one of herbs is suitable, or a mushroom forcemeat is liked by many.

Another way is to prepare the eels for stewing, and when half done to take them up and cool, then skim the gravy and make the pie. (*See* the recipes for stewed eels in FISH.)

Egg Patties.—(*See* PLOVERS' EGG PATTIES; also HAM PATTIES.)

Fish Patties and Pies.—(*See* INDEX for different sorts.)

Fish Pies.—These are less known than they deserve to be. They can in many cases be made at little cost, and furnish a nice method of using the remnants of various kinds of cooked fish, as well as fresh. For cooked fish the crust of the pie should always be thinner than for raw, or by the time the pie is done, the fish would be raggy. When fresh fish is employed it will be found that the white kinds need no preliminary cooking; but eels and some others should be partly cooked beforehand, to make them really digestible. The seasoning is very much a matter of taste, though the sort of fish must be considered to some extent. For eels and fish of that class, the gravy in the pie can be seasoned in the same way that a fish stew of the savoury sort would be; wine and forcemeat balls, and other adjuncts being admissible. The recipes under fish will suggest a good variety. Mackerel will make a savoury pie, but it is not advisable to have the crust too rich. For white fish a seasoning of salt and pepper, with a dash of cayenne and mace or nutmeg, will suffice for many palates; others will approve of the addition of anchovies or shrimps, mushrooms, &c. To get the full benefit of the fish flavour, the bones should always, if convenient, be stewed down for the stock; in pies of the plainest sorts, where the fish is not boned for the pie, there will be some

trimmings that are worth stewing down for gravy, and a little gelatine may be used to give body to it. This, however, should not be considered a necessity, although an improvement. For haddock, a little butter may be distributed amongst the fish with advantage; or a better sauce used than for a moister fish. The sauce can be of precisely the same kind that would be sent to table with the same fish in the boiled or any other state, and many prefer sauce to gravy in the pie. For the watery sorts of fish avoid too much gravy, or it will bubble up in the baking and touch the top crust, which will not then be so light. If to serve cold, make a gravy strong enough to jelly, and increase the seasoning; some herbs should be used, a bay leaf is useful for many kinds. There are various recipes given in the chapter on SEASONINGS that will improve these pies.

Fish Pudding, Plain.—Required: paste No. 2, white fish, such as fresh haddock, cod, halibut, &c., a dozen small forcemeat balls to a pound and a half of fish, and some seasoning and gravy as below. Cost, uncertain.

The basin should be lined half an inch thick with the paste; the fish should be washed and dried, and cut up into convenient pieces for serving; the head, and tail, and trimmings should be put on for stock. (*See* recipes in STOCKS.) Dredge the fish with flour and a little salt and pepper, and use any herbs to flavour, or add a few drops of anchovy essence or a teaspoonful of ketchup to the gravy, which should be strained when ready, and thickened with a little flour, and enriched with half an ounce of butter to half a pint, unless preferred very plain. The addition of salt pork or fat bacon, about three or four ounces to a pound of fish, is sometimes thought an improvement, and the forcemeat balls may be put with it, or omitted. The basin should be firmly packed with the fish, and only enough gravy to come a third of the way up be put in, as the fish yields liquor in the cooking. Put the cover of paste on the pudding, and steam or boil it for about two hours. The rest of the fish stock may be made into sauce for serving with the pudding, or it can go to table plain.

Fish Pudding, Savoury and Substantial.—Required: a pound and a half of white fish of a firm sort, an ounce of butter, a small onion, a couple of anchovies, a teaspoonful of chopped parsley, two ounces of shredded veal suet or marrow from a beef-bone, two ounces of bread-crumbs, fish stock, two eggs, and some seasoning. Cost, uncertain.

The bread is to be soaked in enough boiling fish stock to cover, then squeezed dry and beaten finely. The fish should be freed from skin and bone, and pounded with the chopped onion and filleted anchovies, then added to the bread, and seasoned with salt, pepper, mace or nutmeg, and a little grated lemon peel. The eggs go in last; the whites should be beaten and put in separately. The suet or marrow is to be pounded, first alone, then with the fish. This should be put in a greased basin—a tin mould is better—and steamed for an hour and a half to two hours. Serve anchovy or parsley sauce with the pudding, using the bones for the foundation.

NOTE.—For a cheaper pudding, omit one of the eggs, and add another ounce of bread. For a better one, add half a gill of thick cream and a couple of ounces more fish.

Fleurs, Savoury.—(*See* SAVOURY FLEURS.)

Fowl Pie, Raised, Rich.—Required: a fowl, some forcemeat, ham, tongue, gravy, and paste as below. Cost, about 7s. 6d. or more.

Take a fine fowl and bone it, then stuff it with forcemeat, and press it into its original shape, or make a galantine; these processes are detailed in the chapter on POULTRY. The forcemeat may be of veal and ham or truffled sausage meat, or any other to

taste, but one of the best should be chosen, and it must be free from suet. (*See* the chapter on FORCEMEATS, &c.) About a pound and a half of forcemeat will be wanted in addition to that put into the fowl. The fowl is then to be parboiled, or it may be braised, which is the more savoury mode, until half done. (*See* recipes under POULTRY.) The crust should be good (page 748), and the case may be raised by hand or made in a mould (*see* page 785); it must be of a size to take the fowl easily, and should be at least half an inch thick. If a forcemeat without truffles is used, a few slices of truffles should be put in the case after it has been lined with forcemeat at the bottom and sides; but they may be dispensed with. The bird goes next; it should be cold when put in, and all the vacant spaces are to be filled up with strips of cooked ham and tongue; or truffles may be mixed with these materials, or button mushrooms can be used. Forcemeat balls can also go in, and over all some thin slices of good ham or bacon should be laid, as they prevent dryness and give a good flavour. Hard-boiled eggs are often used in these pies, so are fillets of pigeon, as the flavour is thought by many to be thereby improved; all must be well seasoned, and chopped parsley may be used. White pepper, cayenne, grated lemon peel, and a little nutmeg or mace are the usual flavourers. The salt used must depend upon the amount and quality of the bacon and ham. Either of the latter should be most carefully trimmed. Then put on a lid of paste, and cover it with leaves or other devices; pin a band of paper round the mould, that the pie may not get too dark, and bake in a very steady oven until done; it will take about two and a half to three hours. The top may be glazed when nearly done, and the entire case may be so treated after removal from the mould, but do not make it too dark. If it is glazed with aspic, leave the top until done, and glaze it altogether. After taking the pie from the oven, let it stand awhile, then put in the gravy to fill up. This should be very good, and made from the bones of the bird. (*See* page 771.) Sometimes the lid is cut round, and some chopped aspic put on after the first gravy has set, and the lid replaced. The pie looks best on a silver dish, with a lace paper or serviette under it, and should be garnished with plenty of green parsley, and blocks of aspic, if liked; hard eggs are also suitable.

Another way.—If a china case is to be used when paste is not liked, the bird may be boned and stuffed, and braised until done; then put in a case, which should only just hold it, and when cold the gravy must be poured round to fill up. This should be gravy of the ordinary sort, but clarified. (*See* recipes for ASPIC and CLEAR SOUPS.) Before serving, the top of the pie must be ornamented. (*See* recipe for RAISED PIGEON PIE on page 781; any of the materials there mentioned may be used, the feet, of course, excepted.)

Another way.—In the event of a flour and water paste being used (*see* page 748), naturally it is very desirable to prevent its absorbing any more of the flavour and goodness than can be avoided, as it is not to be eaten; therefore, proceed as follows:—After making the paste, whether it is raised by hand or put in a mould, brush the inside with a little beaten egg or thin glaze, and put it in the oven for a short time; then fill with the fowl, &c., prepared as in the first recipe, and bake in the same way. In serving this, it is not usual to put on the lid of paste, though one is wanted for the baking; because if this is done it is naturally assumed that the crust is eatable; therefore the top should be nicely garnished with eggs, jelly, &c., as above referred to.

NOTE.—These can also be made from turkey. Choose a young white-fleshed bird, and allow time in proportion to size. These pies are only required now and then, and for ordinary occasions one made as in the next recipe will be found rich enough.

Fowl and Ham Pie, Raised.—Required: a pound and a half of fowl to half a pound of ham, or equal parts of each, according to taste, paste, seasoning, and gravy, as below. Cost, about 1s. or more per pound.

Prepare the fowl and ham just as directed for raised veal pie (page 798), then season with salt and pepper, and a little lemon rind, with a sparing allowance of nutmeg or mace, and cayenne. The herbs may be fresh parsley, finely chopped, about a teaspoonful to the pound of meat, and a fourth as much thyme; or very finely powdered dried mixed herbs may be used, a saltspoonful or so. Those who object to herbs in the pie should use some in the gravy, to give a nice flavour. Instead of putting ham in the pie in pieces, a good forcemeat with plenty of ham in may be used in layers with the fowl. (*See* page 493 in FORCEMEATS.) After cutting up and seasoning the fowl, moisten it with stock from the bones, and go on stewing them while the pie is baking, ready for filling up after baking. (*See* page 787.) Use either of the crusts given for veal and ham pie, and finish off in the same way. This pie may be varied by using a veal and ham sausage meat in layers or balls, and some hard eggs in slices. Only a young tender fowl should be employed for this.

Game Fleur.—Required: a case as directed for cheese fleur (page 752) and a mince of game as below. Cost, uncertain, according to the game.

(*See* CANAPES À LA SHORNCLIFFE and CORBEILLES SUPERLATIVE in HOT ENTRÉES; either of these minces will serve for filling the case.) The top may be left plain or garnished with small fancy croûtons, or leaves of pastry, or a meringue mixture, made of the white of an egg, and a little salt and cayenne may be put in the centre or round the edge, or in any other way, so that the mince is not entirely hidden; it is better to brown the meringue by means of the salamander than to put the fleur in the oven. Serve on a hot dish, and garnish with a little fried parsley.

Game Patties.—These may be made with the game mixtures referred to in the recipe above; any other mince that does for fleurs will be just as suitable for patties. The same may be said of vol-au-vents. For another sort of patty the French raised paste of page 748 may be used. These should be made mince-pie-shape. (*See* PATTIES.) Or the paste can be made in deep patty-pans, and a lining of game forcemeat (*see* FORCEMEAT) put round and at the sides, the centre being filled up with partly cooked game in small dice, just moistened with any rich thick gravy or sauce that could be served with the game itself. A little more forcemeat should be put on the top, then a cover of paste, and the patties baked at a moderate heat, that the forcemeat may have time to cook. The paste for these should be thicker than for the mince-pie-shaped ones. Another way is to put a little thick mushroom purée in the middle and a mince of game at the sides, having a very thin layer of forcemeat next the paste. Cost, from 2d. to 3d. each, on an average.

Game Pies.—(*See* remarks under MEAT PIES, RAISED PIES, and GAME PIE CASES.)

Game Pie Cases.—These are used for pies of the rich raised description, when the crust is not intended to be eaten. There are several kinds made of fire-proof china and earthenware. The first is an oval deep dish, with a lid, in which the pie is baked. Pies or pâtés of this sort are generally highly seasoned, and the top covered with clarified butter; they will then keep well, and form very acceptable breakfast or luncheon dishes. The earthenware cases are in appearance just like the crust of a raised pie, leaves, &c., included, and at a little distance they cannot be told from a real crust, so perfect is the imitation. Formerly, these

were only made in large sizes, and were expensive; now they are sold very reasonably, and small enough to take but little more than a pound of meat. The large ones are often let out on hire by caterers. These are used for a pie that is to be served without a lid, and the top garnished more or less elaborately; such pies are seen at ball suppers, wedding breakfasts, and other festivities. Then there is the home-made pie case. This is simply a flour and water crust, as given on page 748. These cases are easy to make and keep in shape during the baking, even when raised by hand, as they do not crack like the rich crust that is to be eaten. They should be glazed, and will present a very good appearance. Those who serve pies of this sort often will, however, find it cheaper in the end to invest in a case as described above; for although the actual cost of making cases is little, they are useless when the pie is consumed, and there is the waste of the material. The chief use of such articles is in an emergency, when the proper utensil is not at hand. (*See* RAISED PIES.)

Game Pie, Mixed.—This sort of pie is often made when a very large one is required for a ball supper or other festive occasion. A china case may be used for it, or a flour and water paste made and used for lining a mould; or it can be raised by hand. (*See* page 785.) The game may be a mixture of hare and pheasant with fowl (as poultry is often put in); or rabbit, grouse, and snipe will make a good pie. Another is to be got from partridge and hare. Needless to say, woodcock is good in all sorts, and small birds can be used. The game should be jointed or boned first for a very good pie. It is then to be cooked by braising or stewing. Recipes are given in the chapter on GAME, but we may say that the thing is to cook it in a little stock only, and to let that be good. Should forcemeat balls be used, they should, of course, be cooked. The game is to be packed into the case when done, and the gravy simmered until good; it should jelly when cold. (*See* page 771.) The top of the pie should be dome-shaped, and may be garnished when the gravy is set in various ways, with aspic jelly, hard-boiled eggs, &c. (*See* recipe for PIGEON PIE, RAISED, page 781.) Fruit jelly, such as red currant, is suitable for garnishing this sort of pie.. Cost, very uncertain.

German Pasties. — Some of these are rather peculiar, and would not be relished by those accustomed only to English dishes. The following are very tasty.

Fish Pasty.—This is something like a plain turnover in appearance. Plain pastry of any sort may be used for it, and should be rolled out half an inch thick for medium-sized pasties. Raw fat bacon in strips is laid on the paste, and then the fish, which, if small, such as whiting, are boned and stuffed, and laid on in contrary directions. The paste should then be folded over, the edges first egged; or a round of paste may be used, and a second round laid on the top. The stuffing should be free from suet. Bake slowly and serve hot. This is the usual mode; but we advise that if large substantial fish be used it be first partly cooked, then cut up, and a rather thinner paste used. The pasty may then go in a sharper oven, and will be nicer than if it has to remain the whole time in a slow one for the purpose of cooking the fish. Cod-fish with oyster or shrimp stuffing may be recommended. Mackerel makes a tasty pasty, but no bacon is wanted. Salmon is converted into a tasty snack by cutting the tail end, a pound or so, and boning and parboiling it. A little raw salmon is pounded with a few chopped capers, a sardine or two, and some pepper and salt, then moistened with cream and used for stuffing. Sometimes an onion or some parsley takes the place of sardines or capers. Cost, variable.

Forcemeat Pasty.—Required: a pound of veal, half a pound each of fresh

pork and bacon, a chopped onion, a good seasoning of salt and pepper, two ounces of butter, and a gill of water or stock; herbs, eggs, and paste as below. Cost, about 2s. 6d. The veal and pork are sliced and cooked slowly in the stock and butter, with plenty of chopped chives and other herbs. When tender, mince, and add the bacon, then put back to the stock, to which a couple of eggs have been added and brought nearly to the boil. The mince is then set by to cool, when it is used as for a raised pie of the usual shape, the crust for which should be thinly rolled. After baking, leave until next day before cutting, and if made in a mould, leave the pie in the mould until quite cold.

Giblet Pie.—Required: giblets, stock, onions, herbs, seasoning, beef steak, paste, and adjuncts as below. Cost, about 2s., exclusive of the giblets.

This is a homely dish, but it may be nice or the reverse, according to the care taken in its preparation. Time must be given, and the giblets must be washed again and again in warm water until clean. Take the gall from the liver, and cut it and the heart into two. Pick the head, soak it in hot water, and chop the beak off. Skin the feet and gizzard, and cut the feet and pinions into two, and the neck and gizzard into four. Put them all in a saucepan and cover with cold water; bring to the boil, then drain the water off, and rinse the contents of the pan in fresh water; then cover them with plain stock. Add a teaspoonful of peppercorns, a clove, a few allspice berries, a bunch of herbs, and a couple of sliced onions, or for a very much better pie a fried onion. The addition of sage is liked by some. Cook slowly until done. The time depends upon the age of the goose; they may be ready in an hour and a half, or double the time may be wanted. A pound or a little less of beef steak should be stewed separately in stock to cover, and that and the giblets put by to get cold. The steak should then be cut up and mixed with the giblets in the dish, and the gravy skimmed and thickened, and poured over the meat nearly to the top. More gravy should be put in the pie before it is served, and a little port or claret is an improvement. With claret, a morsel of fruit jelly is a further improvement. A spoonful of tomato pulp may be used to vary these pies where they are a standard dish. Sometimes a little boiling cream is used to enrich the pie after baking, then the gravy should be quite plain. The crust should be rather thick, and may be short or flaky (*see* recipes). Serve hot.

Giblet and Chicken Pie.—This is a very nice pie. Cook the giblets as above, but put with them the neck and back of a chicken. Joint the bird, and put at the bottom of the dish with the giblets, omitting the beef. When the giblets are taken from the pan leave the chicken bones to stew for gravy, and put in a little sherry. Add this after baking, as above. This is very much better if the chicken joints are fried brown before using, but see that they are cold. A fowl that is past its best may be used if stewed beforehand, a separate saucepan being used for it. (*See* recipes in Game and Poultry.) Cost, from 3s. upwards.

Duck giblets, double quantities, can be used in the same way, but take less time to cook.

Goose Liver Pâté, German.—Required: goose livers, milk, truffles, seasoning, bacon, ham, shalots, mushrooms, and paste. Cost, varies with the price of truffles and livers, but the dish is expensive.

Take half a dozen goose livers, and cut away any yellow spots from where the gall-bags were. Lay them in milk to blanch, cut some truffles into thin strips, and stick them through half the livers, an inch apart. Strew salt and pepper over, and a little grated nutmeg, then set them aside. Mince a couple of pounds of bacon, half a pound of truffles, and the rest of the

livers; add a couple of shalots and half a dozen mushrooms, also chopped. Season well with salt and pepper, powdered cloves, and a little dried marjoram in fine powder; then pound this mixture to a smooth paste in a mortar, or pass through a mincing machine several times if no mortar be at hand. Line a pie mould with raised crust, and put thin slices of ham at the bottom, then some of the forcemeat, next the livers, then the rest of the forcemeat. All the vacant places are to be filled up with the cuttings from the truffles; a pound and a quarter, or rather more, should be used altogether for the pâté. This is sometimes made with a small quantity of fresh pork in place of the ham at the bottom. The lid is to be thin, and covered all over with leaves of pastry, and the pie baked in a moderate oven; it should be nearly done before the egg for the glazing is put on, as it should be kept quite pale. Do not take it out of the mould until the next day, then remove very carefully.

Goose Pudding, or Savoury Pudding (a Yorkshire recipe).—Pour as much boiling milk over a pound of stale bread as will just cover it. Let it soak until soft, then beat it with a fork, and take out any lumps that will not soften. Add six ounces of beef suet, finely chopped, four large onions, boiled and chopped, a dessert-spoonful of powdered sage, and the same of marjoram and thyme, a dessert-spoonful of salt, a teaspoonful of pepper, an ounce or so of oatmeal, and three eggs, well beaten. Spread the mixture in a greased dripping tin about three quarters of an inch in thickness. Put it in the oven for half an hour, to cook the under part, then place it under the goose before the fire, and let the gravy drip on it. It must be well browned in every part. Cut it into squares, and serve it at the same time as the goose. This pudding may also be served with roast pork. Time, an hour, or more. Cost, about 1s. 2d.

Cooked as above, this will be too rich for many. In such cases it is better to cook for the full time in the oven, and use no fat for the surface. The pudding may form a separate dish, without meat or other adjuncts, and is much improved by some plain brown gravy. For a vegetarian dish, use two or three ounces of vegetable fat in place of suet. Brown bread makes it more nutritious; the oatmeal may be omitted or increased to taste. If plenty of time can be given, the pudding will be lighter if cold milk be used. When eggs are scarce, use one, and add a little baking powder.

Grouse Pie.—Required: steak, grouse, seasoning, gravy, wine, and flaky paste. Cost, about 2s., exclusive of the grouse.

Line the edges of a pie-dish with a good crust. Put a pound of rump-steak, which has been cut into convenient-sized pieces, at the bottom, and lay a brace of grouse on these. If the birds are large, they should be cut into joints; if small, they may be cut in halves. Season rather highly with salt, cayenne, and black pepper, and pour nicely-flavoured gravy over the grouse. Cover with a good crust, and bake in a moderate oven. If the pie is to be eaten hot, a little more boiling gravy, to which has been added a tablespoonful of lemon juice and two of claret, may be poured in before serving. Time to bake, an hour, or thereabouts.

Another way.—Fry the grouse, cut into joints, as well as the steak, and add a few hard-boiled eggs and mushrooms. This is Scotch fashion. A thinner crust is wanted for this, as the contents will be quickly cooked. Finish off as in the previous recipe. Ptarmigan can be used in the same way.

NOTE.—Brown the steak, or partly stew it, before using. Stock No. 5, or a richer one, can be used for the gravy.

Ham Patties.—Required: half a pound of ham (a little should be fat, or bacon may supply any deficiency), a tablespoonful of brown sauce, a teaspoonful of Worcester or other store

sauce, pepper to taste, a hard-boiled egg, and a little chopped parsley, short or flaky paste. Cost, from 1s. 6d. per dozen.

These may be very tasty at small cost, as in many instances the scrapings of a ham bone will supply the meat for them. It should be chopped small, and, for superior parties, pounded in addition. Chop the egg up and add to the ham, then beat altogether, and fill the cases while hot. (*See* directions on p. 779.)

Another way.—Add a small quantity of mushroom, onion, celery, or other purée, or flavour with mustard, or hot pickles or cheese. The egg is optional.

Another way.—This is cheap. Required: some chopped ham, with half its weight of rice that has been boiled in savoury stock; a little white sauce to moisten, and seasoning to taste. The paste may be short or flaky, and a little underdone cold meat may be used with the ham. Stuffing from veal, &c., will make the mixture more tasty. Patties of this sort afford a ready mode for using up remains of sauces of many kinds. Cost, from 1d. each, according to size.

Another way.—These are very nice. Required: six ounces of cooked ham, minced and pounded, a tablespoonful and a half of thick brown sauce, the same of brown mushroom sauce, or a mushroom may be cooked on purpose, a little ketchup and seasoning to taste. Heat the mixture, and fill the cases. The remnants of potted meats of the most savoury class can be most successfully used up in this way; an ounce to a quarter of a pound of ham will suffice. These patties are sometimes served without lids, and a poached egg, trimmed to shape, is laid on the top of each. Cost, without eggs, about 2d. each.

NOTE.—Salt must be added very carefully, and in some instances none may be wanted. To vary the above, use cheese sauce instead of brown sauce; or add a little grated Parmesan cheese, omitting the mushroom.

Hare Pie.—Required: a young hare, paste, gravy, jelly, wine, forcemeat, seasoning, &c., as below. Cost, from 5s. upwards, according to price of hare; very uncertain.

Fry the joints of hare a good brown, and let them cool. Wash and dry the liver, and chop it up; fry it with a few chopped shalots and mushrooms and a little ham until savoury, and season well. Take the mixture from the fire, and work in some bread-crumbs. Make into balls, and put in the dish with the hare—the latter being seasoned with salt, black pepper, ground cloves, powdered bay leaves, and a little grated lemon. Some bacon or ham in dice should be put amongst the rest. The head and inferior parts are to be put on for gravy with seasoning. (*See* JUGGED HARE.) Some should be put in the dish at first. The crust should be put on rather thickly, and the pie baked at a moderate heat only. Port and some currant jelly should be put in the pie. A good flaky crust should be used.

Another way.—Use a good forcemeat, such as is suitable for game, or a plain veal or herb (*see* FORCEMEATS), and make as directed for RABBIT PIE, except that the seasoning may be increased, and with any pie of hare fruit jelly and port are admissible, though not always necessary. If young, and the hare be fried, it need not be cooked in any other way before covering: but an old one may be treated as for jugging, and if taken up when half done, and put to cool, it will make a good pie. For a pie in which no forcemeat is used, chop the liver, and fry it with plenty of herbs, and add to the gravy; the latter should be brown and of good consistence. (*See* page 771.)

Hunters' Pie.—Required: two pounds of the neck of mutton, best end, seasoning, potatoes, and gravy as below. Cost, about 2s. 6d.

Take some of the fat from the meat, and put it in a stewpan with enough hot stock from mutton bones, or water, just to cover, and add a small onion and some peppercorns; the meat should simmer for half an hour, then take it

up, and thicken the gravy; season well, and stir in a spoonful of red or black currant jelly. About three pounds of potatoes are required; they should be boiled and mashed with butter and seasoning. (*See* recipes in VEGETABLES.) Line a greased pie-dish, and put the potatoes in half an inch thick, then the meat and gravy, then the rest of the potatoes to form a thick crust; this will take about half to three-quarters of an hour to bake, and should be served very hot. There are many ways of varying this; a couple of mutton kidneys, put in thick slices in the gravy a short time before the mutton is done, are a great improvement. Lamb makes a very excellent pie, and the chops may be browned by frying or grilling instead of being stewed; they should then be put in the dish, with thick brown gravy to cover them. For a pie of veal, the loin or neck should be used, with the kidney, if possible, and a good seasoning of herbs, and some tomato sauce or the pulp of the fruit.

Kentish Meat Puddings.—Under RABBIT PUDDING we give a recipe for a pudding which is a type of those that sometimes go by the above name, and which differ from other meat puddings in having no bottom crust. We cannot say if they are peculiar to the county in question, for we have met with similar puddings under the title of "Pudding Pies." They are, however, very good, and any sort of meat may be used; the pudding cooks in less time than is required for the ordinary sorts.

Kentish Suet Pudding.—Take a pound of flour and half a pound of chopped suet, and make it into a paste with a beaten egg and some cold milk; add a teaspoonful of salt, and rather more than half as much pepper; make this bolster-shape, and tie it in a cloth. This can be boiled in water, but is generally served with boiled beef, and cooked in the pot with it. The same mixture, made stiff enough to roll into dumplings, may be cooked in the pot liquor without any cloths; they should be the size of a small orange, and will take an hour and a half to boil. The pudding is often left until cold, then sliced and browned before the fire, and served with meat of any sort; it makes a good dish in itself with some plain brown gravy. A pudding made with a mixture of marrow and suet is very nice in the same way. Cost, about 9d.

Kentucky Pie.—Required: birds, or half meat, a nice gravy, plain paste, and adjuncts as below. Cost, very variable; often very little.

Take any small birds that may be handy, separately or mixed, or use half birds and half meat. After trimming and dividing into suitable-sized pieces, stew down all the odds and ends in cold water with herbs and spices to make a well-flavoured gravy. A kidney improves the pie, and joints of rabbit or other poultry may go in, together with strips of tender steak: either beef or venison. Pack the meat in a deep dish that has been lined at the bottom and sides with a thickish plain crust: or a basin may be used. Distribute a few pieces of fruit jelly amongst the meat—blackberry or currant, for choice—and half fill the vessel with the gravy, thickened a little. Take care to wash any birds of strong flavour in salt and water, or give them a little boiling; but all that can be put in raw should be, as the pie is better flavoured. Cover like a meat pudding with a plain piece of crust, then bake the pie gently, according to its size. This is much nicer than the description would lead one to imagine. However great the medley, a skilful seasoner will make a palatable and satisfactory dish of it in this form. The same pie, with a bit of well-hung mutton, seasoned venison fashion, instead of the meats named, is excellent.

Kidney Pie.—A good breakfast or luncheon dish. Required: kidneys, a calf's foot, seasoning, eggs, ham, stock, forcemeat balls, and paste as under. Cost, about 2s. 2d., exclusive of the kidneys.

Take four veal kidneys and half the bulk of fat. Slice and season them with salt and cayenne, lemon rind, grated nutmeg, and chopped parsley, and squeeze the juice of half a lemon over. Take the meat from a cooked calf's foot, and season in the same way. Mixed herbs may be added to taste. Mince two to three ounces of ham; boil half-a-dozen eggs hard, and prepare a dozen small forcemeat balls. These materials are to be put in alternate layers in a pie-dish, commencing with the foot. Pour over nicely-flavoured veal stock to three-parts cover the meat, and cover with a thin flaky paste. Bake in a good oven. This dish is nothing if not well seasoned. Nice sausages cut in short lengths may be used in place of the forcemeat balls; a little tongue is a good addition, and head will serve as well as foot. For a very superior pie, add a little light wine, and season the stock with herbs, &c., as directed for Mock Turtle Soup. Paste No. 9 or 10 is very suitable, or a better one may be used.

Note.—When veal kidneys cannot be had, use eight sheep's kidneys.

Kidney Pudding.—Required: either of the suet crusts on page 746; (digestible suet crust is specially recommended), a cow's kidney, salt and pepper, and an onion if liked, and some plain stock. Cost, about 1s. 4d.

Roll the crust half an inch thick, and line a well-greased basin with it. Take the hard core from the kidney, and wash it in vinegar and water, then cut it in bits of nearly an inch square; this will produce a nicer pudding than if cut very small, as is often recommended. The addition of two or three ounces of fat bacon, or salt pork, or the fat from a joint will improve this very much, and either is better than chopped suet. Plenty of seasoning is wanted, and the meat may be rolled in flour or the gravy thickened. The addition of a teaspoonful of lemon juice, or half as much vinegar, makes the kidney tender, and flavours the pudding. The stock may be of the plainest, or water will do; it should nearly half fill the basin. Put the cover on, and secure the edges well, then twist a greased paper over, and steam the pudding for about three and a half to four hours. This may be flavoured with mushrooms or a spoonful of tomato pulp.

Kidney and Mutton Pudding.—This is a very good dish. Required: a pound of mutton from the neck or the lean part of the breast; if the latter, take the outer part away, as the pudding is not improved by it; four or five sheep's kidneys and some paste as above; stock and seasoning as below. Cost, about 2s., but it will vary according to the cost of the kidneys.

Prepare the basin as above, and cut the kidneys in four or five parts, and the mutton into squares; season with black pepper and salt, a pinch of ground cloves, and some chopped mint, unless a more savoury pudding is liked: then onions or mushrooms may be added. Mint is, however, often preferred to anything else, or a little thick mint-sauce can go in. The gravy should be made by taking some stock from mutton bones, and thickening with browned flour, and seasoning it; if mushrooms are in the pudding, a spoonful of ketchup can be used. For other puddings, any good store sauce is nice; some will prefer it quite plain, that the kidney flavour may be pronounced. Finish off as above, but give half an hour's less cooking.

Kidney and Veal Pudding.—This is similar to the above, but veal and a calf's kidney are used. For a plain pudding, the seasoning should be of herbs as used for veal stuffing, with salt and pepper, and some stock from veal bones used for the gravy. For a better pudding, the crust should be good, and a lining of veal sausage meat or stuffing be put next it, then the meat and kidney in the middle. This is sometimes enriched with oysters, or oyster liquor can be put in the

gravy, or small balls of oyster forcemeat may be put amongst the meat. (*See* FORCEMEATS.) The neck of veal is nice for this, and the loin is excellent.

Lark Pie.—This should be eaten hot. Required: a dozen larks, a nice forcemeat of herbs, or any other suitable for game, a few slices of bacon and lean beef, a teaspoonful of pepper, a tablespoonful of parsley, a little salt, and, if liked, a scalded onion; paste and gravy. Cost, uncertain.

Empty the birds, and cut their heads, necks, and legs off. Roll them in flour, and fill with the forcemeat, which should be a moist one. Place the beef at the bottom of the dish, and if not of the tenderest, it should be cooked a little; then half the bacon, next the birds, and the bacon and beef again. Make a nice gravy from the trimmings and pour it over, then cover with short or flaky paste, and bake for an hour and a half or so. This should be well glazed.

Another way.—In preparing, take the gizzards only from the insides, and cut the heads and necks off. Then fry the birds, adding to a dozen half a pound each of veal and ham, and some chopped button mushrooms. These are to be used in place of the beef and bacon. Use good stock, and cover with flaky or puff paste. Bake and serve with more gravy.

Leicestershire Pie.—(*See* MEDLEY PIE.)

Lentil Pudding.—Required: three ounces of lentil flour (fresh), two ounces of corn-flour or rice-flour, a pint and a quarter of milk, two eggs, and some seasoning. Cost, about 6d.

Blend the flours with the quarter pint of milk; boil the rest of the milk, and add it, with salt and pepper and some powdered herbs, and put the eggs in when the mixture is cool. A little chopped onion, or some spice of any sort, or a teaspoonful of curry-powder, will vary this pudding. Boil for a couple of hours, and serve with plain sauce or as it is.

NOTE.—To reduce the cost, add a couple of tablespoonfuls of mashed potatoes and omit one of the eggs, and use plain vegetable stock in place of milk. The pudding may be baked if more liquid be used.

Another way.—Take a pint of cooked lentils, with enough of the liquor to moisten, and add a large carrot, a turnip, and a parsnip, all cooked and mashed. Beat together, and season nicely; a little lemon juice or vinegar will improve it for some; then put in a teaspoonful of parsley, a fourth as much thyme, and a good pinch of powdered bay leaf, and a good-sized onion fried. Last of all, beat an egg in, then bake in a dish, greased, and coated with egg-crumbs. About an hour in a gentle oven will be wanted if the dish be deep; three-quarters in a shallow dish (and the latter is much nicer); or a tin such as would be used for a YORKSHIRE PUDDING is better still. This may be varied in a number of ways; but made as described, it is a good illustration of what may be done with homely materials.

Lobster Patties.—*No.* 1.—These are plain, and tinned lobster may be used. Take a tin of lobster and cut it up, then heat it in a gill of white sauce, plain (*see* page 106); season with a little cayenne and lemon juice, with salt to taste, and put in a few drops of anchovy essence; or chopped parsley is liked by many. Required: some patty cases, mince-pie shape, from flaky pastry (page 779); from eight to a dozen, according to size. Fill them while the mixture is hot, and serve hot or cold. Cost, about 2d. each.

No. 2.—Nice patties can be made by proceeding as for lobster sauce, but making the mixture a little thicker, and flavouring a little more highly; it should be remembered that the paste has to be impregnated with the flavour for a patty to be worth eating.

No. 3.—These are excellent. (*See* the recipe for LOBSTER, CREAMED, in FISH.) Make a mixture as there directed, and use it for filling the cases.

(*See* PATTIES, page 779.) Another way is to follow the directions given below for rissoles.

Lobster Rissoles.—Required: the meat of a small lobster, a little salt and pepper, the juice of a quarter of a small lemon, and a saltspoonful of anchovy essence; cream and eggs as below. Cost, about 1s. 6d. per dozen.

Put a slice of onion in a spoonful of milk, and let it infuse near the fire; then take the onion out, and make up to a gill with cream. Beat the yolks of two large or three small eggs up, and stir them into the cream, bringing the mixture to boiling-point. The fish should be cut up, and put with the lemon juice and seasoning, and heated, then mixed, off the fire, with the cream and eggs, and left for a short time. Set by to get cold before making up into rissoles (for which *see* p. 788). This can be made cheaper and plainer by adding a couple of tablespoonfuls of bread-crumbs that have been soaked in fish stock and squeezed dry. When this is used for patties, the mixture may be made a little softer; for instance, one egg suffices, and less fish or more cream in proportion.

Lobster Vol-au-Vent.—These can be made either large or small, and filled with either of the mixtures given for patties above. (*See* VOL-AU-VENTS.)

Lobster Vol-au-Vent à la Maurice.—Required: half a pint of rich LOBSTER SAUCE, four tablespoonfuls of sole that has been cooked in a mixture of white wine and lemon juice, then finely minced, a couple of hard-boiled eggs, and a tablespoonful of chopped button mushrooms, stewed in butter. Seasoning as below. Puff pastry is best for these; but a plainer may be used. Cost, variable; about 2s. to 2s. 6d.

Make the cases as follows:—Cut some pastry into ovals, and bake after gashing a time or two with a knife in a slanting direction. The interior is not scooped from these, therefore the paste should be rolled as thinly as possible. Then cut an equal number of pieces the same size, out of which stamp the centres with a smaller cutter. Cut the centre pieces each into four parts, then bake all, and when ready, fasten the rings on to the bottoms with luting paste (page 748), and put them in the oven for a minute. Fill them with the mixture as above, and then put the little pieces of pastry, which will be almost triangular in shape, at the ends and sides of the mixture in the centre, sticking them points upwards. The rings of pastry should be garnished with a little chopped parsley and lobster coral, put on in alternate spots. The filling should stand well up above the rings. The bones of the sole should be put with the shell of the lobster for the stock for the sauce. (*See* recipes in STOCKS.) White mushroom purée can be used in these, and the eggs may be chopped or sieved, as preferred.

NOTE.—Use only a spot of luting paste here and there.

Macaroni Pie.—There are numberless methods of concocting dainty pies by the aid of a base of macaroni. This is one of the best (for flesh-eaters) that we have ever come across, and we give the recipe in the words of its originator, for many years a resident in Italy:—"Take some fresh home-made macaroni (the shape is quite immaterial), and put it into boiling clear stock, made from fresh beef; it should cover it, and the macaroni should be cooked until three-parts done and most of the stock lost to sight. Put this in the dish, and add a teaspoonful of fresh tomato pulp, and such a scrap of fried onion as shall give an almost undetectable flavour to every quarter pound of macaroni used. The stock should be only delicately seasoned. Just before covering with the crust, scatter grated Parmesan cheese over the surface of the contents of the dish. Bake only long enough to cook the crust, which should be thin and flaky. Serve hot."

NOTE.—Half a pound of macaroni and the stock from a pound of beef would make quite a large nourishing pie. (*See* HOME-MADE MACARONI.)

Meat Pies.—In making the pie, if there is the slightest fear that the meat will not be done by the time the crust is, always cook the meat partially before covering, and do it in such a way as to retain the flavour as much as possible. In steak and other pies the need arises very often; and if the steak is too fresh, or not of good quality, it is a good plan to stew it as gently as possible in a little of the stock or water that will be put in the pie. When of better quality, a steak may be browned, and this gives a rich colour and flavour to the pie, as well as further ensuring the tenderness of the meat. The custom of previous cooking is condemned by some, who say that the flavour suffers; this depends very much on the way in which it is done. If cooked in a vessel that is as clean as possible, covered tightly during the process, and not uncovered until cool and the pie is ready to be finished, there will be little, if anything, the matter. To cook at a gallop, in a vessel with the lid half on, and to turn out the meat and let half the flavour go off in the steam, is another thing altogether; and this is some people's idea of such preparation. When dealing with meat in which there is much gristle—say, bits of meat that are called scrapings, and which make really nice pies—such bits should be picked out and cooked for a long time, and used for the gravy. The degree of richness must also be considered. Say a rich puff paste is used for the crust, and it is liked very thin, then the pie should be baked only long enough to cook the crust; therefore, even with tender meat, a little previous cooking may be called for. But generally the pie should go in the hottest part of the oven at first, and a slower one after to finish it; but a really cool oven would ruin the crust. On the other hand, suppose the pie to be a family one, with a plain crust rolled thickly—although this, too, must have its share of heat at starting—it is obvious that such a crust will not suffer in the same way by slow after-baking as a rich one would. Whatever the kind of crust, a hole or a slit should be made in the top of the pie; it is better to make two and ensure the steam escaping. If this is not done a meat pie is more than unwholesome; it is sometimes really dangerous, owing to the generation of certain gases during the baking. The slightest particle of tainted meat will spoil the pie. In lining the edge with the crust, it may be made to stick by means of beaten egg, or water will do for a common one; the dish is to be just damped, and if the crust is carried far down less gravy must be used, or the crust will be sodden. It is well to only cover the rim of the dish, then the gravy may be three-parts up the dish, unless potatoes, or anything else of a watery nature goes in, then less moisture must be added. In putting on the cover of paste, always make it an easy fit. If cut too small and dragged across, it will shrink in the baking, and come away from the edge of the dish. Just drop it on after egging the strip, and press lightly at the inside edge of the rim, not the outer edge, for unless pressed at the inner edge the gravy will boil out; then take the dish in the hand, and cut off the crust from the edge with a good knife to avoid dragging, holding the knife in a slanting direction outwards, making the cuts clean and sharp. The trimmings will do for the leaves, and waste is avoided by cutting the piece the shape of the dish at first, allowing an inch or so larger to allow for the *easing* referred to. We have seen people roll the top crust square for a pie in a round or oval dish; and this results in a lot of trimmings. Never glaze the edges of the paste if of a flaky kind, or they will not flake nearly so well.

For the plainest pie, some little ornamentation should be given; a centre ornament can be made from a strip of crust cut with a knife or wheel to form a fringe, then rolled up and put in a hole cut in the middle; it will spread out and form a flower. Small

rings of pastry of graduated sizes, beginning with the largest, the smallest coming to the top, also looks pretty: a little knob of paste should be put in the middle of the last round. All top decorations are apt to burn, and want watching, and covering with paper. Those who have no leaf or other cutters at hand can imitate leaves by cutting some strips of paste, of a width suitable to the size of the pie, and cutting them into diamonds; one end is then pinched, and the knife (back only), or a skewer, used for marking the centre and sides to vein the leaf. With a box of cutters of assorted sizes and shapes quite elaborate designs can be made, but they should always be kept well from the edge. These remarks apply to pies in dishes; raised pies are described on page 785. (*See* also remarks on page 741, and GRAVY FOR MEAT PIES AND SEASONING FOR MEAT PIES.) In baking the pie, it is a good plan to set it on a tin—an old one can be kept for the purpose—then any gravy that may escape will be caught. If this is not done, anything baking on a lower shelf might suffer. The same rule holds good with regard to a fruit pie that might happen to be baking over a savoury one.

Meat Pies, Gravy for.—It has been often stated that the gravy is the weak point in a number of meat pies that are otherwise very good; and we must say that we are of the same opinion. In some cases it is too thin, in others too flavourless, while in many it will be poor in colour when it should be brown. Those who have had but little experience will do well to read the directions given under STOCKS, and GRAVIES AND SAUCES. The stocks will meet all requirements if the seasonings are adapted to the dish, whether the pie be plain, medium, or rich. Some will get a better gravy from the remnants of the materials used in the pie by giving them plenty of time and seasoning judiciously than another who hurried the cooking, although perhaps stock meat might be bought for the purpose. There is nothing that is more a question of management than gravies of all sorts. It may be taken as a fixed rule that a pale gruelly-looking gravy is always out of place with brown meats, especially game. The consistence is more a matter of taste, though, as a rule, a little thickening should be put in; the gravy should cling to the meat. Browned flour, or roux, or glaze may be used according to the richness of the pie, and for the best sorts, both of meat and game, one of the best brown stocks should be used; then if wine be added there will be no need of further colouring. For those pies that are composed of delicate white meat, it is equally important that the gravy be pale. (*See* recipes for WHITE STOCKS.) For cold pies, where the gravy is intended to jelly when cold, test it by pouring a little on a saucer and setting on ice, or in a very cold place. If it begins to set quickly, it will do; but should it remain long in the liquid state, add gelatine to it. In very hot weather, or if it has to travel, make it almost twice the usual strength. Use "second stock" if handy, and for a rabbit or chicken or any other pie make the most of the bones and trimmings by adding them to the stock, not only by reason of the economy of the plan, but because the flavour of the gravy will be in harmony with the pie. It is a wise plan to omit the inferior parts of a bird or rabbit in making the pie, and use them for the gravy; if put in the dish, they take up room, and add but little to the pie. There are those who will put every bit in, and spend money in the purchase of gravy beef for the gravy, and then pride themselves on their economy! but we think this is economy of a mistaken kind. A last hint: never put so much gravy in before baking that it will bubble up and reach the crust, or the latter will be not nearly so light and nice, and will take longer to bake.

Meat Pies, Seasonings for.—A pie of meat or other savoury

material is nothing if not well seasoned, and no amount of seasoning added upon the plate will make up for a deficiency at the start. In the case of a family where some of the members object to seasoning there is a little difficulty. Speaking generally, for all dark meats there is nothing like good black pepper, but if this causes any throat irritation—for it is a fact that pepper in the ground state will sometimes cause a fit of coughing—plenty of whole peppercorns should be used in the stock for the gravy. A clove or two and a few allspice berries are an improvement sometimes, but these flavours should not be allowed to predominate. In some of the recipes certain materials are specified that make up a savoury powder. Those who keep on hand any of the mixtures of herbs and spices given in the chapter on SEASONINGS will often be able to dispense with the separate mixings. A bay leaf or two laid on the meat just under the crust is an improvement to some pies. It may be taken for granted that in all cases when a pie is to be served cold, extra seasoning must be added; the quantities of salt and pepper especially are to be increased. A pie that would be pronounced "just right" while hot would be a little insipid when cold. Should bacon or ham form an ingredient, the salt must be reduced, and if at all hard, or only a mild flavour be liked, either should be cooked before using. The primest cuts are not always necessary, but the flavour should be mild, and careful trimming is necessary. (*See* remarks under BACON in the chapter on JOINTS, &c.) For a pie composed of fresh meat entirely, a teaspoonful of salt to the pound will be about right; and of pepper half that quantity will be enough for most people, though some like much more. The quality of that or any other condiment also regulates the quantity. Herbs, garlic, onions, mushrooms, truffles, ketchup, store sauces, flavoured vinegars, lemon juice and rind, chutney of all sorts, and tomatoes, tomato sauce, and catsup, may all be regarded as adjuncts to meat pies, and are described under their respective headings. We may add that when onion is not liked in a pie, the board on which parsley or other herbs are being chopped for it may very often be rubbed over with a slice of onion with advantage, and garlic may be similarly employed; this gives just a *soupçon* of the flavour.

Meat Puddings.—These are generally liked, and are a very good and substantial substitute for a joint at the family dinner. There is no reason why they should not be much more varied in kind than they usually are, for the condiments that may be added are very numerous. One thing should always be remembered: it is no use to attempt a meat pudding unless lots of time can be given—so far, that is, as a pudding in a basin is concerned, with a substantial paste. If wanted for a mid-day meal, it must be prepared early in the morning, or partly-cooked meat must be employed. There are several sorts of gelatinous meat that will mix well with others of a juicy kind—cow heel, calf's foot, and anything similar will answer; these should be cooked beforehand, and the liquor from them will make good gravy. It is very necessary that the paste be even in thickness and not puckered at the bottom, or broken in any part, to allow the escape of the gravy. For this reason, in dropping in the sheet of paste it should be held without stretching, and allowed to *fall* into position; a round piece, larger than the basin, is wanted. The paste at the edge should not be trimmed until the lid is on, then, after pressing the two edges together, take the basin in the left hand and a knife in the right, and cut away close to the basin; the edges should be first brushed with beaten egg, or just moistened with water. Another way, which better secures the contents of the basin, though not quite so neat, is to let, say, half an inch of the lining paste hang over, then put the cover on, and draw the edge of the

lining paste over, pressing down closely; this method just doubles the thickness of the paste in this one place, and should only be adopted for plain puddings. These remarks also apply to game, and we may add that a mixture of game and meat will make a very good pudding, and that if the seasoning and gravy be good, the meat will take up the flavour of the game in a very pronounced manner, however little may be put in the pudding. Directions for boiling or steaming and turning out the puddings are given in the introduction to next section.

Meat Puddings, Gravy for.—Any of those that are suitable for MEAT PIES can be used for puddings.

Meat Roll Puddings.—These are very tasty and cheap, as a small amount of meat goes a long way in this form; there are any number of ways of making them—a few of the most popular being here given. It is important that the meat be finely divided, whatever the kind used; the idea is to flavour the crust well, and this cannot be done when the meat is in large pieces. A plain suet or dripping crust is required, rolled out half an inch, or from that to three-quarters, in thickness. Two pounds of crust may be allowed to a pound of meat, though a trifle more meat gives a better pudding. Take a mixture of beef and kidney for a very nice pudding, and season it well with black pepper, and a hint of nutmeg or ground cloves, or any of the herb mixtures given in SEASONINGS. Add but little salt, as it detracts from the tenderness; a little extra in the gravy will make up the deficiency. A fried onion or a few mushrooms can be recommended to increase the savour. If the meat be very lean, an ounce or two of bacon can be cut in dice and mixed in. Distribute this over the crust and roll up; tie in a cloth, and boil for two and a half to three hours. The scrapings of bones from which steaks have been cut answer excellently for this.

Another way—Use some mutton and ham; the ham may be cooked if not of very good quality; a kidney or a small quantity of liver improves the mixture; season with parsley and pepper, or with sage and onions if preferred; or make some plain forcemeat. Finish as above. To improve the puddings at little cost, make some gravy from plain stock or the water from a boiled joint; it should be well thickened and seasoned, and a little brown colouring put in; a spoonful of ketchup or store sauce may be used. Cost, about 1s. 6d. for a good-sized pudding.

NOTE.—By using a suitable crust, these puddings can be baked. To increase the richness, a better stock for gravy should be selected, and a larger proportion of meat used. Any scraps of poultry or game, and a gravy from the bones of the latter, will produce a better dish.

Meat Strudels.—Required: a paste and mince of meat as below. Cost, about 1s.

Make a paste as follows:—Beat well four eggs, keeping out the whites of two; add to the eggs an ounce of dissolved butter, and dredge in as much flour as will make a dough firm to the touch and quite smooth. Divide the dough into pieces of equal weight, about the size of an egg; roll each piece into a ball, and then with the rolling-pin flatten it to the desired size and thinness. Mince any kind of meat very finely, season well according to taste, and moisten with a gravy thickened, or some thick cream. Roll the strudels up, when, if the paste has been rolled to an oval shape, they will be large in the middle and tapering at both ends. Butter the bottom of a wide-bottomed braising-pan; lay in the strudels an inch or more apart; put hot coals on the top of the lid, and bake over a slow fire. When the strudels are risen and beginning to colour, brush them over with hot milk, and finish the baking; they should be a light brown. The above recipe is also available for strudels made with

any savoury mince of fish, lobster, shrimps, &c. These are of German origin; and if carefully made, very nice.

Medley, or Leicestershire Pie.—This is a rather peculiar dish, for which there are various recipes. Generally, a mixture of cold bacon and cored apples in quarters forms the foundation. The seasoning consists of salt, pepper, and powdered ginger or cloves; sliced onions are sometimes put in. Ale is used in addition to water or weak broth to moisten the ingredients; but a pie made without this addition will probably be better liked. Cold fat meat is used instead of bacon sometimes; and where economy has to be studied, cold potatoes help to furnish the required bulk. A plain crust is used, and the pie is best hot. Cost, varies with the proportion of meat; about 1s. to 1s. 3d. for a good-sized pie.

Mushroom Pie, Vegetarian.—Required: paste, mushrooms, potatoes, seasoning, and butter, with adjuncts as below. Cost, about 10d., with half a pound of mushrooms.

Take an equal weight of mushrooms and potatoes; the former are to be prepared in the usual way (*see* MUSHROOMS). Then parboil the potatoes. Slice the potatoes and break the mushrooms, and season with pepper and salt and a little nutmeg, with chopped thyme and parsley if approved; but many will like but little seasoning, though it should be remembered that a fair amount of black pepper adds to the wholesomeness of the dish. When the pie-dish is filled put a few bits of butter over the top, about two ounces for a pie of half a pound of each of the vegetables; then cover with paste (No. 19), first putting a strip round the edge of the dish, and bake in a moderate oven. The amount of potatoes can be reduced, and if an onion is not objected to it adds greatly to the savour of the pie. For economy, some boiled rice or barley may be used in this way.

Another way.—Make a plain forcemeat of mushrooms, bread-crumbs, and a little butter, with milk to moisten; season it well. (*See* recipes in FORCEMEATS.) Then form this into balls; take any cooked vegetables at hand that will blend with the forcemeat; cold potatoes or haricots and some boiled tapioca will furnish one very good variety; another is found in a mixture of scalded and chopped onions, with turnips or vegetable marrow, preferably steamed. These can be put in pieces or may be mashed up, the mushroom balls being put amongst them. The proportions of the materials are easily regulated by taste. This pie wants a thin crust only. Cost, variable. Make gravy from the mushroom trimmings.

Mutton Patties.—Line some tartlet moulds with a good paste. Take an equal weight of lean mutton from the fillet and fat bacon, or use half as much bacon as mutton, which pound together. Season to taste with salt, a very small quantity of spice, and cayenne pepper. Place a round ball of the meat into each patty-pan, cover with paste, and make a small hole in the centre. Bake in a quick oven, and pour into each patty through a funnel a little well-seasoned gravy before the patties get cold. Time, about twenty minutes. Cost, about 2d. each.

Another way.—These patties are often made with cooked meat, which is minced, then mixed with thick gravy and seasoned with pepper, salt, and a little ketchup. (*See* recipes in COLD MEAT COOKERY.) The cases should be baked, then filled with the hot mince. (*See* PATTIES.)

NOTE.—These depend much upon the seasoning and the exclusion of bits of gristle and skin. A morsel of any fruit jelly improves them much.

Mutton Pie.—A very good family pie is made with the remains of a cold shoulder, loin, or any other joint of mutton from which nice neat slices of rather lean meat can be cut. These should be put, with a good seasoning,

in alternate layers with thinly-sliced semi-cooked potatoes, into a pie-dish, commencing and finishing with potatoes. Parsley, savoury herbs, onion, or shalot, with a little mace, white pepper, and salt may be used at discretion. A cupful of good gravy made from the bones of the joint should be put in. A plain crust will answer; make it thin, and cook in a sharp oven. Do not use a thick crust for a pie of cold meat. The potatoes may be omitted, and macaroni that has been cooked in a savoury way, or plainly boiled, used instead. Cost, from a pound of meat, about 1s. 4d. to 1s. 6d.

Mutton Pie à la Reform.—Required: cutlets, ham, mushrooms, seasoning, stock, herbs, claret, jelly, thickening, and paste as below. Cost, about 3s. to 3s. 6d.

Take half-a-dozen loin cutlets, trim and cut the ends off. Put salt and pepper over, lay them in a dish, and dredge with a couple of ounces of grated ham, the same weight of chopped mushrooms, and a pinch of grated nutmeg and thyme in powder. Cut the ends of the cutlets in slices, and mix with the rest. Take a pint of nice stock from mutton bones, and simmer with a bunch of herbs and the mushroom trimmings down to three gills; add a little claret and currant jelly after straining, and brown roux to thicken. While boiling, pour this over the cutlets, then cover until cold, and make the pie in the usual way, using paste No. 10, or a richer one. Serve very hot. This is very nice.

Oyster Fancies.—Required: raised crust, oysters, fish stock, gelatine, or aspic jelly, cream, wine, mayonnaise, and seasoning as below. Cost, variable—about 3d. to 4d. each when oysters are moderate in price.

These are a suitable form of pastry for ball suppers, &c. Some moulds of any pretty shape are required (*see* CROUSTADES). These are to be lined with the French raised crust of p. 748, then pricked and baked, and left to get cold. The crust should be very thin and the fancies kept pale. Then prepare the mixture by bearding some oysters and putting the beards and liquor in a stewpan, with a couple of white peppercorns, a strip of lemon peel, a sprig of parsley, and a tiny blade of mace to each half-pint; a mixture of fish stock from any white fish and the liquor answers. Then simmer this down to a little more than half, and strain it through muslin. The oysters are to be scalded as for OYSTER SAUCE. Test the liquid; it should jelly when poured in a thin layer on a tin, and put in a cold place. To ensure this, add a little strong aspic jelly, isinglass or gelatine, and stir until dissolved; the French sheet gelatine is best for this. Then put in a tablespoonful or two of boiling cream and one of light wine, after the mixture has got rather cool, and as much cayenne and anchovy essence as will make it piquant. When it is beginning to set, mix in the oysters, cut up small, but not chopped or pounded. Then proceed as follows:—Put a little small salad at the bottom of the cases, then a spoonful of the oyster mixture, on that a smaller spoonful of thick mayonnaise, and a pinch of chopped parsley, or lobster coral, or coralline pepper in the centre. Do not fill these until wanted. The salad must be well drained if washed, or these are quite ruined, as the crispness of the crust will be gone.

Another way.—Take the mixture before it is at setting point, but when just liquid enough to pour, and put it in the cases after they have been lined with a little cooked white fish that has been cut up or sieved, and moistened with a small quantity of good fish sauce, as shrimp, anchovy, or other kinds given in HOT SAUCES, or one of those on page 109 in COLD SAUCES. Pour steadily so as not to displace this foundation; then take a wet palette knife and smooth the surface of the oyster, &c., and put by to set. Before serving, place tiny sprigs of chervil or

small cress on the top of each, and serve very cold.

There are various ways of garnishing these; anchovy biscuit paste in fancy shapes, or small shell-fish can be used. They look nicest on a silver dish, with plenty of green about it.

Oyster Patties. — Required: oysters, cream, sauce, roux, seasoning, parsley, and puff paste. Cost, 2d. or 3d. each, according to price of oysters and size of patties.

Take the strained liquor of the oysters, and boil it down to half the quantity, with seasoning as directed in the recipe for OYSTER SAUCE (page 99). Then add an equal measure of boiling cream, and rich white sauce (page 106). Use lemon juice for flavouring the sauce. The oysters are to be steamed as directed for the sauce, and may be left whole if small, or cut in two if large. The custom of pounding or chopping, which is a modern one, does not find favour with the majority, and is not recommended. There should be a generous supply of oysters, and the proper mixture for good patties has been well described as oysters held together by sauce. The white sauce in the above can be omitted, and a mixture of cream and oyster liquid used, just thickened with white roux to a creamy consistence. The flavour of the oysters should not be destroyed by mace and nutmeg, though a *dash* of either is an improvement, and cayenne is required, as well as enough anchovy essence to bring out the flavour of the rest; no more. Make the cases plain or fluted (page 779). The paste should be No. 11 or 12. Put plenty of the mixture in, and serve as hot as possible. Garnish with fried parsley. It may be useful to point out that when oysters are very dear the tinned ones will make a good foundation; they should be passed through a sieve and mixed with the sauce, and any liquor from the fresh ones and all the liquor from the tin; a few fresh ones will then serve to give a genuine appearance to the mixture.

A mixture of mushrooms and oysters is liked by some; the foundation may be of oysters prepared as in the last recipe, and some white mushroom purée added; this must be made with cream, and not highly seasoned. (*See* DRESSED VEGETABLES.) This is a combination that would not find favour with an epicure, as the mushroom flavour destroys that of the oyster, and personally we do not recommend it.

Oyster Purses. — Required: oysters, sauce, puff paste, and seasoning as below. Cost, about 2d. each.

Take some whole oysters and beard them; season them with cayenne, and stew the beards down for sauce, making a little thick and good. (*See* OYSTER SAUCE.) When cool, coat each oyster with the sauce. Make some paste as above, and roll it thinly; it cannot be too thin. Cut out some rounds with a crimped cutter, the size depending on that of the oysters. Lay one on each. Gather the paste up with the fingers, and with those of the other hand open it out a little, then pass a thin strip of the paste twice round and tie at the other side; just loop it through, then repeat. The bottoms are to be flattened on the board to give the bag-like shape required. They are to be fried and finished off like rissoles (page 788). Should the crust be thick, or the fat not hot enough, the failure of the dish is certain. They may be served as a savoury or an entrée. For a savoury the seasoning should be increased, and a suspicion of onion juice may be put in; for although to some it is objectionable when combined with oysters, to others it is a very agreeable zest, but should never be added unless it is known that it will not be disliked.

Oyster Vol-au-Vent. — Required: an oyster mixture as under, fried parsley, and a vol-au-vent case of puff paste. Cost, about 2s. 6d. to 2s. 9d.; more when oysters are dear.

Take the same mixture given for patties, as above, or make a richer one as follows: Blend two ounces of

flour and two and a half ounces of butter in a stewpan, and add oyster liquor and white stock (from fish or veal) to make a pint; boil up, and season with cayenne, mace, and anchovy, and a little lemon juice; or omit the mace; put in a gill of boiling cream and the yolks of two eggs, and beat hard below boiling point for a minute. The oysters should be ready bearded and plumped (*see* OYSTER SAUCE, page 98), and left whole if small, or cut through if large. About a dozen or more—if very small, say a dozen and a half—should be allowed; put them in, and cover the pan, and in a minute fill the case, prepared as directed on page 800. Serve as hot as possible. Garnish with fried parsley.

Parsnip and Fish Puffs.—These are made from the remains of that common dish in Lent, salt cod-fish and mashed parsnips. Required: about an equal bulk of each, and other ingredients as below. Cost, uncertain; about 2d. each.

Flake the fish, and mix it with the parsnips; then put in a little lemon juice, and add some egg sauce or other kind to taste; if none be left over, a little plain white sauce may be made, and used alone, or a few tinned mushrooms may go in after chopping; the flavour of these, with parsnips, is liked by some, though not by all. A small quantity of tomato pulp is sometimes approved. This can be made into one large or a number of small puffs. The crust may be plain, short, or flaky, and they may be served hot or cold.

Partridge Pie.—Required: partridges, a forcemeat as below, bacon, beef-steak, stock, seasoning, and paste. Cost, about 1s. 6d., exclusive of partridges. Total cost, very variable.

Pluck, draw, and singe three young partridges, and divide them into halves, lengthwise. Mince the livers finely, and mix with them a teaspoonful of chopped parsley, a saltspoonful of salt, half a saltspoonful of pepper, two tablespoonfuls of bread-crumbs, and as much powdered mace as will cover a threepenny-piece; then put the forcemeat into the birds, and a piece of fresh butter, the size of a walnut, in each half. Butter a shallow pie-dish, and line the edges with puff paste. Lay slices of beef-steak at the bottom, and season lightly with salt, pepper, and powdered mace. Wrap the birds in thin slices of fat bacon, pack them closely, breast downwards, upon the beef, and pour over them some nice brown stock. Cover the dish with the pastry, ornament it prettily, brush it over with beaten egg, and bake in a moderate oven. This is a savoury dish, suitable either for breakfast, supper, or luncheon. Time to bake, one hour.

Another way.—Pluck, draw, and singe a brace of young partridges; season with salt, cayenne, and powdered mace. Cover them with thin slices of fat bacon, and put them into a stewpan with a quarter of a pint of veal stock; put on the lid, and let them simmer as gently as possible for half an hour. Whilst they are simmering, make a forcemeat, by mincing together, very finely, a quarter of a pound of lean veal, a quarter of a pound of fat bacon, and a quarter of a pound of liver. Season this with salt, cayenne, and powdered mace, and spread half of the forcemeat at the bottom of the dish. Take out the birds, and cut them into quarters. Lay half of the bacon which was tied round them upon the forcemeat, then pack in the partridges, and cover them with the remainder of the forcemeat and bacon. Pour in a gill of the gravy in which the partridges were simmered. Line the edges of the dish with good pastry, and cover with the same. Finish as above directed. Before sending the pie to table, pour in a quarter of a pint of good gravy, which has been slightly flavoured with lemon juice.

In the first of these recipes the birds can be browned before cooking, and any other game forcemeat used. (*See* FORCEMEATS.) A plainer crust may be used, and the pie be very good.

Partridge Pudding. — Required: birds, steak, paste, gravy, and adjuncts, as below.

The flavour of partridges is admirably retained in a pudding. Take a brace of well-kept birds, and pluck, draw, and singe them, and if there is any doubt as to their tenderness, they should be skinned. Cut them into neat joints, and, if liked, fry them a little in clarified butter. This is not absolutely necessary, but it increases the richness of the pudding. Take from three-quarters to a pound of the primest steak, and cut it in strips, then line a pudding-basin with suet or butter crust, about half an inch thick, and put steak at the bottom and top, the partridge joints in the middle. The seasoning may be salt and pepper, and a dust of cayenne; or mushrooms or truffles may be used also for a pudding of the best kind. About a gill and a half of good gravy should be put in; make this from the trimmings of the birds and any bits of steak, using brown stock as a foundation. Then finish off in the usual way. (*See* MEAT PUDDINGS.) When the pudding is done, put in more gravy after cutting a hole from the top; wine can be added if liked; for puddings of this sort the gravy cannot be too good. Small forcemeat balls can also be put in, though many will prefer the dish without them. If made with a suet crust, allow three or three and a-half hours to boil, or four to steam. Cost, uncertain.

Pastry Cutters.—(*See* VOL-AU-VENT, also "Kitchen Utensils.")

Pastry Jaggers and Nippers.—(*See* page 741.)

Pâté of Foie Gras. — These pasties, so highly esteemed by epicures, are made at Strasburg, and thence exported to various parts. They are prepared from the livers of geese which have been tied down for three or four weeks, to prevent them moving, and forcibly compelled to swallow, at intervals, a certain amount of fattening food. When they have become so fat that they would die in a short time, they are killed, and their livers, which have become very rich, fat, and pale during the process, are used for the above purpose. These pâtés are very expensive. A good imitation of them may be made without subjecting the unfortunate geese to the cruelties described, by following the directions here given:—Take the livers from three fine fat geese, such as are ordinarily brought to market, and in drawing the birds be careful not to break the gall-bag, as the contents would impart a bitter taste to the livers. Carefully remove any yellow spots there may be upon them, and lay the livers in milk for six or eight hours to whiten; cut them in halves, and put three halves aside for forcemeat. Soak, wash, and scrub, and peel three-quarters of a pound of truffles, carefully preserving the cuttings. Slice a third of them into narrow strips, like lardoons, and stick them into the remainder of the livers three-quarters of an inch apart; sprinkle over them a little pepper, salt, and spice, and put them in a cool place until the forcemeat is made. Mince finely, first separately and afterwards together, a pound of fresh bacon, a third of the truffles, the halves of the livers, that were put away for the purpose, two shalots, and eight or ten button mushrooms; season the mixture with plenty of pepper and salt, two or three grates of nutmeg, and half a saltspoonful of powdered marjoram, and keep chopping until it is quite smooth. Make a rich raised crust (*see* page 748). Cover the bottom of the pie with thin slices of ham, fat and lean together; spread evenly on these one-half of the forcemeat, then put in the three livers, with the slices of truffle stuck in them, and afterwards the remainder of the forcemeat. Intersperse amongst the contents of the pie the remaining quarter of a pound of truffles, and cover the whole with two or three more slices of ham or bacon. Put the cover on the pie,

ornament as fancy dictates, brush it over with beaten egg, make a hole in the centre for the steam to escape, and bake in a moderate oven. Time to bake, two hours or more. Cost, uncertain.

The paste may be omitted if preferred, and the materials packed into a china mould and baked.

Patties.—These are a very favourite form of savoury pastry. They may be of any richness, and the varieties are so great that those in this work should be regarded only as a guide to hosts of others. The cases are the first consideration, and for

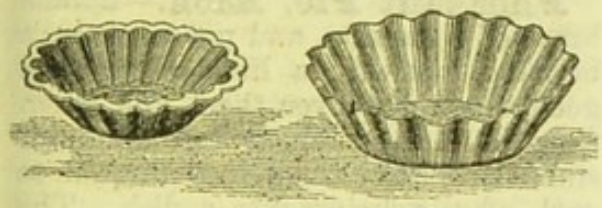


Fig. 123.—Fluted Patty Pans.

patties of a plain sort only an economical crust is required; short crust answers well for many. For the rich varieties a good flaky or puff paste is wanted. The patty pans shown are the kinds in ordinary use, but new shapes are constantly being brought out for fancy dishes of this sort. The



Fig. 124.—Plain Patty Pans.

plain ones are often liked best, on account of the ease in turning out the contents. The words "make the cases mince-pie shape" occur in a number of our recipes; and although this is an old-fashioned sort of patty, it holds its ground on account of its simplicity. The fact that a good deal of filling can be put in counts also, for in this matter some patties are a delusion and a snare. In the event of cold meat being used for patties of this shape, we will suppose that a mince has been made, such as could be served *as* a mince, only a good deal finer than the minces of everyday life; this, if put into the crust and baked again, would naturally harden, considering that it is already cooked; and the pastry, to be worth eating, wants a quick heat; hence, when this mode is adopted, as it is very often, the result is a hard dab of mince, whereas a little forethought and care would result in a moist one. Follow this plan: make a "dummy" filling at the start, just to keep the paste from sinking. Small rounds of bread or hard plain biscuits may be used for the purpose; the latter are the better, and can be used several times if not burnt. They should be put in a tin when cold. Instead of either, some raw rice may be put in; this has to be put in little sheets of paper, greased on the side next the crust, therefore gives more trouble. In taking out the filling of any sort, avoid dragging; just raise it with the point of a knife or a skewer, and should any part of the inside paste not seem quite done, take it out in the same way. See that the crust is sound at the bottom, or the filling will escape. Should it break, repair it by brushing over with beaten egg, and put the cases in the oven for a minute. We will suppose the mince to be ready. This should be so timed as to be done when the crust is; it should also be piping hot. Fill the cases, and set them in the oven for a minute for the flavour to penetrate the crust; for this reason they must not be over-baked at first, for a minute or two more when pastry is quite done is not desirable. These are not necessarily costly, for many plain minces serve, but they may be made very nice if the precaution of filling after baking, when dealing with cooked materials, be observed. Exception may be made to this rule when the meat is very much underdone, or extra fat.

Another patty is known as "the step"; this is made by putting rings of paste of graduated sizes one above

another until the desired height is reached. Luting paste (page 748) is required; and the first ring is laid on a round of paste of the same size. These are not very easy to prepare, and we think that small vol-au-vent cases are in every way superior. These are used pretty generally when anything more than a plain patty is required. (*See* page 748.) Another patty is called DRESDEN, and is described in GARNISHES; the cases are of fried bread. Croustades are another form of patty. (*See* page 757.)

Whatever the shape of the patty pan—and the fluted are the most trouble in this respect—it is necessary to keep them perfectly clean. If they are put up with any particles of scorched crust adhering, the next batch of patties must suffer. The tins should never be washed just before using, as they should be quite dry. If put up clean, they only want dusting. They need no greasing, except for a very plain crust of extra thickness; and when done, the patties will slip easily from the tins.

Pheasant Pie.—There are many ways of making this pie, which is a general favourite, and the following can be recommended. Required: a well-hung bird, some forcemeat, and paste as below, seasoning, and gravy.

Make a pound or so of good forcemeat; this may be of veal and ham, or a mushroom, or truffled forcemeat is superior in the opinion of the majority; the truffled sausage meat (page 481) is excellent. The bird should be jointed, and the joints fried in a little hot butter to a nice brown. These should be put in the dish, with the forcemeat in layers between the joints, or the bird or a brace may be boned, and filled with the forcemeat, then cut into four pieces. A few slices of fat bacon should be laid on the top. If a brace of birds be used, about a pound and a half of forcemeat will be wanted. The trimmings of the birds and the bones, when the second mode is followed, are to be put on for gravy, with herbs and peppercorns to season; good brown stock should be used for the foundation. (*See* STOCKS.) Pour enough of this over to half cover the pheasant, &c., while boiling, but leave until cold before covering. Then put a rim of paste No. 11 or 12 round the edge, after brushing with egg. The cover should be of the same, thinly rolled, and nicely ornamented with leaves and egged over, then baked in a good oven. This may be served hot or cold. Cost, very variable.

NOTE.—Small birds can be put in, and some bits of ham or bacon may be mixed amongst the rest, as it is thought to improve this pie.

Pheasant Pie, Rich.—Bone a brace of pheasants, and put them in a braising pan with a little sherry and good stock to cover them, and when they have had about ten minutes' simmering leave them in the liquid to cool, after pouring into a dish. The birds should be jointed ready for serving. The bones are to be put on in fresh cold stock and simmered for a few hours, until there is about half a pint of good gravy. This, or as much as may be wanted, is to be put in the pie-dish with the pheasant joints and the gravy they were cooked in, and about half a pound of button mushrooms may be mixed in, or some truffles, if they can be had. A few ounces of cooked ham of good quality may be cut in strips and put in, and the pie finished off as above. Take either of the brown stocks given for clear soups, or use No. 16 or 17 for a first-class pie, in making the gravy. This is good hot or cold. Cost, uncertain; about 2s. to 2s. 3d., exclusive of the pheasants.

Pigeon Pie.—Required: three or four pigeons, three-quarters to a pound of prime steak, seasoning, butter, gravy, and crust as below. Cost, about 5s. to 6s.

Prepare the birds and quarter them, then put them in a sauté-pan with a little hot butter, and turn them about until well browned. The steak should

be similarly treated, or it may be braised or stewed in a little good stock until three-parts done, then cut in strips of an inch wide and about two inches long. The meat and pigeon are then to be put in a pie-dish with seasoning of salt and black pepper over each layer. A dust of cayenne is required, and some like a little nutmeg; others prefer a plain pie. Herbs may be added if approved: they should be in fine powder, and mixed; about a saltspoonful will be enough for a pie of this size. Some gravy from the trimmings of the pigeons should be put in the pan, and boiled up with enough brown roux to make it of the consistence of cream, and poured over the pigeons to half their depth. Stock No. 5 will serve as a guide. (*See* also directions on page 771.) This may now be covered as it is, but for a superior pie put three or four hard eggs in slices on the top, and add a few ounces of boiled ham in strips. The top layer should be well seasoned, as the crust will be all the nicer. This applies to all pies of a savoury kind that are eaten cold. The paste may be No. 10, 11, or 12. A rim should be put round the edge of the dish, and a cover of the same on the top. Ornament nicely with leaves of paste, and bake the pie for about an hour and a half. It should be filled up with gravy after baking, and the paste nicely glazed; the feet should be scalded and trimmed, and stuck in the top after the pie is done, with the toes spreading outwards. In case it is not convenient to brown the pigeons before baking, use very young ones, then cover with a rather thicker crust; reduce the heat shortly after putting the pie in the oven, and allow longer for baking. (*See* page 770.)

Another way.—This is very much better than the preceding. Bone the birds, and if liked, stuff them with any suitable forcemeat. (*See* FORCEMEATS.) Cut them in two, and put them in the dish with steak and eggs, and a few strips of ham between the layers. The pigeons are to be browned in butter after stuffing, and left until cold before they are cut through; the steak should be browned also. Then cover with a crust, as above, and bake. The bones are to be stewed down for gravy, some being reserved for filling the pie up after it is baked.

NOTE.—There are no pies that are more easily spoilt than pigeon, for if the gravy be scarce they are dry. See that it is of very good flavour, and will jelly. Always use a good brown stock for the foundation, and when the birds are not boned put in any other bones of rabbit or whatever may be handy. A little extract of meat or glaze will be wanted in addition to gelatine for gravy of a first-class pie, unless the foundation stock be good. (*See* Stocks Nos. 16 and 17.)

Pigeon Pie, Raised, Rich.—Required: four or more pigeons, hard eggs, forcemeat, gravy, paste, and garnish as below. Cost, uncertain. From 6s. upwards.

The birds should be boned, then quartered and fried in a little hot clarified butter to a nice brown; or they may be braised until half done. In either case put them in a case of good raised paste (page 748), and fill up with layers of good forcemeat and hard-boiled eggs in slices. If the forcemeat be minus truffles or mushrooms, either of these materials may be put in the pie. Another way is to stuff the birds after boning them, then to braise them until half done, and leave until cold, then cut them in halves and put them in the paste with eggs, and, if liked, some strips of ham or very good bacon, or a little tender beef steak can be cut in dice or strips after it has been fried a little, and used in the same way; for many do not care for any sort of pigeon pie without the addition of steak. The pie should be finished off and baked as directed for the rich raised fowl pie of page 759, and when done, filled up with gravy from the bones; they should be put on in brown stock some time before the pie is made, that the

gravy may be very good, otherwise the pie will be dry. When the lid is served on this, assuming a rich crust to have been used, the feet of the pigeons should be cleaned and skinned, and used for the top of the pie. About six or eight may be used in a very large pie; four will do for a small one, and some parsley should be put between them. They should be so placed that the toes spread outwards. More parsley is to be put round the base, and, if liked, some blocks of aspic. When the pie is made in a case of china or flour and water (*see* recipes for the pie above referred to), finish off as follows:—Omit the lid, and put the feet of the pigeons in the centre, emerging from a mound of chopped aspic of one or more colours, and finish off with hard eggs in slices or quarters, some fancy-shaped slices of glazed ham or tongue, or forcemeat balls, and some parsley. An outer border of chopped aspic may be used, and some blocks put on the dish with some sprigs of parsley. Instead of this, the feet can be placed round the outer edge from a narrow border of chopped aspic, and the forcemeat balls and eggs, with some parsley, put in the middle. This is a very nice-looking pie. A similar pie can be made from plovers, and will be found very good. (*See* Coloured Plate, No. 8.)

Pigeon Pudding.—Required: three pigeons, a rich suet crust (page 746), from half to three-quarters of a pound of beef steak from well-hung meat, the yolks of three hard-boiled eggs, and some seasoning and gravy as below. Cost, about 4s. 3d.

The birds may be browned, then cut in halves or quarters, or boned; then used plain or with stuffing, which may be mushroom or other kind preferred (*see* Forcemeats; also recipes for pigeon pies in this chapter). The birds and egg yolks are to be put in the basin after lining with paste half an inch thick. Gravy from the bones or trimmings, with brown stock as a foundation, should be poured in to half the depth (*see* directions for Gravy for Puddings, page 773). Cover with paste and tie in a cloth, then boil for three hours or thereabouts. The steak may either be cut in strips and seasoned, then put at the bottom and sides of the basin, or it can be mixed amongst the pigeon. Another way of making this pudding is to use a top crust only (*see* the second recipe for Rabbit Pudding).

Plovers' Egg Patties.—Required: plovers' eggs, pastry, white sauce, ham, parsley, and green peas. Cost, about 2s. 6d. per dozen, exclusive of eggs.

Boil and cut in halves lengthwise some plovers' eggs. Have ready some oval vol-au-vent cases, made of good pastry (*see* page 800). No lids are required; therefore the pieces cut from the centres may be used for another little dish by spreading them with jam, &c., or in various other ways. First, put into the cases, as soon as baked and prepared, a small quantity of good green pea purée (*see* Dressed Vegetables); then a little good white sauce; next the half egg, yolk upwards. Round the egg put tiny round slices of boiled ham; they should overlap, and form a ring above the edge of the pastry. Shake a morsel of chopped parsley over the egg-yolk, and serve.

Pheasants' or fowls' eggs can be thus used. Small rounds of cooked game or poultry, lightly glazed, may take the place of the ham in all cases if at hand. Tiny cress leaves may be used in place of parsley, or a sprinkling of chervil or finely-shredded cucumber.

Another way.—These are for a cold dish. Bake and empty the cases, let them be perfectly cold, then put at the bottom a little heap of minced truffled sausage, or a foie gras; next a layer of cold minced game, moistened with good gravy or sauce; lay the half-egg on, and put strips of truffle on the yolk.

Pork Pie, Raised.—Those who kill pigs of their own have no trouble

in obtaining suitable pie meat; those who buy it should be careful to get the best quality, and to see that it is free from the slightest taint, every slice being carefully looked over. Required: for a medium-sized pie, a pound and a half of pork, the same weight of paste, about a teaspoonful and a half of salt, or, for some, two teaspoonfuls will be none too much, nearly as much pepper, and herbs if approved, and a little gravy. Cost, about 7d. per pound.

The meat should be fairly fat, and is best from a bacon pig, but the loin or neck of pork may be used; the fore-loin is preferred by many. Cut into dice (by means of a mincer, or by hand), the pieces being even in size, the fat and lean mixed well, and the seasoning thoroughly blended with the meat; the meat should be sprinkled with a spoonful of water or stock during the mixing, as it tends to bind it. Full directions for the raising of the paste will be found on page 785, and either of the recipes on page 748 may be followed in making it; the medium paste is suitable. Those who possess moulds sometimes prefer a pork pie raised by hand, and baked out of a mould, as they consider the flavour is better. The meat should be packed in firmly, and the lid put on after the inner edges have been egged over; the edges should be crimped with the paste nippers (page 741), and leaves put round the side and on the lid; make a hole or two, and put a centre ornament of paste or not, as preferred. Then egg the pie over, and put in a good oven. (*See* the directions for Raised Pies, page 785.) This will take about two to two and a half hours; the latter will not be too long in most cases, and a skewer should be passed into the middle of the meat to test it. The gravy should be made from the bones and any skinny and gristly parts of the meat, seasoned as required, and strengthened with gelatine or meat of a gelatinous sort; the liquor from boiled pork should be used in place of water at the start, should any be handy; supposing, for instance, the feet and ears of a pig to have been boiled, there is in the liquor a good foundation for the gravy of the pie.

Note.—Should herbs be used, any of those named under Pork Sausages in a previous chapter will answer; but sage is generally liked. If fresh, about half a teaspoonful would be enough to flavour the above for most people. Double the quantity of dried sage could be used. We may mention that at a certain farmhouse in the Midlands, the pork pies are always made with layers of stoned raisins between the layers of pork. We never met with these pies elsewhere, but can recommend them.

Potato Pie, Common.—Required: a couple of pounds of potatoes, boiled for a few minutes, half a pound of scalded onions, seasoning, bacon or fat pork, just a few ounces, herbs to taste, plain pastry, and any weak stock or water. Cost, about 8d. to 10d.

Slice the vegetables, and mix with the rest of the ingredients, and thicken the stock or water with browned flour. Cover with a thick sheet of paste after putting a rim round as usual, and bake for an hour and a half or so. This is best hot. The remains of cooked rice or other grain may be put in pies of this sort.

Another way.—Use a few mushrooms when cheap, instead of the onions.

Another way.—A few ripe tomatoes and a few ounces of underdone meat of any kind are to be added to the potatoes as above, and the gravy flavoured with salt, pepper, and a spoonful of lemon juice or vinegar; use paste No. 2. This is a nice pie, though cheap.

Rabbit Pie, Plain.—Required: a rabbit, bacon or pork, seasoning, gravy, and paste as below. Cost, about 2s. 6d. or 2s. 8d.

Take care to choose a tender rabbit. Skin, empty, and wash it, and cut it in ten or a dozen parts. If the head is put in, split it and soak in lukewarm water with a little salt. Drain and dry the rabbit, and put the inferior joints at the bottom of the pie-dish; fill up with

the rest, adding a few slices of pickled pork or bacon, in strips. About a teaspoonful and a half of salt, and half as much pepper, with a saltspoonful of grated nutmeg, may be used for seasoning; parsley or other herbs to taste can go in; and, if liked, a teaspoonful of chopped onion in addition. Cover the rabbit with plain stock or water, put a plate or baking-tin over, and cook in a slow oven until half done, then set by to cool. The gravy should be poured off and boiled up with thickening and more flavouring if needed; the rabbit being kept covered the while. Pour it over, and, when cold, cover with flaky or short crust; egg it over or not, as liked, and bake for about an hour. This may be served hot or cold. Some parboiled potatoes can go at the bottom for a cheaper pie. When the rabbits are very small and first come into the market, the previous cooking is not needed. And for fully-grown ones, if a thick crust be used for a very plain family pie, it is sometimes enough to cook the legs a little first.

Another way.—This is a more savoury pie. Rub the bottom of the dish with a clove of garlic, and put chopped parsley and shalot over each layer with seasoning, and on the top, just under the crust, a couple of bay leaves. This will be found very tasty. Powdered bay leaves should be put in the pie if whole ones cannot be used in this way. The pie is further improved by adding some plain veal forcemeat; or herb forcemeat is very nice, and boiling the head and neck of the rabbit down for gravy.

NOTE.—Tinned rabbit, if well flavoured, will make an excellent pie. The crust should be thin, or the meat will be raggy if cooked long. A mixture of tinned rabbit, tomatoes, and potatoes, with some mixed herbs, salt and pepper, and a dash of garlic or onion, will give good results at a small cost; all the better if a bit of bacon be put in; a cooked cow-heel will also give body to the gravy. A plain short crust does for this. Cost, when a shilling tin of rabbit is used, about 2s. to 2s. 3d.

Rabbit Pie, Rich.—(*See* HARE PIE, and follow the recipe. *See* also CHICKEN and VEAL PIES.)

Rabbit Pudding.—Required: a rabbit, a quarter of a pound of mild bacon or pickled pork, gravy and crust as below. Cost, about 2s. 6d.

Wash and dry the rabbit, cut it up in small pieces, and trim the bacon; cut that in dice. Put the head and neck of the rabbit on for gravy, adding about a pint and a half of cold water and a bunch of herbs, with an onion, a few peppercorns, and a little salt; boil gently, skimming as required. When reduced to half a pint, strain, and thicken with a little browned flour, and season to taste; tomato pulp or sauce may be used, or a spoonful of mushroom ketchup, or store sauce. Line the basin with a medium suet crust (page 746), and put in the rabbit, placing the thick pieces next the crust, and mixing in the bacon; chopped parsley may be put in, and each layer should be seasoned with salt and pepper. Then put part of the gravy in, reserving the rest for boiling up, and pouring round the pudding when dished. Put the cover on, and secure the edges, then steam the pudding for three to three and a half hours, or boil it. If an old rabbit, either allow a longer time for the cooking, or simmer the pieces for a short time—say an hour—in the gravy, and let them cool before making the pudding. Or the joints can be browned in a little hot fat, clarified; this improves a young rabbit also, as the pudding is more savoury. Sausage balls are a further improvement.

Another way.—This is recommended to those who do not care for much crust. Grease a deep pie-dish or a shallow basin, and put in the rabbit with bacon as above, or a few strips of beef steak, and season well. Put a strip of paste round the edge, and pour in gravy to nearly cover the meat; lay on the cover, and steam as before. This goes to table in the basin; it should be set on a hot dish, and a folded serviette be pinned round the pudding. (*See* KENTISH PUDDINGS in this chapter.)

Another way, which may be specially recommended, is to put a layer of beef or pork sausage meat over the rabbit, before the paste cover is laid on; bacon may be omitted if liked. A few mushrooms improve it, and eggs are sometimes added. If the rabbit is partly cooked beforehand, and a short or flaky paste used, or the suet paste for meat pies (page 747), this may be baked instead of steamed, and will be found very nice. It will take about an hour in a moderate oven, with a crust three-fourths of an inch thick.

Raised Pies.—On page 747 we give directions for the making of the paste; we here detail the various ways of raising or shaping it. The first point is the temperature of the crust, for should this be wrong the pie will probably be a failure. The operation should be performed in a warm place, for if the crust cools before the pie is completed, it will crack. When the moulding is commenced, the paste should be warm enough to be pliable, and the sooner the job is out of hand the better. Those who work slowly, must start with a warmer paste than a quick worker would need, otherwise it *will* get cold before it is in shape. While the case is being moulded, the part in reserve for the lid and ornamentation should be kept warm over a pan of hot water. The mode of raising by hand is not easy to make clear on paper, and a practical lesson should be taken if possible. The board is to be floured a little, and the paste put on it, then worked into a cone shape, the diameter of the bottom being a trifle less than is intended for the pie when completed, as it will spread in the working. The bottom should be made quite level, and the top flattened. Then go on pressing with the knuckles of the right hand, keeping them floured a little, and at the same time form the walls of the pie with the left hand. The sides should be smooth and of equal thickness, and the bottom, too, must be level, and thicker than the sides; the lid is the thinnest of all. Before filling the pie note the bottom, and if cracked or too thin in any part, roll a scrap of paste out, and attach it by means of beaten egg. The inner edge of the pie at the top, as well as the inside of the lid, should be egged after the pie is filled, and then pressed together and crimped, a hole or two made in the top, and leaves put there and on the side of the pie. These are fastened on with egg; it can be a whole one, or white only answers.*

Another way is to take the crust, after flattening the cone as before, and put it on a wooden pie block; these are sold for very little by wood-turners. The pie, or rather the crust for it, should be worked round and round until quite even, and the edge trimmed neatly with a pair of scissors.

A method of raising that is fairly successful after a little experience, and which is often adopted where pies are made on a large scale, is by means of a tin without a bottom. These are made in various sizes, but the bottom should be larger than the top. One of three and a half inches deep would be about four inches in diameter at the top, and five at the bottom. The mode of using is simple. The tin is set on a board, and the piece of paste, first hollowed with the knuckles, put in, and the bottom formed, the paste being worked round the sides until the edge of the tin is reached. It is well to take note of the weight of crust required for a tin of a certain size, so that on future occasions the correct quantity can be made. In this way waste is prevented easily. In baking a pie made in either of these ways, the tin on which it is set may be greased; this will prevent the pie catching at the bottom, but it will be more likely to slip and lose its shape; therefore a tin in the ungreased state is often preferred, as any slightly burnt parts from the bottom of the pie can be readily scraped off when it is cold enough to turn upside down.

* The pie should stand awhile in a cool place before baking, to get firm.

The baking of pies in moulds is the simplest and most satisfactory way. The moulds can be had in tin or copper; the latter are very costly, especially when of an elaborate pattern; the tin ones last some time for occasional use, but the best qualities only are satisfactory. Fig. 125 is a comparatively simple pattern, but it turns

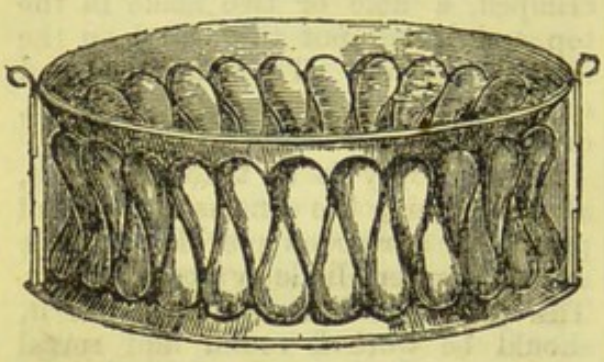


Fig. 125.—Oval Pie Mould.

out easily and looks well. The hinged sides facilitate the removal of the pie when cold. Some are without bottoms; others have a loose one. The latter are the better. If the former sort be used, the remarks made above as to the baking apply, but much may be done to avoid burning by using a stout baking sheet. In lining these moulds care is needed; the paste should be very even, and must quite easily fill up the mould, without any stretching, we mean; the bottom is to be made level, and the paste worked well up to the bottom edge of the sides, and pressed closely to the sides right up to the top; if this is not done it will not take the pattern of the mould. In pressing, keep the fingers floured, and do not dig the ends into the crust. If broken, repair as above directed. The mould must be well greased.

In Fig. 126 a mould of another kind is shown; these are simple to use. The crust has a nice appearance when baked, and easily adapts itself to the mould. These are called pâté-moulds by some; they can be had from a couple to three or four shillings, according to size. These have no bottom, and in using them, or the bottomless moulds above described, it is well to use a baking tin of the same shape, and as nearly as possible the same size, immediately under the bottom crust, then to put a stout baking tin under; that next the crust should be bright; the outer one may be iron. For a pie of small size, that is in the oven a short time, these precautions are not so necessary; but in the case of a pie that is in the oven for three hours or longer, unless care is taken in this way, the bottom paste may have to be pared away, or be so hard as to be almost uneatable. For large pies it is always well to pin several folds of paper round, higher than the top of the pie, to prevent its becoming too dark in any part. In the chapter on Cakes, other moulds that will answer very well for a homely pie for a school luncheon or a fishing expedition, or any occasion when ornament is not essential, will be found.

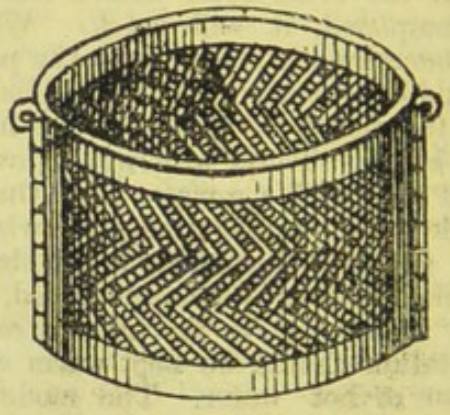


Fig. 126.—Strasburg Pie Mould.

The baking of these pies is not easy for the novice. The steady heat required is not always easily gauged, and is not practicable when other articles are being baked at the same time; but *it is no use to attempt raised pies* unless the conditions for baking are favourable; for to keep opening and shutting the oven door, or constantly moving the pie, or shaking it before it is set, is to court failure. For pies with a thin crust, when the total weight is not much more than a pound, the oven may be hotter all through than for heavier

ones with thicker crust. All need a quick heat at starting, and when the pie has begun to colour a little, the temperature should be reduced to what is known as a "soaking heat," and this should be maintained. If, after a pie has been in the oven for a short time, it has turned quite brown, the heat is too great: then more folds of paper must go round, and some be laid on the top. On the other hand, if the crust remains pale, and the pie has decreased in height, with the bottom spread out, the oven is too cool, and the pie is in danger of bursting, though the spreading of the crust is often due to its being too soft. Meat put in in a loose manner, instead of being *packed*, will also cause this; the remedy is to remove the pie at once to a hotter part of the oven, and to place something to prevent further spreading. Strips of wood, or weights, are useful for the purpose, and may be taken out as soon as the pie has shaped itself. These remarks apply only to pies that are raised by hand, and such are the usual troubles consequent upon this plan. The richer the crust, the greater the need for a mould. In all pies of six to eight pounds in weight, the meat is likely to be under-done to some extent, unless it be partially cooked beforehand, or the pie can be cooked in a baker's oven, or one equally steady. This applies to pork more than any meat, but when the cooking of the meat in the crust can be ensured, the pie is more tasty when it is put in raw. The time given for the baking in all recipes is approximate only; the depth of the pie, as well as its weight, the thickness and richness of the crust, and the nature of its contents, all have to be considered, and play a part in the success or failure.

Small Raised Pies.—To make small raised pies in the neatest and quickest way, some rings should be got from a tinman. The term "ring" is rather a misnomer, for it is applied to both round and oval shapes; *rim* is the correct name. These cost a trifle only, and can be had small enough for a pie of a few ounces, to one of half a pound or more; the latter are very handy for breakfast pies for two or three people; the small ones look nice to serve one to each. In using them, set them on a baking sheet with a fold or two of greased paper under, and line them with the paste, after greasing very little. A good substitute, when rims are not at hand, is to raise the paste over a small jar; or the bottoms can be cut out, and strips cut for the sides, and fastened on by means of beaten white of egg; the sides can be made neater if bevelled, and should be pressed firmly together. The tops may be quite plain, or covered with small leaves. The average proportions are a pound of paste, and about a pound and a quarter of meat for six to eight pies. Almost all the forcemeats, except those with suet, and all the sausage meats, make nice little pies.

Raised Pies, Gravy for.—The term "jellied gravy" is often applied to this, and is a very suitable one, as these gravies should all form a jelly when cold. To make the gravy for a plain pie of pork or veal, the bones of the meat and any bits of skin and gristle that would spoil the pie if put in, should be used; they should be put on in cold water with seasoning, such as peppercorns, and if herbs have been put in the pie, a sprig should go in the gravy. Salt, of course, is wanted, and the gravy should always be strained. The thing is to give it plenty of time. When there is any second stock at hand, there is no trouble in getting the gravy to set; and failing this, there is a ready substitute in gelatine, should the bones not yield a liquor firm enough to set. It should always be tested, and it must be borne in mind that the gravy which the meat has yielded in the baking will tend to thin it, therefore it should be quite stiff when it goes in. For a pie of, say, kidney or other dark meat, the gravy may be coloured with browning salt, or liquid browning, or a little

extract of meat will give both colour and flavour; or a nice brown stock may be used with gelatine as required, then no extract is wanted. The thing to avoid is a clashing of flavours. It is equally important that the gravy be flavoured sufficiently, and in harmony with the various condiments used in the pie; otherwise the taste of the pie will be weakened instead of heightened. Should a clear gravy be required, take some stock and clarify as directed for soups, or use some aspic jelly (*see* GARNISHES). This is, however, often put as a top decoration on to pies, as described in our recipes; and in such cases, if the gravy for the interior of the pie be very carefully strained, it seldom needs clarification. When pies have to travel, as for a picnic, the gravy must be stronger than usual. Such ingredients as wine, flavoured vinegar, lemon juice, &c., should not be put in until the gravy is well reduced.

Always let the pies stand for a short time when taken from the oven before putting the gravy in; they will hold more, as the meat will sink. Insert a small funnel in the top, and pour the boiling gravy in very gradually, moving the meat now and then with a stout wooden skewer. Take care not to let it run over the top, and saturate the paste. If at the last moment the gravy is found too weak, sheet gelatine should be added, as that dissolves instantly. (*See* also MEAT PIES, GRAVY FOR).

Rissoles. — These may be described as a cooked savoury mince, enclosed in pastry and fried; game and poultry, as well as meat of all sorts, and many varieties of fish can be employed. The points to remember are that the mince should be carefully made; whether the ingredients be pounded, or only cut up small, gristle, skin, and anything of an equally unpleasant nature must be excluded; a rissole is a dainty dish, and may be served as an entrée. Then the crust should be very thin; it cannot be too thin, and as long as it can be rolled without breaking, the rolling should go on. The best puff paste is wanted. The fat for frying must be hot, or a sodden and most disagreeable dish will be the result. The crust should be quite crisp, though not dark in colour; and unless it is thin, it is clear that it will not be cooked in the short time in which it should be kept in the fat. The paste should be brushed over with raw egg, and then coated, either with the finest bread-crumbs, or crushed vermicelli; the latter is much liked by many, on account of its crispness, and the nice appearance it gives to the rissoles. The shape may be varied; a very usual one is made by laying a little pile of the mince on a round of pastry, covering it with a second round. The edges should be egged and well pressed together, and in the frying the pastry should be kept under the fat; if lifted out from time to time, the edges are liable to part. Another shape is obtained by folding a square of paste into a triangle, the mince being put in the centre; a crimped edge always adds to the appearance. The semicircle is easily made, by folding a round of paste over. Diamond-shaped rissoles are pretty; the paste should be cut carefully in pairs, and the edges well secured. The exact size is a matter of taste, but rissoles should never be large. They must be well drained before dishing, and should be put on a lace paper or serviette, and sent to table as hot as possible with a garnish of some kind. For many kinds, fried or crisped parsley is sufficient; shellfish can be used for dishes from fish; and coralline pepper, lobster coral, grated cheese, and other adjuncts may be shaken over them to denote the nature of the contents. Cost, from 1s. per dozen, according to size and richness.

NOTE.—The moister the mince can be to retain its form, the better, and, whatever its nature, it must be cold before it is put in the crust. For the different kinds of rissoles, *see* INDEX.

Rissoles à la Reine. — (*See* CROQUETTES À LA REINE, and make the mixture as there directed, but add an extra tablespoonful each of cream and stock.)

Rissoles à la Vincent.—Add to four tablespoonfuls of rich brown sauce a mince, made of two tablespoonfuls each of cooked game, tongue and ham; flavour with truffle essence, and add a tablespoonful of minced truffle, a quarter of an ounce of glaze, dissolved in a tablespoonful of Madeira, a dash of cayenne, ground mace, and salt to taste; a few drops of herbal wine should go in last, together with the juice from a pounded shalot. The ingredients are all to be added to the sauce while that is hot, then stirred well, and put by until cold. Make the rissoles in either of the shapes above-named.

Rook Pie.—For a really good pie, the breasts only of the birds should be used, as they are the parts that are most worth eating, but in many cases the supply of birds will be too small to allow this; then the wings and legs can be used, but never the back, or the pie will be bitter; the flesh round the spine must be removed, and, needless to add, this is not to be used in making the gravy, or the pie will be as bitter as if the parts were put in it. The birds should be stewed until almost done before the crust is put on; they will take from one to two hours, according to age, and the younger the rooks, the better the pie. They must cook very slowly, with the dish well covered, and be cooled before covering. Steak can be added, but if birds are plentiful it can be dispensed with, though a small portion is often put in just for the sake of the gravy; if omitted, a good stock is wanted. Plenty of black pepper is necessary, as the pie wants well seasoning, and a pinch of herbs improves it. Six to nine rooks, with half a pound of steak and a couple of hard eggs, will make a good pie. Cost, uncertain, rooks being seldom sold.

Rump Steak Pie (The Captain's Own).—Required: steak, kidney, herbs, and seasoning, oysters, stock, eggs, and paste. Cost, about 3s. 6d. on an average; more when oysters and steak are very dear.

Take a steak from well-hung meat; beat it, and cut it in thin slices; it should be an inch and a half thick. Sprinkle each slice with salt, pepper, and flour, a morsel of minced kidney, a dash of shalot, or herbs instead, a few shreds of fat meat, and a few drops of walnut ketchup. Now roll up compactly, and dust flour all over—browned flour is best. Distribute four cloves and half a score of oysters amongst the meat, if a pound and a half has been used; then put in the dish, making the rolls high in the centre as usual. Pour in the oyster liquor, and some brown stock from beef bones to half fill the dish; a pinch of cayenne improves it, but it is not to be flavoured with vegetables. Lay a sheet of paper, buttered, on the top side, over all, then a tin, or an old dish, and bake in a gentle oven for an hour or so. Take it from the oven, leave it until cold, then put in more gravy to three-parts fill the dish, with a few sliced hard eggs, seasoned; cover with a flaky crust, and bake for another hour or so. (*See* MEAT PIES.) This pie is best eaten hot.

NOTE.—While the meat is cooking first in the oven, it should be turned over once, the top pieces to the bottom, that all may be impregnated with the flavour and moisture from the gravy. If the oven is too hot, set the dish in a tin of hot water.

Russian Meat Pasty (Pirogg).—The peculiarity of this consists in its containing both raw and cooked eggs. The crust is similar to that for the RUSSIAN CHERRY PASTY, in next section, but richer, the yolks of raw eggs, as well as more butter, being used. The size and thickness of the crust should be proportionate to the meat, and the supply of meat should be generous. Beef or game may be used; it is usually cooked

in a saucepan with plenty of seasoning, an onion, and butter to moisten well for a few minutes. It must not become hard. It is then cut up, and each pound receives the addition of a raw egg, and two hard-boiled ones, sliced. The pasties are made semi-circular, baked gently on account of their solidity, and served hot. A mixture of meats is sometimes used.

NOTE.—These are not very easy of digestion. Small ones, with thin crust, are preferable.

Salmon Patties.—There are few, if any, fish that are more useful in the making of patties than salmon. Many recipes might be given, but the following will suggest others:—

No. 1.—For a cold dish, some potted salmon (page 501) may be mixed with thick cream or white sauce, or mayonnaise may be used; only a little of either is wanted, and the whole should be thoroughly beaten together.

No. 2.—These are hot, and very tasty. Required: half a pound of cold salmon, a little chopped parsley, black pepper, cayenne and nutmeg, or shrimp or anchovy essence in place of parsley, or the remains of these or other fish sauces. The fish should be freed from skin and bone, which should be used for the sauce, of which a small quantity only is wanted. The mixture should be sufficiently moist to drop from the spoon easily; a few drops of carmine will improve the colour.

No. 3.—These are very savoury. Tinned salmon may be used—about half a tin will make a nice dish. Required: in addition, the juice of half a lemon, the same measure of white wine, a little tarragon vinegar, cayenne, and French mustard. The fish should be sieved, and mixed with the other materials after they have been blended and thickened with a little white roux, or thick white sauce; the mince should be quite hot and well flavoured. The bottom of the saucepan may be rubbed over with a slice of onion to increase the zest. The liquor from the fish should be drained off. If baked fish be used, a little butter should be put in.

No. 4.—Flavour with chutney instead of mustard, and, should the supply of salmon run short, some dried haddock may be mixed with it. Cost, from 2d. to 4d. each.

Salmon Vol-au-Vents, Cold.—Required: salmon, sauce, puff paste, and garnish. Cost, from 3d. to 4d. each, when salmon is in full season.

Take some fish, boiled or cooked in any other approved way, skin and pound it, then sieve it. Take one of the nice cold sauces, such as anchovy, chervil, crayfish, lobster cream, &c., and add enough to make a creamy mixture. If the fish and sauce can be blended over ice, all the better. The cases should be small, and the best puff paste is required. (*See* page 801.) The lids may be omitted, and any garnish to taste used.

Salmon Vol-au-Vents, with Lobster Cream.—(*See* the recipe for salmon with lobster cream, page 182.) Cook the salmon as there described, and flake it, then heat it in enough of the lobster cream to cover, and make a soft mixture. Fill the prepared cases, and put a little thick hot cream, or a good white sauce, on the top. Then dust over with lobster coral. No lids are wanted, but a small ring or leaf of pastry should be put in the centre. Another way of finishing off is to put chopped chervil or parsley over the sauce or cream, and cover the ring or leaf of pastry with the lobster coral. Cost, from 4d. upwards, on an average.

Sausage Pudding.—Required: sausages, seasoning, paste, and adjuncts as below. Cost, when a pound of sausages are used, from 1s. 3d. to 1s. 6d. on an average.

In this form sausages go a long way, and a pudding substantial and savoury may cost but little. The basin should be lined with a crust half an inch or more in thickness—a plain suet or dripping one is best; with a

good crust, these are apt to be too rich. The sausages can be put in whole, with a little seasoning between the layers, and a little chopped onion or mushroom if liked; or, by way of cheapening the pudding, some cooked rice or macaroni can be put in; a few spoonfuls of plain stock improves the pudding. Another good dish can be made by putting sausages all round the sides and at the bottom of the crust, and filling the centre with a mince of cold meat of any sort, moistened with thickened gravy. The top should consist of sausages; the meat, being in the centre, will be protected from over-cooking, but underdone portions should be selected. For a pudding of a pound of sausages, boil for two hours or thereabouts. The centre can be filled with cold sliced potatoes instead of meat; they should be kept away from the crust, or it will not be so light; this is a rule that applies to all puddings in which cold potatoes are used. They should be well seasoned, and herbs can be added at discretion. Only the very freshest of sausages should be used for a pudding, as for all other dishes.

Sausage and Liver Pudding. — Required: sausages, liver, bacon, kidney, seasoning, stock, paste, &c., as below. Cost, about 1s. 9d. to 2s.

This is *very* savoury. Take a pound of beef sausages, half a pound of calf's liver, a quarter of a pound of streaky bacon, and the same weight of calf's kidney, with seasoning as below. Cut the bacon up and fry it lightly, then slice the liver, and fry it in the bacon fat; take the liver up, and stir in a teaspoonful of mixed herbs, consisting of thyme, bay leaf, marjoram and parsley; pour in a little brown stock, thicken with browned flour, and boil up; season with salt and black pepper, and a hint of ground cloves or nutmeg. Mince the kidney, and add to the gravy, with the sausages and bacon, the sausages for this should be cut into two or three pieces. Then make the pudding as above, boil for two and a half to three hours if a suet crust, and serve with mashed potatoes. Dripping crust does for this better than suet, unless the latter be very plain, and the "digestible mode" be followed (*see* page 747).

Sausage Rolls. — These are made either from beef, pork, or veal sausages; they should be first parboiled for five to ten minutes, according to kind and thickness, then skinned and cooled, and cut in halves. Flaky paste is generally liked, and No. 8 will be found suitable, or a richer one can be used. It should be rolled the eighth of an inch thick, or a trifle over, and cut in pieces about four inches long—a trifle longer than the sausages—and about three inches wide, so that it just folds over. The half sausage should be laid in the centre, and the edges of the paste moistened with a little beaten egg, and after folding, the ends should be trimmed if necessary, though if cut straight at first they will not need it. The join may either be made in the middle of the under-side, or at the edge like a puff; the first is the neater. Lay the rolls on a baking-sheet, and make a slanting cut or two on the tops; then bake them in a quick oven, and when three-fourths done, brush them over with beaten egg, as they should be nicely glazed when done. They will take about twenty to twenty-five minutes. Cost, about 2d. each.

Plainer rolls, for taking on a journey, &c., may be made by putting some beef sausage meat in a roll on a piece of plain paste, and need not be cooked beforehand; say the paste No. 1 or 2 is used; roll it a quarter of an inch thick, and put a couple of ounces of sausage meat on, forming it into shape; then fold over, and bake for about thirty to forty minutes, in a slower oven than the above. Bread dough is used for very substantial rolls.

Savoury Batter Puddings. — The foundation is the same as for the

plain Yorkshire Pudding (page 803). To this should be added a saltspoonful of pepper, and a little grated nutmeg or other spice, as allspice or cloves. Some chopped parsley and thyme will give a very pleasant zest; or sage can be added, and with the addition of a dish of baked or fried onions, a satisfying and cheap meal for children is easily obtained. In curry powder, too, there is a good seasoning medium for this sort of pudding. A teaspoonful or so can be mixed with each half pound of flour used; or a little spice and lemon peel may be put in the batter, and some plain gravy flavoured with curry powder served with the pudding. (*See* also recipes for curry sauce and digestive sauce in Hot Sauces.)

Some chopped leeks or chives are considered a very good addition to batter puddings by many. They should be very well washed, and, if leeks, must be partly cooked; chives only need scalding. When these puddings are to take the place of meat in a meal, they can be made more nourishing and very nice by putting in a pudding made from half a pound of flour about two ounces of chopped liver or kidney; as these yield gravy, the milk in the batter should be reduced a trifle. Some underdone cold beef may be chopped up and mixed in, if the batter be poured in a thin layer in a tin and quickly baked, so that the meat has not time to become hard. Plain gravy improves these. Cost, from 6d. upwards for a good-sized pudding.

Savoury Dumplings. — (*See* page 757 for general hints on these.)

No. 1.—Mix two ounces each of wholemeal, oatmeal, and white bread-crumbs with an ounce of flour; rub in three ounces of clarified fat, and add a saltspoonful of salt, and nearly as much pepper; then mix in half a teaspoonful of baking-powder, and the same of mixed sweet herbs, with a little ground mace or nutmeg; beat up an egg and put it in with milk to make a paste that can be rolled into dumplings in the hand. These may be boiled or steamed; dumplings the size of a small egg will take an hour. These are good with stews or boiled meat; in the latter case they can be boiled with the meat.

No. 2.—Mix half a pound each of bread-crumbs and flour, white or brown. Put in two or three ounces of fat bacon, scraped, and as much salt as may be required, with a good seasoning of pepper, a tablespoonful of chopped onion, and a teaspoonful of sage and parsley mixed. Then make into a stiff paste with skim milk or water, and boil. Rather more baking powder than the above should be put in. Cook as above. These are suitable for serving with any lean meat in the form of a hash or stew, or round a dish of minced meat of a plain sort. Chives or scalded shalots can be used in place of onions, and for more savoury ones, rub a bit of the bread with garlic before crumbling it in.

No. 3.—These are made as No. 2, with the addition of a tablespoonful of chopped kidney of any sort; they should be mixed very stiff, and are best made the size of a small orange, and tied each in a little cloth.

No. 4.—Use liver instead of kidney; the bacon may be reduced in quantity, or omitted if liked, but it is a great improvement. For other recipes *see* Index.

Note.—Either of the suet pastes, No. 13, may be made into dumplings by adding any of the above ingredients.

Savoury Fleurs.—For a fleur a ring mould is required. These are made both plain and fluted, and from an inch upwards in depth; they are of tin, and cost very little. For ordinary use they are about the circumference of a tea-saucer, or a breakfast saucer. The paste is the first consideration, and this should be short and not too rich, and it must be thinly rolled. Various additions are made according to the nature of the filling;

for a fleur made from cheese, a little cayenne and a morsel of grated cheese should be added to the paste; or for one of fish, a little anchovy essence and a dash of cayenne would be an improvement. A morsel of mace or nutmeg would be used by some cooks. The ring is set on a baking-sheet, that has been covered with a fold or two of greased paper, or the paper can be twisted up round the bottom of the ring. The inside of the ring is then greased a very little, and the crust put in quite evenly, the edges being trimmed neatly. A sheet of kitchen paper, greased on the side next the paste, goes next, and this is filled with rice or other raw grain to keep the crust in place in the baking. The bottom of the paste should be pricked a few times to keep it down to the tin, before the paper goes in. Then bake steadily to a delicate brown; take the paper and its contents out, and put the paste back in the oven to dry inside before filling. This is the method if a cooked preparation is used, such as a nice ragoût of fish, or a rich mince of poultry or game, or meat of any sort. When a raw mixture is put in and baked with the crust, the mode differs; this is illustrated in the recipe for CHEESE FLEUR.

The rice from the above need not be wasted; it can be stored for use again in the same way. Rizine and similar cereals are preferable to rice on account of their lightness.

Savoury Suet Puddings.—(*See* the recipes for suet paste, page 746, for the foundation.) To give the necessary savour, add pepper, cayenne, nutmeg, or any other spices, with other condiments in the shape of curry powder, herbs, &c. (*See* SAVOURY DUMPLINGS, above, and others, for which reference should be made to the INDEX.) If to be boiled in a cloth, the paste must be stiff. If in a basin, it may be softer, and an egg is an improvement. (*See* rules for cooking suet puddings, later.) These are very nice sliced when cold, and fried in a little hot fat. Commonly served with meat, they furnish in themselves a tasty and satisfying meal, with the addition of a plain gravy and some vegetables.

NOTE.—The flavour is improved by using plain stock in place of water for the mixing.

Sea Pies.—These are made of scraps of cooked meat, and it is difficult to say what may not go in, for very often the remains of a fowl, some salt beef, and all sorts of roast meat, find a place in the same pie. The seasoning is of as varied a nature as the contents, though generally some onion or herbs are put in in addition to hot sauce or a little chutney, or whatever may be handy. The mode of making the pie is to line a deep dish with the crust, suet or any other of a plain sort, and to fill up with alternate layers of meat and crust, the latter forming the top layer. Some stock or gravy, or, failing either, a little water should go in, though where sea pies are an institution, there should be no lack of stock. The pie can be baked or steamed until done, and will be found by no means unpalatable; the only objection is that the meat is naturally overcooked. Therefore, when convenient, let some of the meat be raw, and take the precaution to put this near the edge of the dish. This is a good way to use up the inferior parts of any materials left over from pies of a better class.

Another way.—Take some meat and a mixture of vegetables, cooked, and put them in a dish that has been lined with crust, then put on a cover. Should the vegetables be of a moist kind, little or no stock need go in this, but a plain gravy can be served with it. A very good sea pie is made from the necks and backs of a few rabbits and chickens, with a bit of salt pork or bacon, and some potatoes, onions, and carrots or celery. The meat should be chopped up in small pieces, and well-seasoned. The latter method given above is the better when

there are many bones in the meat. The remains of a curry are often used up in this way, and a small quantity will give zest to a good-sized pie. Cost, variable, but, as a rule, very little.

Shrimp Pie.—Required: shrimps, puff paste, stock, wine, and seasoning as below. Cost, about 1s. 6d., when made from a pint of picked shrimps.

Take as many shrimps as will almost fill the dish, pick them, and season with cayenne, pounded mace, a little salt, and vinegar or lemon juice. A small proportion of essence of anchovies may be added if liked. Butter a pie-dish rather thickly, and line the edges with puff paste. Put in the shrimps, pour over them a glass of light wine and a small cup of fish stock. Cover with puff paste, and bake in a well-heated oven. Time to bake a moderate-sized pie, three-quarters of an hour.

Another way.—Required: shrimps, anchovies, shalots, mushrooms, seasoning, butter, eggs, wine, stock, and paste as below. Cost, about 2s. 3d. to 2s. 6d.

Pick three pints of shrimps from the shells. Mix with them two or three anchovies, washed, boned, and shredded very finely, some chopped parsley, two chopped shalots, and a handful of very small button mushrooms. Butter well the bottom of a pie-dish with good fresh butter, and put the shrimps into it, seasoning them with a little black pepper and some cayenne; if not salt enough add a little, making allowance, however, for the salt of the anchovies, for, if too salt, the pie will be worthless. Place over the shrimps several lumps of fresh butter, amounting in all to a quarter of a pound, also two hard-boiled eggs shelled and cut into quarters. Pour into the dish a good glassful of sherry and a gill of fish stock, in which has been previously mixed a dessertspoonful of mushroom ketchup and a teaspoonful of soy. Put a good crust over the pie and bake in a quick oven. Flaky crust may be used for this pie; it should be rolled thicker than for the foregoing.

Snipe Pudding.—An excellent pudding may be made with snipes and woodcock, as well as with small wild fowl of various kinds. Required: snipes, steak, seasoning, paste, and gravy as below. Cost, about 1s. 9d., exclusive of the birds.

Pluck and singe a brace of snipes, halve them, take the gizzards away, but leave the trail. Season with salt and cayenne, and a little pepper. Line a basin with rich suet crust, put in a slice of the steak, cut ready for serving; season, put on it the birds, and fill up and cover with steak again. Pour in good brown stock to three-parts cover the contents of the basin, cover as usual, and boil or steam the pudding. It must be served hot. Allow three to four hours for the cooking. The meat may be put at the bottom and sides of the paste to form a lining if liked. The best steak should be chosen.

Another way.—Fry the steak, allowing half-a-pound or rather more to a brace of birds. Prepare the snipes and cover them with claret for an hour, then make the pudding as usual, and add good stock to the wine, with seasoning and a morsel of lightly fried onion or shalot finely chopped. A morsel of roux and glaze should be added. Use some in the basin, then boil the rest up and serve it with the pudding, which is excellent.

Squab Pie.—This is a popular West of England dish. It is generally made of mutton; lean chops from the neck, again divided, may be used, or the under meat from the shoulder. It is put in the dish in layers, with apples and onions sliced. The apples are sweetened a little, and the rest of the materials seasoned with salt and pepper. A small quantity of water is poured in, and sometimes morsels of fat bacon are used should the mutton be all lean. A thick plain paste, such as No. 1 or 2, is used, and the pie baked in a moderate

oven, that the meat may have time to cook.

A very good imitation of this is made from cold meat, boiled bacon, cooked onions, and apple sauce. Plain stock in place of water is a great improvement. Cost, varies with the proportion of meat used.

Star Gazer Pie.—Required: fish, bread, parsley, seasoning, eggs or cream, vinegar, and paste. Cost, varies with the fish used; about 2s. to 2s. 6d. if mackerel.

This is a favourite Cornish dish, and is thus named because the heads of the fish are usually placed mouth uppermost and in the centre of the cover of the pie, as pigeons' legs are in a pigeon pie, and therefore the fish are supposed to be gazing at the stars. Fresh herrings or mackerel may be used. Take as many as will fill a moderate-sized dish; they should be scaled and emptied and the bones removed. Lay them flat and season with salt and pepper and some chopped parsley, then roll them up. Butter the pie-dish and sprinkle upon it a thick layer of bread-crumbs; put in the fish, and sprinkle with more crumbs; proceed thus until the dish is full. Lay a few slices of bacon or ham over all, and then pour over some beaten eggs which have been flavoured with a little tarragon vinegar, or some cream may be used instead of eggs; the latter must be in proportion to the size of the pie, from four to six will be wanted. Use a good paste, either short or flaky, put the heads of the fish in the middle, and bake in a well-heated oven; see that the heads are washed and dried. When the pie is done put a piece of parsley in the mouth of each fish, and serve hot. Time to bake a pie of four to five mackerel or six to eight herrings, from an hour and a quarter to an hour and a half.

Sweetbread Vol-au-Vent.—Required: sweetbreads, butter, cream, stock, wine, seasoning, eggs, puff paste, and other adjuncts as below. Cost, variable, according to price of sweetbread.

Soak two large sweetbreads in water for a couple of hours. Boil them quickly for ten minutes in white stock and throw them into cold water. When cool, dry them perfectly, cut them into small pieces, and dredge flour upon them. Melt two ounces of butter in a saucepan, put in half an ounce of flour, the sweetbread, the third of a pint of white stock, the strained juice of a lemon, two tablespoonfuls of sherry or Madeira, a bunch of sweet herbs, the thin rind of half a lemon, half a blade of mace, two cloves, and a little pepper, salt, and grated nutmeg. Let the sauce boil up once, skim it, and let the sweetbreads simmer gently until done enough. Take them up, strain the sauce, and mix with it gradually the yolks of two eggs, beaten up with four tablespoonfuls of cream. Stir the sauce over the fire for a minute or two, but do not let it boil. Make a vol-au-vent case four inches in diameter (*see* page 801), prepare and fill it with the mince. Serve the vol-au-vent very hot on a neatly folded napkin. This dish will be much improved if a few mushrooms and browned potatoes are added to the preparation. Clean and skin eighteen or twenty button mushrooms, put them into a saucepan, cover with boiling water, and add the strained juice of a lemon and a little salt. Let them boil quickly for ten or twelve minutes. Make a dozen very small balls of mashed potatoes, dip these in egg, and make them hot in the oven. Fill the vol-au-vent case (which, if the mushrooms and potatoes are added, will need to be six inches in diameter) with layers of sweetbread, potato balls, and mushrooms. Pour the sauce over all, and serve.

This dish can be varied considerably. Any of the sauces given for sweetbreads and other white meats may be used, the sweetbreads being cooked by braising or other methods and mixed with it. Purées of mushroom and other vegetables are used also; if rich

they can take the place of sauce for mixing with the sweetbread. Or, after filling the case with any desired sauce and sweetbreads, small whole mushrooms can be used for garnishing the top; truffles are used similarly, and small slices of ham or tongue, cut into fancy shapes, can be employed with or without forcemeat balls. Always bear in mind that the interior mince must be thick, and mushrooms cooked so as to preserve their colour.

Tench Pie.—Required: fish, paste, butter, claret, and seasoning. Cost, uncertain.

Butter a pie-dish and line the edges with a good crust. Put in the tench, season with pepper and salt, and grate a little nutmeg over it. Place small lumps of butter here and there upon it, and pour over it a little claret and water. Cover the dish with crust, and bake the pie in a well-heated oven. Have ready a little nicely-seasoned strong gravy, and when the pie is done enough pour it in through the hole at the top. A good pie may be made with tench and eels. The fish should be cut into convenient-sized pieces and placed in layers in the dish with a little pepper and salt, chopped parsley, and an anchovy cut small between each layer. Time to bake, about an hour, if the fish has been partly cooked beforehand. With raw fish the pie is not so nice.

Tomato Dumplings.—These are nice as a separate course; or to serve with meat, such as a stew or hash; or they can accompany a plain joint. The tomatoes should be of moderate size, and as nearly one size as possible; they are preferably ripe, but if slightly unripe and well cooked, they are very nice, and if a little sugar be added, the flavour will be improved. Some small pudding basins that will hold one tomato each are to be lined with thinly-rolled suet or other crust, as the dumplings can be either steamed or boiled, or baked; for the latter, a short crust should be used. The fruit can be skinned or not, but is better so treated; the seasoning may be of herbs and a dash of onion, as well as salt and pepper, though many will like no addition to those condiments. No gravy or water should be put in; the fruit will yield plenty if quite ripe. The top should be put on as for puddings generally; these are an exception to the ordinary dumplings which are put into a cloth—the basin being used to prevent the escape of the juice. Cups may be used if more convenient. Time, about an hour; longer if suet crust. Cost, about 2d. to 2½d. each.

Tomato Puddings.—These may be made on the above plan; or as follows:—Supposing a pudding-basin that holds a pint after lining; take half a pound or rather more of tomatoes; use them whole if small, and break them up if large; put them at the bottom and sides of the basin, then put in the centre some cold meat in dice or slices, moistened with a little good thick stock from the bones of the meat; do not put in enough seasoning to destroy the flavour of the tomatoes. Then put a layer of cooked rice or macaroni all over the top of the meat and tomatoes, and finally the crust. Some bacon may be added to the meat, and various additions are permissible. (*See* the recipes for MEAT ROLL PUDDINGS, page 773.) Cover with paste, and leave a good rim in lining the basin, that it may be brought over the cover; this ensures the non-boiling out of the juice. Time, for a crust of half an inch thick from suet, about two hours to boil, or longer will improve it; if baked, and a short crust used, about an hour will do. It may be served in or out of the basin. Some more gravy should go to table with it. Cost, about 1s.

Turbot Pie.—Required: turbot, wine, lemon, seasoning, sauce, puff paste, and adjuncts as below. Cost, from 2s. to 2s. 6d. on an average.

Take a couple of pounds of fresh fish, and cut it up after freeing it from the bone and dark skin; lay the

pieces in a mixture of lemon juice and white wine, with a little salt and pepper, and leave for an hour, then make the pie, piling up the fish dome-shaped. A rich sauce should be made from the bones, &c.; one of the white sauces enriched with egg-yolks is most suitable; but lobster or shrimp, or any other preferred, may be used. When a marinade is not liked, the fish may be soaked for a time in warm cream; that should go into the sauce. Another good pie is obtained by adding hard-boiled eggs, and pouring rich cheese sauce over; this is very tasty, and, if liked, some boiled macaroni can be added. For the cover, good puff paste is wanted, and should be nicely ornamented with leaves. Time, about an hour to bake. Dish on a folded serviette, and garnish with fried parsley, and if the sauce be made from shell-fish, a few prawns or shrimps can be put here and there. The crust may be sprinkled with a little coralline pepper, or chopped parsley, or with grated cheese if cheese sauce is used. Turbot pie is a favourite, and it is worth some little trouble.

Turbot Vol-au-Vent.—(*See* White Fish Vol-au-Vent, page 803.)

Turkey Patties, Pies, &c.—(*See* recipes under Chicken and Fowl.)

Veal Patties.—Make the cases as given on page 779. Fill with one of the following mixtures, allowing on an average a tablespoonful for each:—

No. 1.—Mince six ounces of cooked veal and two ounces of ham, season with salt and pepper, cayenne, and nutmeg, moisten with veal stock, a little cream and lemon juice, and thicken with white roux or flour and butter. The whole should be boiled up before the meat goes in, and it should stand long enough to become flavoured. (*See* recipes for minces, &c., in Cold Meat Cookery.) A spoonful of grated cheese may be used.

No. 2.—Allow half a dozen minced oysters and half a pound of veal; use the oyster liquor to make a little white sauce (*see* Sauces); season nicely. This is a good way to use up veal that is a little underdone. Parsley may be added if liked.

No. 3.—Make a mince of cooked veal and ham, and add thick plain white sauce to moisten; flavour with thyme, parsley, and nutmeg. Any of the adjuncts given in Veal Sausages and Forcemeats are suitable in addition. A little cooked rice or macaroni may be used up in these.

No. 4.—Take two-thirds of veal to one-third of ham or good bacon; to every quarter pound allow a tablespoonful of mushroom purée or sauce, and enough strong stock to moisten; it should jelly when cold. The patties will be found handy for picnics, &c. If raw meat, it may be cooked in the stock and minced when cold. It is essential that for the plainest all skin and gristle be left out and the meat finely minced. Cost, from 2d. each. The meat from a roast, with some of the gravy, serves for a plain brown mince for patties.

Veal and Ham Pie, Economical.—Required: a pound and a half of veal cutlets from the leg, six or eight ounces of cooked ham, and forcemeat as below. Cost, about 3s.

Take the meat, and cut in very thin slices, and beat them out with a knife dipped in cold water. Sprinkle with a few drops of lemon juice. Then put a strip of ham on each, and, if possible, a bit of mutton or veal kidney, as it is a great improvement. A little plain veal forcemeat, made soft enough to spread easily, should also be put on. Roll up rather tightly, and set the rolls upright in the dish, packing them together. The middle should be the highest. Three parts cover with stock, or dissolve a little gelatine in water; season well, and cover with crust, which should be of medium richness and rather thick, as the meat, being raw, requires quite an hour and three-quarters or two hours to bake. A very moderate heat after the first quarter of an hour is essential. This

is a very good pie if the meat be tender and cut thinly; these are the main points.

Veal Pie from Cooked Meat. —The remains of a cooked joint, so long as it is not overdone, will make a very good pie. The neck is a nice part for the purpose, as the meat is so tender; but any other will do. Take the meat from the bones, and put the latter on to stew with a good bunch of herbs and a strip of lemon peel, any mushroom peelings, or other adjuncts; the gravy should be well seasoned, and the bones may be stewed for some hours. The meat is to be divided and put in the dish with some little cakes of forcemeat, or it can go in layers; if for serving hot, a mushroom forcemeat is excellent; for a cold pie, probably one of herbs will be relished. A minced veal kidney will add to the goodness. The gravy should be put over to nearly cover, and a thin flaky paste used, and the dish filled up with more gravy after baking. For a cold pie, let it come up to the crust, and be stiff enough to jelly; then, when cut, the meat and crust will be joined together. For a hot one, a spoonful or two of boiling cream, though not a necessity, will be found a nice addition. The main point here is a good gravy (*see* page 771). For pies of this kind, cold ham, passed through a sausage machine, and put in layers with the rest, is used sometimes; some cayenne pepper, grated lemon peel, and white pepper should be first mixed in. Celery salt is a good condiment for veal pies of any sort. Cost, about 2s. 3d., when a pound of veal is used; less, if no kidney or ham.

Veal Pie, Plain (for family use). —Required: veal, seasoning, paste, &c., as below. Cost, from 2s. 3d. to 2s. 6d. on an average.

Take two pounds of the breast of veal, cut it into pieces an inch and a half square, and season with a savoury powder made of two teaspoonfuls of salt, one teaspoonful of white pepper, half a teaspoonful of pounded mace, and half a teaspoonful of grated lemon rind. Pour over the meat a small quantity of water, and add an onion and a small bunch of sweet herbs. Let the meat heat gently, and add a little more water till there is as much as will barely cover the meat. Stew the veal very gently till it is nearly done. Let it remain until cold, then take out the fat. Place the meat in layers in a pie-dish, and put in a little bacon and some plain forcemeat balls if liked. Strain a little of the stock over the meat. Line the edges of the dish with pastry, cover with the same, and make a hole in the centre. Ornament the surface of the pie, and bake in a well-heated oven. Boil the gravy that was not used, and when the pie comes from the oven, pour it in. Time to stew the veal, about one hour and a half or more; to bake the pie, three-quarters of an hour to one hour.

Veal Pie, Raised. — Allow about a pound of crust for a pound and a quarter of meat, or for a plainer pie equal weights may be taken. (*See* page 748 for the crust.) The veal should be free from skin and gristle, and if no mincing machine is at hand, it should be cut in slices half an inch thick, then in strips, and finally in dice; the pieces must be about half an inch square. Especial caution is necessary with regard to freedom from taint where veal is concerned. It is a matter of taste whether bacon or ham be added; for most people the addition will be an improvement; either should be nicely trimmed, and cut small, and may be previously boiled if any fear of hardness. The seasoning can be pepper and salt, about half a teaspoonful of the former to the pound of meat, the salt being regulated by the condition of the bacon; if all veal be used, a teaspoonful to the pound will be about right. If herbs are added they should be in the finest powder (the recipes under FORCEMEATS and SAUSAGES will serve as a guide to the kinds and proportions); if fresh parsley

is used, the pie, though very nice, will not keep so well. The meat should be moistened with a few drops of water or stock, and thoroughly blended with the seasoning, and the pie made and baked as directed for pork pie, page 782. The kidney is often used if meat from the loin be employed, but it can be omitted, and any nice lean part makes a good pie; the best part of the neck is very suitable. These directions are for a plain pie only. When a richer one is wanted, the crust should be first lined with forcemeat; one of veal and ham, or a veal sausage meat is nice, or either of the more highly-flavoured ones can be used. For the gravy *see* page 789. This is to be well-seasoned, or the pie will be rather insipid. Total cost, about 9d. to 10d. per pound.

Veal Pie, Superior.—Required: veal, wine, stock, crust, &c., as below. Cost, about 4s. 6d., if two pounds of meat are used.

Braise the veal until it is half done in a mixture of good stock and wine (*see* recipes for braised veal in MADE DISHES). Butter a pie-dish and put the sliced veal in with a little sweetbread and lean ham in strips, both cooked; add a few button mushrooms; every layer should be seasoned with salt, white pepper, lemon rind, and juice (a few drops only), and the dish three-parts filled with the gravy from the veal, and a little glaze added. A bunch of herbs should be cooked with the veal. This should be covered with a good thin crust, and baked carefully. It is best hot. For a cold dish, the sweetbread can be replaced by a couple of hard eggs and a calf's kidney.

Another way.—Cut thin slices of veal, flatten and season them, cover with ham in dice, then roll up and skewer them; brown in a little hot fat and set by to drain. Then braise until half done in stock; remove the skewers and put the meat in the dish with a dozen of oysters; fill up with oyster liquor, and the stock thickened with brown roux; keep back some to add after baking. Finish as above.

Veal Vol-au-Vents, Superior.—Required: veal, stock, eggs, crumbs, gravy, wine, seasoning, sweetbread, paste, &c., as under. Cost, variable.

For good-sized dishes cut the veal in slices, then in rounds the size of a shilling; braise them in a little stock, and when cold, egg and crumb and fry them. (*See* recipes for VEAL, in ENTRÉES AND MADE DISHES.) Meanwhile make a gravy by adding a little glaze and roux to some veal liquor from the braising pan, to make it thick enough to coat the meat. Flavour with lemon juice and sherry, or herbal wine in place of the latter. Have half as much cooked sweetbread as veal; this can be braised or baked (*see* INDEX). Cut it in squares of an inch or so. About a gill of gravy will be enough for the whole. Put all in a stewpan to heat, and fill the case, then garnish with braised mushrooms and some rounds of pastry, baked separately, sticking them up to form an outer border. Or omit the mushrooms, and use slices of truffles heated in stock, alternately with the pastry, and put a slice of lemon here and there, or a bit of fried parsley.

NOTE.—For a plainer dish omit the garnish, and put the cover of pastry on in the usual way. (*See* page 801 for the case.) By cutting the veal smaller, this mixture does for vol-au-vents of medium size, but not for the very small ones.

Venison Pasty.—Required: venison, gravy, paste, seasoning, &c., as under. Cost, variable, about 3s. 6d. for a pasty of three pounds of venison.

Venison pasty is generally made of the neck, breast, and shoulders. The pasty should properly contain venison only. When game and forcemeat are introduced, it is known no more as venison pasty but as game pie. Prepare the venison by hanging, &c., as directed under VENISON. Bone it, trim away all the skin, and cut it into pieces two inches square. Line

a baking-dish entirely with good stiff pastry. Put in the pieces of meat, fat and lean together. If there is not sufficient fat belonging to the venison, a thin slice of the firm fat of a loin or neck of mutton may be put in with each piece of lean venison. Season the meat with pepper and salt only, and pour in some stock to moisten it. Cover the dish with thick pastry, ornament the top, make an opening in the centre, and lay a sheet of letter-paper over it. Bake in a moderately-heated oven. Whilst it is being baked, put the bones and trimmings of the venison into a stewpan with a pinch of powdered mace, a little pepper and salt, and some mutton or other stock, and reduce well. Strain it, let it cool, and remove the fat. When the pie is done, heat the gravy with a teaspoonful of lemon juice and a glassful of port. Pour it into the pie by means of a pointed strainer, through the hole in the centre, incline the dish a little to each side that the gravy may penetrate to all parts, and serve hot or cold. Time to bake, two hours to three hours and a half, according to size. If the under-crust is omitted the pie will not need to bake so long. Unless the pastry is thick it will be burnt up before the meat is done enough. Many cooks partially stew the venison before putting it into the pie, then a thinner crust is used. A good imitation can be made from well-hung mutton of good flavour. Claret may be used in place of port, then currant jelly improves the gravy.

Venison Pasty, to keep for some time.—Cut the meat of a breast or shoulder of venison into pieces two inches square. Season these with pepper and salt, adding, if liked, a small pinch of grated nutmeg. Put them, fat and lean together, into a baking-dish, place a good slice of butter upon them, and cover the dish with a paste of flour and water (page 748). Bake the pasty in a moderately-heated oven for a couple of hours, and keep it in a cool dry place. When wanted, remove the coarse crust, line the edges and sides of the dish with good pastry, pour in a small quantity of strong gravy, cover with pastry, and bake in a good oven till the pastry is firm.

Vol-au-Vent. — This is a dish which is composed of a rich mince or ragoût of any kind in a case of puff pastry. The paste should be rich, and great care is needed in the baking. An oven with a good bottom heat is wanted, and it is no use trying to bake

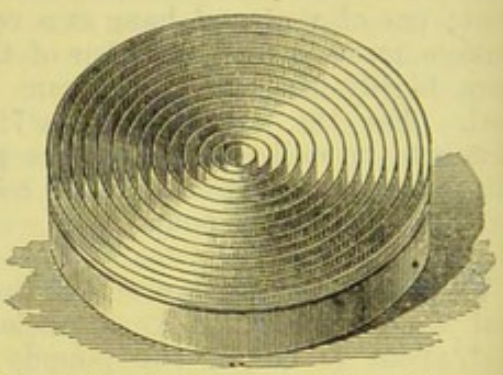


Fig. 127.—Plain Vol-au-Vent Cutters.

a vol-au-vent case in an oven that is cool at one side and hot on the other, or it may come out nearly flat on one side with the other considerably raised. The paste must also be evenly rolled, and for a dish that will go the round at a dinner of eight or more, about twelve ounces to a pound may be

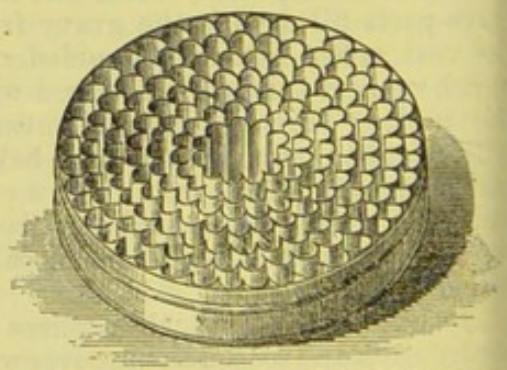


Fig. 128.—Fluted Vol-au-Vent Cutters.

required, and the largest cutter should be used for it. These cutters are sold in sets of graduated sizes, and are round and oval, and plain and crimped, as shown in Figs. 127, 128;

the oval crimped ones are generally preferred. When neither is at hand, substitutes may be found in the lids of round or oval boiling pots.

The baking sheet for the paste should be damped with cold water. The paste cutters are to be dipped for an instant in hot water, which ensures a clean cut; if dragged, the paste is spoiled. Select a size that will fit the dish it will be served in, and cut out the bottom, from the paste rolled to about an inch in thickness. Stamp into this shape a smaller cutter, so as to leave a ring an inch wide all round, but only about half through or rather more. The shape is then put in the

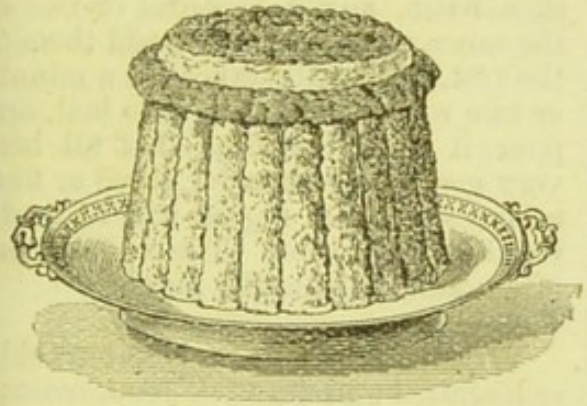


Fig. 129.—Vol-au-Vent.

oven to bake for half an hour, more or less as required, when the puff-paste rises; that over the ring forming the wall or case, from which the centre part rather draws away, but also rises. When partly done it should be glazed, and if it browns too soon cover it, but the oven door should not be opened more than necessary, or the half-baked paste will fall flat. When risen and baked sufficiently, detach the slice from the centre with the point of a knife to serve as a cover, removing with the knife all uneven soft portions, so that the lid is firm and even. As this is somewhat shrunk, or smaller, some cooks prefer to roll out and bake a separate thin sheet of paste, and cut with a larger cutter for the lid. The rest of the soft part of the inside is then all scooped away, leaving only the walls and the bottom, but taking care to leave an even thickness of wall all round, else the filling may run through. The heat of the oven should be so regulated that the wall may be baked without scorching. After taking away the soft part, put the case in the oven again for a minute or two to harden the inside, and then add the filling, already heated in readiness. Leaves and other ornaments are often cut out of the paste and used on the top of the lid, or sometimes leaves or circular pieces cut with the smallest cutter are baked separately, and placed in a ring or other pattern on the filling instead of a lid. The appearance when finished is shown in Fig. 129.

Another way.—Make puff paste in proportion to the size of the dish, and roll out with care; then cut a piece for the bottom, and more pieces the same size, out of which cut the centres with a smaller cutter, thus leaving rings. The bottom piece should be thicker than the others. Glaze and bake as usual, then build up the rings evenly into a wall, joining with *luting paste* or white of egg. Then fill and finish off according to taste and the purpose for which the case is required. It is necessary to roll these pieces carefully, that they may not topple over in the baking, as if all are more or less uneven, the dish will be a failure unless the bottoms are trimmed to regulate the thickness, and this is both troublesome and wasteful.

Vol-au-Vents, Small. — The cases for these are referred to under Patties. Their manufacture is easier than large ones. For such as would be served one to each person, cut the paste out with a suitable sized cutter, and make the incision for the lid with one two sizes smaller. The size of the cases should be regulated by the contents, as when a very rich filling is employed they should be smaller than when only moderately rich. The richness must also guide the thickness. If the crust be cut half an inch thick, and it should by good fortune rise to six times that height, they will take a

good deal of filling, and it is therefore desirable sometimes to cut them the third or so of an inch only. At the same time a flat vol-au-vent looks very bad. The same process of scooping after baking, as for large ones, has to be carried out on a small scale. In houses where puff paste cannot be conveniently made and baked, it is common to buy the pastry of a confectioner, and prepare the interior at home. In such cases, if the pastry is cold when it arrives (as it should be), it is necessary that it be heated separately, and that the filling be quite hot when put in. Should it be put in cold, and the whole heated together, the interior will become dry, and the pastry hopelessly ruined before the vol-au-vents are hot through. If purchased ready filled, they should be emptied, and the outsides and insides separately heated as above described. Without these precautions, there is always a risk of spoiling the mince, whatever its nature. Always send these to table on a hot dish, covered by a lace paper or serviette, and garnish with parsley, which should be fried, or crisped, or with other suitable materials.

NOTE.—With regard to the cutters, although they are very useful, and serve all sorts of purposes in the kitchen, such as cutting out the paste for mince pies, tarts, short cakes, and the like, yet it is not altogether necessary to buy the entire box, as any tinman will make a few of the sizes required.

Vol-au-Vents à la Normande.—Required: a sole, oysters, mussels, mushrooms, wine or milk, sauce, eggs, and pastry, &c., as below. Cost, from 3s. 6d. upwards on an average, but very variable.

Make some small cases as above, and fill them with a ragoût made as below. Or a large vol-au-vent can be made in just the same way, and a very ornamental dish be the result. Fillet a large sole, put it on a buttered dish, and sprinkle upon it a teaspoonful of very finely-minced onions which have been previously parboiled. Pour upon it as much milk or light wine as will barely cover it, and bake till done enough. Divide it into neat slices of uniform size, and put these in a stewpan with an equal quantity of oysters which have been plumped in their liquor, mussels which have been shaken over the fire in a stewpan till their shells opened, mushrooms which have been stewed in butter, and croûtons. Take as much velouté sauce as will cover the ingredients, put it into a saucepan, and stir in the oyster liquor, the mussel broth, and the gravy from the sole. Let it simmer till very thick. Beat the yolks of two eggs in a basin, mix a spoonful or two of the sauce with them, and add them to the rest. Heat the sauce for a minute or two without allowing it to boil, and pour it over the fish. Let all heat very gently together for three or four minutes, and the ragoût will be ready for the vol-au-vent. The croûtons are often omitted from the ragoût.

Woodcock Pie (to be eaten cold).—Required: paste, veal, ham, seasoning, hard-boiled eggs, gravy, &c., as below, and four woodcocks. Cost, very uncertain.

Line the edges of a pie dish with puff paste, put a slice of veal at the bottom, season with salt, pepper, and mace or nutmeg, and lay a slice of lean ham on it. Pluck the birds carefully, season with the above-named materials (do not open them), and cover with thin slices of ham or bacon. Pack tightly in the dish, and fill up vacant places with hard eggs, in slices or quarters. Cover with strong stock that will jelly when cold. Cover and ornament the crust tastefully, and glaze and bake the pie in a good oven, for an hour and a quarter to an hour and a half. This pie is considered a rare delicacy.

NOTE.—Veal is sometimes omitted. When used, it is an improvement to partly cook it beforehand. (*See* remarks under MEAT PIES.)

Woodcock Pie, Raised (to be eaten cold). — Required: forcemeat, four birds, stock, and seasoning, bacon, truffles, and paste, as below. Cost, very uncertain.

Take a good veal forcemeat, bone the birds, put the bones, &c., on for stock, and cook until a good gravy is obtained; it must jelly when cold. The gizzards may be pounded and added to the forcemeat. Put the birds on a board after opening, and place in a layer of forcemeat, then a truffle, sliced, then more forcemeat. Or use truffled sausage meat (page 481). Restore to the original shape by folding the skin over. Prepare a pie mould, using a good raised crust (page 786). Put a layer of forcemeat, then two birds, some truffles, more forcemeat, the other birds, and forcemeat and truffles again, with a top covering of bacon, neatly cut and trimmed. Cover and finish, and bake the pie in the usual way. More gravy should be put in after baking. Dish on a napkin, and garnish with parsley and aspic only, or as directed for PIGEON PIE, RAISED.

NOTE.—Take care to test the stiffness of the gravy, or the pie will be spoiled should it be too thin.

White Fish Vol-au-Vents.— There are many sorts of fish that will serve for these, amongst the best being turbot, sole, and whiting; but other kinds considered inferior may, with the same sauces, be used; and for all these the sauce is the chief consideration next to the careful cooking of the fish. Supposing sole, it may with advantage be cooked with white wine and lemon juice, although a plainer method will serve. It is important that the colour be preserved, however it is prepared. It should then be cut up neatly, and the bones and trimmings made into stock that shall assist in making the sauce. A reference to the chapter on SAUCES will show many that may be employed. Sufficient is wanted to make a rich thick mince that will not run through the vol-au-vent case. (*See* VOL-AU-VENTS.) There are numberless methods of garnishing, and a few prawns, or a little lobster coral, will meet most requirements, except for richer dishes; then quenelles are nice laid on in place of the cover; those of a contrasting colour should be used, and some fried parsley will further improve the appearance.

Yorkshire Pudding. — The general remarks on BATTER PUDDINGS should be referred to. These are always nicest when made thinly. Some people make a batter pudding in a dish and call it a Yorkshire pudding, but such is very different from the real thing.

For a *plain* pudding, take two eggs, half a pound of flour, a teaspoonful of baking powder, a saltspoonful of salt —or more may be liked—and a pint of milk. Skim-milk can be used if strict economy has to be studied, but the pudding is not so rich or nutritious. For a very plain pudding, one egg can be made to do if the baking powder be increased and another ounce of flour be used. Follow the directions above referred to, and make a baking-tin hot by melting in it an ounce or so of nice dripping or clarified fat, and coating it well in every part, not forgetting the corners, for it is here that the pudding so often "catches." A little melted dripping should be left at the bottom of the tin, but not much; then give the batter a stir the last minute and pour it in the tin, which it should only half fill at the outside; and when baked it should not much exceed half an inch in thickness. The oven should be sharp at the start, and then kept at a moderate heat; the pudding must be nicely browned, and will be done, unless thicker than this, in about thirty to forty minutes. Cut it in squares and serve on a very hot dish. The tin may be greased with some of the fat from the joint, and the pudding baked under a joint, either before the fire or in the oven; and many consider this the only way to get a Yorkshire pudding in perfection; but it is

advisable to put it in the oven first until just set—for this reason: if the fat from the joint be allowed to drip on it before it is set, it gets sodden, and the top does not crisp; and it also proves too rich for some. With this precaution, a pudding so baked is very nice. In some parts the batter is baked in round tins, small enough to allow one pudding to be served to each; these should be almost as thin as pancakes.

Medium.—Take six ounces of flour, three-quarters of a pint of milk, and three eggs, with salt and powder as before. This makes a very good pudding.

Rich.—Allow an egg for each ounce of flour, and half a pint of milk for every three eggs. If the best flour be used and the whites of the eggs are added separately, nothing richer than this need be desired, while it cannot fail to be light unless the oven is too slow. The pudding will rise very soon if the heat be sufficient.

Note.—In making Yorkshire puddings for children, half whole-meal and half white flour will make a more nourishing one, though the dish will suffer a little in point of lightness. Yorkshire puddings are so generally associated with a roast joint, that it is sometimes forgotten that they are quite as acceptable with a hash or a plain stew, when the meat is in small proportion.

SWEET PUDDINGS AND PASTRY.

(*See also* Soufflés, Fritters, Pancakes, Sweets, Ices, and Invalid Puddings.)

It is not easy strictly to define a pudding, so far as the better class dishes are concerned. A dish may be seen at table that is more of the nature of a cake so far as its foundation goes, but it is served with sauce as a pudding while hot, and when cold as a tea or supper sweet. Then various rich cakes are soaked with syrup, or masked with some kind of fruit *purée*, and sent to table as puddings. The list in this chapter should not, therefore, be regarded as definitive, as some in future chapters may fitly be served in the pudding course, although in deference to custom they are placed under other headings. With cold *entrées* came a demand for cold puddings, and it is now quite a common thing to find at the close of an elaborate dinner only one pudding, and that a cold one. Again, it may happen that not one sweet that could strictly be classed as a pudding is served; a delicate soufflé and an iced cream to finish may constitute the sweet course. The soufflés in another chapter are therefore as varied in kind as space permits, and in the chapter on sweets recipes are given that will meet most requirements for cold dishes.

Puddings pure and simple hold their own, however, for every day meals of a substantial order, and the recipes include dishes suitable for all classes, and dinners of all descriptions. As there are many sorts of puddings, and varying treatment is required, let us give some general directions for all before entering into detail, since on the carrying out of these directions will depend to a great extent the success of the pudding.

Cleanliness must be insisted upon. Nowhere is the most scrupulous nicety more in demand than in the making of puddings. A musty cloth, a boiling pot that is only half washed, a morsel of semi-putrid suet or

rank butter, or a doubtful egg—these things have ruined many a pudding, especially of a delicately flavoured sort. The materials, even the most homely, must be good of their kind, and carefully examined before use.

Moulds.—Of the moulds used for modern puddings almost every day brings some novelty. Those detailed will meet the demands of an ordinary kitchen. For cold puddings and other dishes of the kind any fancy moulds that are used for jellies may be employed; but for puddings that have to be baked only moulds kept for *baked* dishes should be used. At the same time, with care, one kind of mould will serve a number of uses. Speaking broadly, we advise the purchase of moulds that will serve for creams, &c., first, and may do duty for puddings after. The inexperienced will be wise to avoid complicated patterns, on account of the danger of breaking in turning out.

The most generally useful and cheapest small moulds are those shaped like an ordinary earthenware basin. They are to be had in various sizes from a few pence each. The cheapest are of tin; the best and most durable are of tinned steel. These answer both for baked, steamed, and boiled puddings. They may be had both with round and flat bottoms, and plain or fluted sides. Dariole moulds are nice for little puddings, and reference should be made to the INDEX for others shown in various parts of the book.

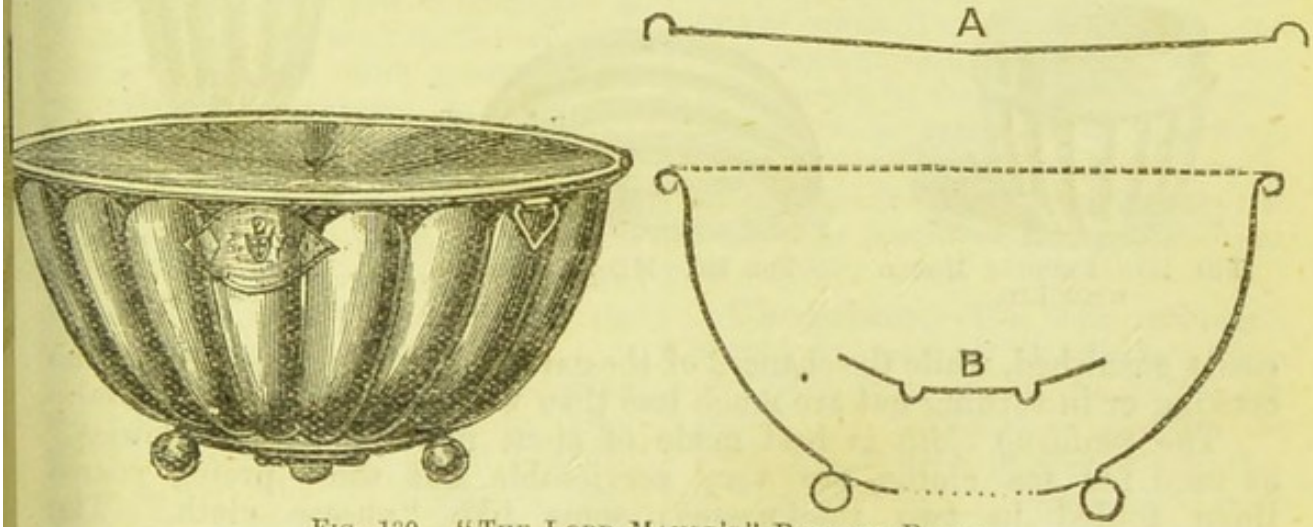


FIG. 130.—"THE LORD MAYOR'S" PUDDING BASIN.

Large moulds may be bought from a pint size to four or five pints. These also may be had basin-shaped as above, but are always best when furnished with a lid. Some may ask why a basin-shaped mould is to be preferred to an earthenware basin. The answer is that while the first cost is but little more, the mould has a long life before it, while basins need constant renewal on account of breakages. Then the pudding cooks quicker in a mould. A lid is a safeguard against the entry of water, but it is well to lay a sheet of greased paper over the top of the pudding before putting the lid on. The main use of this class of mould is for delicate puddings; for suet and other solid ones they are not so necessary. Illustrations of the ordinary shapes are given in many places; an improved mould of modern introduction, that is probably the forerunner of other patent patterns on the same principle, is known as "The Lord Mayor's." The

lid A fits closely and prevents the entry of the water. The ball feet do away with the possibility of the pudding coming in contact with the saucepan, and becoming over-cooked or burnt in one place. These feet also assist the cooking, by allowing complete circulation of the water round the pudding, and with ordinary care the water cannot boil over. The loose disc B has only to be gently pressed to cause the pudding, when boiled enough, to leave the basin easily, and without the least fear of breaking; this is one of the most important points. These moulds are made of tinned steel in three sizes, and may be had of any ironmonger. They are only to be used for solid puddings, such as Christmas, plum, &c., or for puddings with a suet or other paste containing meat or fruit; for a semi-fluid pudding they are not suitable, because, owing to the loose disc, the liquid in the pudding would escape. For this class the "beehive" mould, on p. 825, is very useful; that, too, is made of tinned steel of various sizes and has a lid; it turns out well and has a good effect. Those shown in Figs. 131, 132, and 133, are of the same type and are general favourites. The melon mould, Fig. 132, is particularly useful, as it may be so

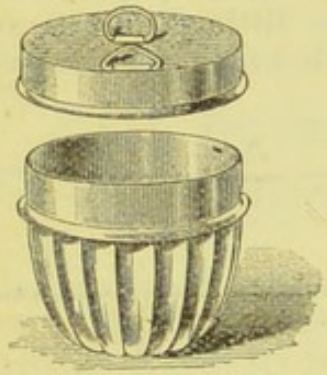


FIG. 131.—PUDDING MOULD WITH LID.

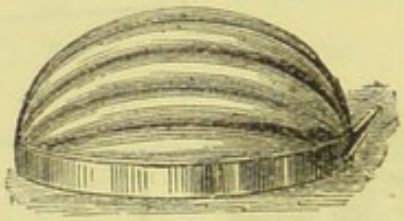


FIG. 132.—MELON MOULD.



FIG. 133.—PUDDING MOULD WITH LID.

easily garnished, while the chances of the garnish becoming displaced in the cooking or in turning out are much less than when a plain mould is used.

The *pudding cloth* is best made of stout material; good "dowlas," as used for tea cloths, are very serviceable, but some prefer coarse linen folded in two thicknesses; some like "cheese cloth." The thing to remember is never to touch the cloth with soap, and to boil it as soon as used, in plenty of water with a morsel of soda, then to rinse it and dry it in the open air, and never to put it away in any but a perfectly dry state. On this subject, regarded by the majority as too trifling to warrant mention, we might say much, for a pudding cloth is more often abused than properly used, and except in houses where there is a place for everything, is frequently employed for other than its legitimate purpose. Those who take our advice, and steam instead of boil their puddings, will only need to renew their cloths on rare occasions for plum and other puddings that *must* be boiled; and even for those, should moulds with lids be available, no cloth is wanted.

MATERIALS.

We come now to the materials, and this is a wide subject; but before mentioning them a word on the choice of a mixing bowl may not be out of

place. This may be of earthenware or of tinned steel; it should have a round bottom, and be of good size, but the materials should not be allowed to spread all over the bowl, or the chances are that a good deal will be left in it instead of going into the pudding; for the proper scraping of the bowl, to avoid waste, a palette knife should be used. The materials should be got ready before the operation is begun.

Almonds.—The sweet almonds known as Valencia are the most generally used. They cost about 1s. 4d. per pound. A smaller almond is sometimes sold at a lower rate, but there is no saving in buying these. The large Jordan almonds are best when required for the sticking of a tipsy cake or other similar purposes. These cost from 1s. 8d. to 2s. per pound, but the prices are subject to considerable fluctuation.

Bitter almonds are less often required, and in some cases their use may be dispensed with if a few ratafias are at hand. They are used to flavour milk for custards and other purposes, the almonds being infused in the milk until it is flavoured to taste. In excess this flavour is very objectionable.

To blanch almonds.—Put them in a saucepan of cold water and bring it to boiling-point; throw the almonds into cold water, then drain, and rub the skins off with a clean cloth.

To pound almonds.—After blanching they should be put in a mortar, after they have been chopped, and pounded with a few drops of orange or rose-water, or a little white of egg or cold water, just to prevent oiling.

Ground almonds.—These are to be obtained of grocers, and are very useful for many purposes. They are, however, mixed with a small proportion of sugar as a rule, and this should be taken into account for any dish they may be required for, and due allowance made. The price is about the same or a trifle higher than that of sweet almonds first-named above.

Baking or Egg Powder.—(*See* page 739.)

Bread Crumbs.—The bread should be a few days old, and sieved to ensure uniform size. (*See* Bread chapter.)

Butter and Margarine.—(*See* page 738.) Fresh butter should be used for greasing the moulds or dishes for good puddings, and for the most delicate ones it should be clarified. For a great number of puddings, good margarine answers as well as fresh butter, and better than salt butter.

Candied Peel.—The sugar should be removed, and the peel cut in thin shreds, or where stated it should be chopped. A fuller flavour is obtained when it is first shredded, and it is more digestible. When dry, peel is improved by soaking it in any liquid that may be used for the pudding. Orange peel is softer than lemon. Citron peel is sometimes quite hard; it is used as much for its appearance as its flavour.

Chocolate.—The best chocolate should be used, or at any rate pure chocolate, from 1s. 8d. to 2s. 6d. per pound. If "soluble" chocolate is used, the grating process may be dispensed with, and it answers very well in most cases. It is always necessary to mix it smoothly with the liquid used.

Colourings.—(*See* page 83, also Index.)

Cream.—When not otherwise specified, ordinary single cream is intended; for whipping, double cream is required, and this is often nearly or quite double the price of the first-named. (*See* Whipped Cream, in Sweets.)

Curds.—These are used for cheese-cakes, puddings, &c. They are obtained from milk that has been curdled by means of rennet, and this is most conveniently obtained in the

form of essence, from grocers. Some of these essences are very superior to others, and one that bears the name of a reliable firm should be selected. This is added to the milk when it is warm, and generally, a tablespoonful will curdle a quart or more, but the less essence used the more delicate the curd; directions for use are, as a rule, given on the bottles. After stirring in the rennet the milk should be left for the whey to become liquid and the curd solid, and the liquid should be well drained off; this is done on a sieve, or by hanging up the curds in a bag. The curds should always be pressed lightly in a clean cloth before being used for pastry. Curds are sold ready for use in shops in the North of England. One authority says that there is often considerable difficulty in preparing curds from London milk; we have not proved the truth of this, and have found no difference in town and country milk so long as it has been rich and fresh. The better the milk the richer the curd. Another way of turning or curdling milk is with a piece of the dried stomach of the calf. This is used in country places, and may be bought of some butchers. About a square inch is put in soak in a little hot water and left in soak for a few hours; a quarter of a pint of the liquor thus obtained will curdle a gallon of milk. A simple way of producing curds is to put a little sherry to milk on the fire and let it boil; or a pinch of powdered alum may be put to cold milk, and heated until it curdles. A pinch of salt added after the curds form will help to separate them from the whey.

Currants.—To wash currants properly requires some care. They should be put in tepid water, then in cold, several times renewed; and when clean, rubbed in a cloth, then dropped on to a large tin or dish and dried slowly on the plate-rack or hob, or in a very cool oven. Stalks and stones should be taken from them; the latter may be detected by the sound when dropped on a dish. If a fine sieve is at hand, and the currants rubbed with a little flour on it when they are dry, the stalks will go through; or they may be looked over in the hand. A little flour should always be strewn over them finally, and they may then be put in a bottle for use. When the cleansing of fruit is left to the last moment it is apt to be hastily performed, and dirty or damp currants are an abomination. If a little flour is rubbed over before washing, the large stalks and any stones are easily separated from the fruit.

Dripping.—Clarified dripping or fat is intended in the directions for its use. Either answers well for plain puddings. (*See* page 6.)

Eggs.—These are treated at length in a previous chapter. We may just add the reminder that the freshest of eggs should be used for dainty puddings of every description. "Albumen, or dried white of egg," is a handy preparation when whites are required in excess of yolks. This is to be had in packets, with directions for use. If kept ready for use it will often save breaking an egg for the sake of the white.

Essences.—The best of these will be found the cheapest. The most useful kinds are *almond, lemon, orange, mace, nutmeg, and vanilla;* then there are essence of *raspberries, strawberries, ginger, ratafia, pine apple, maraschino,* and other liqueur essences. Essence of *mixed spice* or *cloves* will be found handy when colour as well as flavour is required, but these should not be used for white dishes. Essence of *cinnamon* may be mentioned as having medicinal uses. These should all be used with caution, for a few drops will go a long way, though it is impossible to say the exact amount required for any dish, on account of the varying strength of the preparations. Perhaps nothing is more calculated to spoil a dish than an overdose of essence of pine-apple; and when it is of inferior

quality, even in moderation, it is objectionable. (*See* SEASONINGS.)

Fillings for Pastry.—In the chapter on CAKES, there are various preparations given for the filling of "layer" and other cakes that will answer equally well for pastry, either for tarts, cornets, or any other kind in which the filling is inserted after the pastry is baked. By taking note of this, the pastry course may be considerably varied, and many dainty dishes prepared, when some form of pastry a little uncommon is required, by the exercise of a slight amount of forethought.

Flavoured Sugars.—These are useful when a slight flavouring only is wanted, but especially handy for garnishing purposes.

Cinnamon sugar. — Required: a stick of cinnamon, and from four to six times its weight in sugar; use the best loaf, and see that it is dry and in fine powder before the pounding begins. This applies to all these sugars. The cinnamon should be pounded alone, then again with the sugar, and the whole sifted through a fine hair sieve or a piece of muslin.

Lemon sugar.—Required: some loaf sugar and fresh lemons with clear rinds. Wipe the fruit and rasp the sugar on, stopping well before the white pith is reached; then crush the sugar to powder with a rolling-pin, and dry it at the mouth of a cool oven, or on a hot plate, and finally pound and sift for use.

Orange sugar.—This is made as above, and is very nice.

Vanilla sugar.—Those who use this but seldom will find it as cheap to buy as to make it. Required: vanilla pods, and about four or five times the weight in sugar. The pod must be dry, then split and divided into small pieces and pounded, then pounded again with the sugar. This wants very careful sifting to ensure its being uniformly fine. An inferior sugar may be made from the spent pods left over from vanilla essence. This has but little strength; but as there is a certain amount of goodness left in the pods, however dry they may appear, those who make their own essence may feel inclined to use them up in this way. They should be dried, and less sugar used than for the above.

Flour.—The remarks made on page 738 apply to puddings. When for a pudding of dark colour, brown flour may be used in nearly all cases, and is more nourishing for children's puddings.

Glazing or Icing. — *No.* 1. — Required: the white of an egg, and about the same measure of water (the precise proportions are unimportant), and some castor sugar.

Beat the egg and water together, and brush the pastry over with it, then sprinkle thickly with the sugar, and finally sprinkle with the egg wash; do not use much, or it will run off, and the pastry will have a messy look. To sprinkle, just moisten the brush, then shake it over the pastry. Or take the brush in the right hand, and knock it on the back of the left, moving it, that the moisture applied may be even. This is a useful icing when a thick coating of sugar is wanted, and may be applied to Banbury cakes and similar sorts of pastry before baking, or to fruit pies shortly before they are taken from the oven. If put on before baking, they would become too dark in colour. When a dark glaze is liked, the sugar should be applied thinly, then the appearance is more like varnish.

NOTE. — Do not beat the white of egg first, or it is much more difficult to blend with the water. There is little trouble if both are beaten together.

No. 2.—This is a very useful glaze. Required: sugar, egg-white, and cold water.

Whip the white of one or more eggs to a froth, and apply it thinly and evenly over the pastry; should any bare patches escape the brush the

appearance is spoiled. Dredge with sugar as above, and then sprinkle with cold water. This has a very good appearance. It should be applied when the pastry is nearly done, then be returned to the oven to finish at once.

No. 3.—This is very little trouble or cost. Simply moisten the brush with cold water, and shake over the pastry, then dredge with sugar, and either bake as it is, or give another shake from the brush; both methods find favour. If properly baked, pastry thus glazed will be a delicate brown. When no brush is handy use a bunch of feathers.

No. 4.—This is used for pastry that is sweet enough in itself, as a good gloss is obtained without additional sweetness. Just brush over with beaten white of egg, either before baking or when nearly done. A little water may be put with the egg for a pale glaze.

No. 5.—This is very good for fruit pies and pasties, and large pastry generally. Brush with cold water, then shake roughly-crushed lump sugar over; sprinkle with water, and bake carefully. Should it become too brown, damp a thick sheet of paper and twist it over the top, but with ordinary care this will not be wanted.

Note. — The term "brush with water" must be understood to mean *damp*, not *wet* the pastry; the surface should be only moistened enough for the sugar to stick; if more than this is done the pastry will not be light.

No. 6.—This is a nice glaze, but will not often be wanted in ordinary households. It is used for open tarts of the most ornamental kinds, and similar dishes. Required: a syrup as below, and some brown colouring.

Any quantity of syrup can be made; the proportions are a gill of water to five ounces of sugar—that is, if the weights are equal. Pure cane sugar must be used, and the syrup should be skimmed as required, but pure sugar throws up but little scum. When reduced, and a nice brown colour, take it from the fire and put in the colouring to taste; it should be a rich brown, not too dark. This is only required in small quantities, and should be thinly applied with a brush, any other ornamentation being put on before the glaze sets. (*See* directions under Jam Tarts, page 853.)

Honey.—This is less known as a sweetener for puddings than it deserves to be. It is excellent for cereal puddings, as it gives great softness. A good deal is sent from other countries which is but little inferior to English honey, and when bought in quantities is but about half the price.

Lemons.—When the rind is used, always wipe the lemon on a clean cloth before grating or rasping it with sugar: the latter is the better but the slower way. The instant the white is reached—or before, to be correct—the grating or rasping should be stopped, or the dish will be bitter. If a lemon is rolled on a board, with a slight pressure of the hand, it will yield its juice more readily. Should no lemon-squeezer be available, the next best thing is a wooden spoon that is small enough to be worked round and round in the lemon after cutting it through; it should be held over a basin to receive the juice, and as much again may be got from it as when squeezed by hand. The pips should be strained out, as they are bitter. Limes and oranges are similarly treated.

Meringue Mixture. — (*See* Meringue Tarts, page 860.)

Milk.—This for ordinary puddings should be new and quite sweet. A spoonful of milk only tainted slightly would spoil any pudding. For cheap puddings, skim milk may be used. (*See* Cereal Puddings, on page 829.) Skim milk also does for suet puddings.

Buttermilk may be used for the latter class; and, while less nourishing than new milk, it makes a light pudding, and is naturally better than water.

This is an article that is not appreciated at its full value.

Condensed milk is handy, and may be used for all sorts of puddings. We cannot specify the best brands, but may say that the less added sugar the better. Recent investigations have proved that some brands are composed of so much sugar that they are almost useless from a feeding point of view; on the other hand, some brands are rich in cream, and as free from sugar as the canning process permits. These should be selected, and are well worth the higher price charged. The sweetness of the milk must be considered, and a reduction made in the amount of sugar put in the pudding, if necessary.

Nuts.—(*See* INDEX.) The variety of nuts now used as food is great.

Pistachios.—These are blanched like almonds. A pinch of carbonate of soda is sometimes put in the water used for blanching, to enhance the green colour; or, when pounded, a few drops of green colouring added. As a rule, they do not require either. Being expensive, they should be used with extra care, and any prepared in excess of immediate requirements bottled for future use.

Raisins.—The most useful, because the most quickly prepared, are the sultana raisins. They want no washing; just a rub with a little flour on a sieve will remove some of the stalks, and after looking over they are ready for use. They are less sweet than the large raisins. The latter need stoning; in doing this, as little as possible of the inside should be removed, or very much of their sweetness is lost. For the best puddings, the loose muscatels which have dropped from the stalks, and are about half the price of the bunches, are better than any other. They are rich both in flavour and colour, and are excellent for mincemeat and Christmas and other puddings of the sort.

Spices.—(*See* ESSENCES above, and recipes in SEASONINGS.) Ground spices should be kept in good canisters, and the best bought. There is much adulteration in this line, and the only safeguard is to buy of a dealer who can be relied upon; for, while some of the adulterants may not be hurtful, they spoil the flavour of the dish in some cases.

Spirits and Wines in their relation to puddings and other sweets are referred to in the chapter on SWEETS. (*See* INDEX for Syrups, Liqueurs, &c.)

Spun Sugar for Ornamental Purposes. — Required: loaf sugar and half its weight in water. The best cane sugar should be used, as failure is almost sure with inferior sugar. This is to be put in a copper pan and brought to the boil, and freed from any scum that may rise. When the surface begins to look bubbly it is nearly ready. To test it, dip a knife or the end of a steel in cold water, and be sure that it is cold, or a mistake may arise; then dip this in the boiling sugar, then in cold water again, and if it is brittle, and leaves the knife or steel, it is done; should it cling and be soft it must be boiled longer. When it is done, take small portions and pass it quickly to and fro to form threads over an oiled rolling pin held in the left hand. A fork is best to use to take up the sugar. Should this be intended for "draping" a vol-au-vent or other sweet, the pin should be moved, so that the sugar falls into position, and is not handled. To be explicit, as it leaves the pin it is wound round the sweet. There is considerable art in this operation, and it is quite likely that a number of failures will precede success; it is one of those branches of the cuisine that require a practical lesson. It is always well to rub a little oil on the hands and wrists in case the sugar should splash them, and by standing on a stool, holding the left arm low, and moving the right hand high in the air, the work is facilitated.

This is used for meringues, ices, &c. It is very pretty for cold vol-au-vents that are filled with cream and fruit, &c.

Another way.—Supposing an iced cream or anything else turned from a mould, is to be "draped." Take the mould itself, and oil the outside, then spin the sugar over to take the shape; remove and slip it over the sweet. This is not easy for beginners. The sides only are sometimes draped, and this is easier. Some use two forks tied together, with the prongs outward. The sugar must not get cold and hard in using.

Suet.—(*See* page 8.)

Sugars.—The most useful sugar for rice and other cereal puddings of a plain sort is Demerara—"small golden" or "amber crystals." This does for many other puddings where fruit is used. Pale moist sugar of the soft kind is very nice for similar purposes. Castor or pounded lump sugar must be used for the best puddings; or, where a custard is prepared, and the sugar can be dissolved in the milk, there is nothing to equal pure cane lump. Moist sugar, in place of castor or lump, for any pudding of a delicate kind, either hot or cold, is quite certain to spoil it. Moist sugar is more watery, and the flavour is quite different; it is also calculated to make delicate dishes heavy and to spoil their colour. There is now no difficulty in getting pure cane-sugar in stamped bags, and it is the best to buy. (*See* FLAVOURED SUGARS.)

Treacle.—The old-fashioned black treacle is not often seen, and when it is there is usually a good deal of dirt with it, and it is not to be recommended for the cuisine. The golden syrup, now sold in sealed tins of two or three pounds each, is the purest, and should be used for puddings, cakes, and other sweets. This is beautifully clear, and has good sweetening properties.

For any ingredient not given above, which may be required, *see* INDEX.

COOKING PUDDINGS.

Baking.—Some discretion is required here, and a knowledge of the degree of heat requisite for particular sorts is necessary, or there will be waste as well as disappointment; an oven just right for one might ruin another. Perhaps the kinds most often spoilt in the baking are custards and bread and butter. For custards, an oven very little quicker than for rice and other cereal puddings should be employed; it need be *no* quicker unless the dish is lined with paste, in which case a very slow oven ruins the crust; but a custard minus this addition may go in a slow oven, and the dish may, with advantage, be set in a vessel containing water. The less sugar the better in this case, and the fresher the eggs the smoother and more delicate in flavour will the pudding be. Thorough amalgamation of the materials is a desideratum; a hasty mixing will not do; the eggs should be carefully strained. A common fault in the next class of pudding above referred to is over-stiffness. One meets sometimes with directions to fill the dish with the bread and butter and fruit, then to pour the eggs and milk over! This is a decided error, and quite opposed to common-sense principles. The bread or cake, as the case may be (for a large variety of puddings may be spoilt in this manner), should only half fill the dish; then the liquid should be put over very gradually, and the pudding

left for a time before baking. There is a saving of material as well as a totally different dish, and to make a pudding both ways, and contrast the difference, is an experiment well worth the while of any beginner. Many of the remarks made under CEREAL PUDDINGS apply in the present case; the bread requires room to swell; if the dish is too full of bread, over goes the milk, especially if the oven is too hot, and the milk boils instead of simmers, and the surface of the pudding is not unlike dry toast. If the heat is too great, an old plate or dish should be put over at first; this is to be taken off in time for the pudding to brown delicately; if properly baked, the top will be slightly crisp, but not in the least hard; the pudding should turn out of the dish, and will eat as well cold as hot.

For batter puddings, or any others that require a quick heat at the start, it is a help to make the tin hot, as well as to grease it thoroughly; we say tin advisably, because a dish is not so good; it conveys heat too slowly. The puddings of a solid kind, such as a bread pudding made with suet, take some time to cook, particularly if made in a deep dish; here a dish is better than a tin for the reason given above. Many of these puddings would be far nicer steamed or boiled than baked, but the latter is often more convenient. It should be remembered that puddings for baking need to be moister than for steaming or boiling, because in the presence of dry heat they lose a good deal of moisture.

Boiling.—With the exception of a roly-poly, or a very plain suet, we are opposed to the boiling of puddings in a cloth. There is much against the custom, and absolutely nothing in its favour. There is a great loss of goodness and flavour, as anyone may prove, by smelling the water in which a rich pudding has been boiled. It is equally certain that there is no method so favourable to the admission of the water; the one thing that we ought to avoid. The arguments generally brought forward in favour of the cloth are that the pudding looks nicer, and takes less time to cook. The first point is more than doubtful; but in the next statement there is some truth, and as a matter of convenience when time is short, plain puddings can be so cooked. We object specially to the use of a cloth when wine or spirit has been used in the pudding, for the entire outer surface of such a pudding is completely spoilt. For a roll or other pudding there are several ways of preparing the cloth. The best known is to wring it out of hot water, as nearly boiling as possible, then to flour it. Another way is to put the pudding in the cloth without any preparation but a sprinkling of flour, and sometimes not that, but these modes are only suitable for a roll with a stiff crust; otherwise the pudding would stick. A very good way is to spread the cloth out quite smoothly, and to brush over the part that will touch the pudding with clarified fat or butter, or a little oil does as well. There is seldom any trouble in turning out neatly if this way be followed.

The pudding should go into fast boiling water that completely covers and comes an inch or two above it; it must not stop boiling, and any added water should be boiling, or the pudding will be heavy. The lid should be kept on the saucepan, for if the steam be allowed to escape the pudding will take considerably longer to cook; and when first put in the water it should be turned about for a minute or two. Room must be left for swelling. For a round pudding tie the cloth in two places as directed for

peas pudding. For a roll pudding the best thing is to sew the cloth all along loosely, for the pudding to swell evenly; but few will take this trouble; then the next best way is to pin it, putting the head of the second pin to the point of the first, and so on, thus forming a line. A pin here and there results in a pudding bulged out in places, with which we are all familiar.

For everyday puddings that are boiled in a basin, it or a plain tin mould of the same shape must be dry and thoroughly greased; for this a brush is best, but some rub the grease on with a morsel of soft paper crumpled up; others use the fingers, the least satisfactory mode. The basin should be filled, but the cloth should be so tied that the pudding may swell. The string itself should be tightly tied round the rim of the basin, but the cloth itself is to be loose above the top of the pudding. If this is not done, the cloth, especially if an old one, may burst as the pudding strives for more room. To prepare the cloth follow one of the modes given above. Strong tape is better than string for the tying. When done take the pudding up by passing a strong skewer or a fork under the knot, and either let it stand a minute before turning out, or set it for an instant in cold water; take the cloth off carefully, then put a hot dish over the pudding (after just passing a knife round the inner edge, for which a palette knife is best, and which should be greased or dipped in boiling water), then reverse the dish and remove the basin; should the pudding stick, do not loose the basin, and let the weight of it fall on the half-turned-out pudding; that is a certain way to break it. Turn the pudding back into the basin, then pass the knife round right to the bottom. These directions are only intended for beginners, and if the basin has been prepared rightly there will be no fear of the pudding not turning out. As a further precaution, it is a good plan, if the pudding be of fruit or meat, to make a slit in the top crust, or cut a bit right out, for the steam to escape.

We have said that a basin should be filled with the mixture, but supposing a space of half an inch or so, the pudding will not hurt if a sheet of paper, greased and cut to fit, be laid on the top, and a slice of stale bread be put over that, with another sheet of paper over, then the cloth. In turning out, mind that no bits of the inner paper are left sticking to the pudding.

For moulds of fancy shapes, it is necessary to put the mixture in by degrees, that the pudding may take the shape of the mould, the latter being most thoroughly greased; this is best done by melting the butter and brushing it well into all the crevices, repeating the operation a time or two; and if there are any awkward corners that the brush will not reach, some fat should be poured in and out a time or two. For moulds of the usual sort (*see* page 806), this would not be needed, but in cases of emergency those of a sharper pattern might have to be used.

Steaming.—The advantages of steaming over boiling for many kinds of puddings are very pronounced. First, there is a saving of time. A pudding put in a potato steamer over a good-sized vessel of boiling water can be left to itself while other work is carried on, and there is no need for the constant watching of the pot and filling up with more boiling water that a boiled pudding involves. Then there is a saving of utensils and space on

the range or gas stove, as the case may be. Another advantage is the increased lightness of the pudding. The cooking is gradual; there is no fear of fierce heat one minute and a stopping of the pot the next, such as may result when boiling a pudding. There is no chance of the water getting in, and, should the water happen to stop boiling, the pudding will not be injured to the same extent that it would be under similar circumstances if immersed in water. Another consideration, by no means the least to those whose supply of basins is limited, is the fact that the basin or mould need not be full. A pint basin may be used if necessary for a pudding of half the size. Most people are familiar with the difficulty of making just the right quantity to fit the basin for a boiled pudding; here this trouble is removed. Then there is no cloth to wash. A sheet of kitchen paper, greased on the under-side, is sufficient. So far, we have referred to the ordinary method of steaming. Another, which is a little more trouble, as the water requires replenishing, is to set the pudding-basin in a saucepan that will take it comfortably, and pour boiling water round it to about two-thirds its depth; care must be taken that the water does not get in, and it should be kept at a steady boil all the time. This is the better way for puddings of the solid class, like suet, &c., as by the first mode they take longer to cook. That is a suitable way for such puddings as can be cooked in an hour or so; it is admirably adapted for batter, custard, and light compounds generally, that would be injured by very unsteady cooking.

For very rich puddings, composed of eggs, butter, &c., with sponge cakes or biscuits (a cabinet pudding, for instance), the process is a little different. The water round the pudding should only come half-way up the mould, and it is safer, though not absolutely necessary, to put a fold or two of kitchen paper at the bottom of the saucepan or stewpan; if the former, it should have straight sides, as it assists the removal of the pudding. A further precaution of lining the mould with a thick white paper buttered on both sides, is well observed for puddings that are garnished in a pattern with fruits, &c. In such cases the paper must be very carefully removed after the pudding is turned out, and should any pieces of fruit adhere to the paper they are to be replaced on the pudding. For puddings that contain acid in the form of lemon juice, or a great variety of ingredients that are liable to curdle if carelessly cooked, the paper treatment is the only reliable one for ensuring smoothness; and it is very annoying to see a pudding turn out as full of holes as a sponge, that might, by a moment's extra trouble at starting, present a surface as smooth as velvet.

HOT OR COLD.

Cold Puddings.—The puddings herein that are specially intended for serving cold are:—Corn-flour Lemon, Corn-flour Strawberry, Diplomatist's Own, Fairy, German Apple, Harlequin, Orleans, Orange Foam, Queen's Russian (rice), and Venice or Venetian. Many others, as Custard, &c., are too well-known as cold puddings to need reference. There are various dishes in sweets that can be served as puddings.

Cold or Hot Puddings.—The following are suitably served either hot or cold:—Almond (rich), Apple Amber, Apple Foam, Apple Custard, Alderman's. Apricot (rich), Banana (rich), Bun, Bread and Butter, Cardinal's,

Carolina, Duchesse, Empress (rice), Irresistible, Kendal, Köche, Lemon, rich baked, Macaroon, Metz, Nectarine, Orange Savoy, Pudding à la Victoria, Raspberry Cream, Ratafia, and Vermicelli and Apple. In addition, there are various cereal puddings that are as good cold as hot.

Acidulated Pudding. — Required: three lemons, two oranges, a pint of water, four to six ounces of sugar, some sponge cake and custard. Cost, about 1s. 4d.

The thin rinds of the fruit should be put in a bowl, and the water poured over while boiling. When cold, take the rinds out, and add the juice of the lemons. Sweeten to taste. Have about a quarter of a pound of sliced cake in a dish, and pour the syrup over, then, when soaked, pour the custard over, about three-quarters of a pint of medium richness. (*See* SWEETS.) The top may be garnished with a little fresh fruit, or pink sugar. This is a good dish for the summer.

Albany Pudding. — Required: six ounces of brown flour (or half may be oatmeal), the same weight of brown bread-crumbs, four ounces each of chopped figs and apples, two tablespoonfuls of treacle, the same of oil or dissolved butter, a teaspoonful of mixed spice (or half lemon rind is better), an egg and a little milk or water. A teaspoonful of baking powder will make this lighter. Cost, about 8d.

The egg and treacle should be beaten with the oil, and added to the rest of the materials in a basin. Only enough milk or water is wanted to moisten; the mixture must not be wet, as the fruit yields moisture in the cooking. Boil for three hours, and serve with sauce or treacle, or quite plain. This is a good pudding for children.

Alderman's Pudding. — Required: three-quarters of a pint of milk, six tablespoonfuls of bread-crumbs, four eggs, four ounces of beef suet, a tablespoonful of stoned raisins, the same of currants, an ounce of sugar, the rind of half a lemon, a pinch of grated nutmeg, and half a glass of sherry. Cost, about 1s. 2d.

The milk should be poured while boiling over the rest, the suet and eggs excepted, and when cold the whole mixed together. The lemon rind should be removed before baking. The pudding is very much lighter if the whites of eggs are added at the end, and should a paste border be preferred, butter should be used in place of suet, as the pudding then requires a quicker oven. Time to bake, about an hour and a quarter to an hour and a half without paste; about forty minutes with paste in a shallow dish. In the latter form it is nice when cold.

Alexandra Egg Pudding.— (*See* BEEHIVE PUDDING.)

Alma Puddings.—Required: a quarter of a pound of flour, the same weight of sugar, currants, and butter, and four eggs. A pudding of any size can be made so long as the eggs number four to each pound of the combined materials besides. Cost, about 1s.

Beat the butter and sugar to a cream, and continue the beating for ten minutes. The flour and currants should be ready mixed, and the eggs beaten until very light. Then add to the butter and sugar, first a spoonful of egg, then one of flour, and stir only; go on until all are blended. Then half to three parts fill some buttered moulds of any shape, and either bake or steam as preferred. They will take about twenty to thirty minutes. Turn out and serve with wine or other sweet sauce. If baked, the puddings are nicer if the sauce is poured over, and they should be covered

for a minute for it to soak in and flavour them.

NOTE.—It is important that these be cooked steadily, or they will not turn out well.

Almond Cheesecakes. — Required: some puff paste, three or four ounces of sugar, four ounces of sweet almonds, and four bitter ones, two ounces of butter, two tablespoonfuls of cream, two eggs, a tablespoonful of brandy, and the rind and juice of a quarter of a lemon. Cost, about 1s. 6d. per dozen small ones.

Blanch, chop and pound the almonds (*see* page 807), add the rest of the materials by degrees, and mix well. Three-parts fill the patty pans, lined thinly with the paste, and bake in a good oven. A couple of ratafias rolled to powder and soaked in a spoonful of hot milk may be used instead of bitter almonds. A flaky or short crust may be used.

Almond Pudding, Plain.— Required: three ounces of sweet almonds, four ounces of bread-crumbs, half a pint of milk, two eggs, two ounces of flour, two and a half ounces of sugar, and a little lemon juice. Cost, about 9d.

Blanch and chop the almonds very finely, and let them infuse in the milk by the fire for a time. Then heat the milk, and soak the crumbs in it; an ounce of butter is an improvement. The other ingredients should be added, and the eggs at the last. Then boil or steam the pudding for about an hour and a half or rather more, and serve with sweet sauce.

Another way. — Replace the bread with the same weight of floury potatoes that have been cooked in their skins, and beat the mixture well. Use two ounces of butter in this, and bake in a moderate oven. Serve with ALMOND SAUCE.

Almond Pudding, Rich.— Make a mixture as for the cheesecakes above, and line a shallow dish with paste, then put in the mixture and bake carefully. Serve hot or cold. Cost, about 1s. 4d.

Almond Puffs.—Required: some puff or good flaky paste, apple jelly, almonds, and cream as below. Cost, about 1½d. to 2d. each.

Roll the paste, and cut with a crimped round cutter the size of the top of a tumbler. On one side put a little apple jelly, or if a good number are made, apricot jam or marmalade may be used for some of them. Brush the inner edges with beaten white of egg, and press together lightly. Brush the tops and cover with chopped almonds, and sprinkle with castor sugar, then bake to a nice brown. When cold, whip some cream, allowing half a pint for a dozen and a half; flavour with almond essence, and add an ounce of sugar. Decorate to taste from a bag and pipe, but do not cover the top. Have a few almonds chopped and baked, and put in the cream, or use half a dozen crushed ratafias for sprinkling. These are very nice without the cream.

Another way.—Bake the puffs as above, and when cold lay on the centre of each a small leaf cut from almond paste, and sprinkle with coloured sugars; or pipe the leaves with coloured icing.

American Plum Pudding.— Required: a large cupful of butter, the same of sugar, chopped suet, chopped raisins and currants mixed, half a cup each of cream or rich milk, rum and old ale, five eggs, a teaspoonful of grated nutmeg, the same of cinnamon and ginger mixed, a good pinch of ground cloves, a little salt, half a cup of chopped mixed candied peel, an ounce of corn-flour, and some bread. Cost, about 2s. 6d. if cream be used.

The above materials should be blended, and then some bread-crumbs put in to make the mixture the right consistence; the butter and sugar are to be beaten to a cream before anything else is added. This may be improved in appearance by adding a

good pinch of carbonate of soda and a tablespoonful of treacle. A little flour may be used with the crumbs, but the pudding will be less light. Boil for twelve hours, or make two, and give them eight or nine hours. Serve a hard sauce with this. (*See* SWEET SAUCES.)

Angel Puddings. — Required: two eggs, a gill and a half of milk, two ounces of butter, an ounce of sugar, two and a half ounces of Vienna flour, a little spice, and half a teaspoonful of baking powder. Cost, about 7d.

Beat the eggs and milk together, add them to the flour and beat well, then put in the sugar and dissolved butter. Let this stand for an hour, then stir the powder in and bake in a sharp oven on greased tin plates. Serve with jam, or sugar and butter, or sugar and lemon or orange juice.

Another way.—These are sometimes called Paris Pancakes. Take of flour, butter, and sugar, three ounces each; after they have been beaten, add a gill of milk, or half cream, with any desired flavouring, and bake as before.

Apple Amber Pudding.—Required: a pound and a half of nice cooking apples, the rind of half a lemon, and the juice of a whole one, sugar to taste, three eggs, pastry and fruit as below. Cost, about 1s. 3d.

The apples are to be peeled and cored, then cooked to pulp with the lemon juice and sugar, and passed through a sieve. Put the yolks of eggs in when cool. Put a rim of good short paste round the rim of a moderately deep pie-dish, and lay leaves of the paste on the rim, sticking them with beaten egg. Bake to a nice fawn colour. The pastry should show above the pudding mixture. Then beat the whites of the eggs with another half ounce of sugar, and put it on the top in rows from a dessert-spoon, commencing at the outer edge, and working towards the centre. This should be the highest. In between each spoonful of egg-white place half a crystallised cherry, sift sugar over, and place in a cool part of the oven until a delicate brown. This may be served hot or cold. Short paste is generally liked, but flaky may be used, and those who dislike pastry will find the pudding very good without it.

Apple Cheesecakes, Good.—Required: half a pint of apple sauce (page 116), an ounce of fine bread-crumbs, three eggs, and some good short or flaky paste. Cost, about 2d. each for small ones.

In making the sauce, the apple jelly should be omitted; add the beaten eggs and the crumbs, and leave for a time, then line the patty pans with the paste, and bake in a good oven. They may be served hot or cold, and the jelly should be put on the tops at the time of serving. If hot, melt it, and if cold, use little heaps of it. Apricot jam may be used in the same way. Three-parts fill the patty pans, not more.

Another way.—Required: a pound of apples stewed to a pulp with four ounces of sugar, and the juice of a lemon, two large boiled potatoes, two eggs, two ounces of butter, and some paste, either flaky or short. Cost, about 2d. each.

No water should be used in cooking the apples, and they are to be beaten to a pulp or sieved. The potatoes are to be sieved and added to the rest, and the whole well beaten; the butter should be melted. More sugar to taste should be put in, and further flavouring may be given by means of wine or grated lemon peel, or a spoonful of orange marmalade is a pleasant addition. Finish as above.

Apple Cheesecakes, Plain.—Required: some apple pulp as above, but sweetened with moist sugar and flavoured with spice, and one egg and a couple of ounces of bread-crumbs to each half pint. Mashed potatoes can be used instead of bread, and currants may be added. Paste No. 3 is suitable, or a richer may be used. Cost, about 1½d. each.

If bread be used, put it to the apple

pulp while hot, and let it become well soaked. When cold, the rest should be added. The paste should be rather thicker than for richer cheesecakes.

Apple Custard Pudding.—Required: a pound of apples, weighed after peeling and coring, three eggs, sugar, an ounce of butter, half a pint of milk, a gill of cream, an ounce of ratafias, and some flavouring. Cost, about 1s. 3d.

The apples should be cooked to a pulp with a little sugar and lemon rind and juice, or spice if preferred; then water should be used to moisten them; pass through a sieve, and stir the butter in, and one of the eggs. When cool put it in a shallow pie-dish that has been buttered and dredged with some of the ratafia crumbs, then level it with a knife, and strew more crumbs over. The other eggs should be beaten up with the milk and half the cream, and sweetened to taste, then poured over the apple mixture. The pudding should be slowly baked until just set. The rest of the cream should be warmed and poured over, or for a plainer pudding it may be omitted, so may that in the pudding, milk being used and another egg. This is nice hot or cold. The apples may be covered with either of the plain boiled custards given in SWEETS, and the dish served as soon as cold.

Apple Dumplings, Baked.—These are very nice, but often sent to table in an unsightly condition. The common mode is to make paste and cut it in squares, then to put the apple in and gather the corners of the paste up, pressing them down to make a dumpling. This often bursts in the baking, or the dumpling is thick in one place and thin in another. The following is recommended as the better way. Take some apples even in size and peel them, stamp the cores out with a "corer" or sharp pointed knife; or cut the fruit in quarters and take the cores out, then put together again. Prepare some flaky or short paste according to the richness required, and roll out two rounds for each dumpling, the size being regulated by the apples; the rounds should just overlap in the middle. If cut with a crimped cutter the dish is prettier. Put the apple on one round, moisten the edges and press closely, then put the other round over, and press again. The apples may be baked without flavouring, or a little spice or grated lemon peel put in each cavity; butter is sometimes added, and sugar is optional; the chances are that the apples will cook better without it, and if it is used, only a little must be put in. Bake at a moderate heat, and if the pastry is not glazed sift sugar over before serving, and send sugar to table. When made of flaky paste, small apples should be chosen; the centres may be filled with apricot or other marmalade. Care should be taken to remove all the cores, especially when children are to eat the dumplings. For a very plain dish, use paste about the fourth of an inch thick, and large apples, and put spice or a clove and a teaspoonful of brown sugar in each; the oven must be rather slow, or the paste will be done before the apples. Cost, about 2d. each, on an average.

Apple Dumplings, Boiled.—Proceed as for the above, but use a suet paste, or short paste (*see* recipes), and tie the dumplings each in a little cloth, and boil for an hour or more, according to the paste and the size of the apples. Should this be thought too much trouble, and squares of pastry be used, care must be taken to fold the edges down evenly. Steaming is recommended in preference to boiling. A potato steamer answers.

Apple Foam Pudding.—This is a very light and delicate pudding. Required: the pulp of some baked apples, one-third its weight in butter, and half its weight in fine sugar, the yolks of two eggs to every quarter pound of apple, and one white to two yolks. Any flavouring to taste. Cost, according to size.

The pulp of the apples should be beaten with the butter while hot, the sugar being worked in by degrees as it cools. The beating must not be spared, for much of the goodness depends upon that. It should look foamy, and be left to get quite cold, when the yolks of eggs are to be added, and the stiffly-whipped whites at the last. Bake in a buttered shallow dish, in a steady oven until firm—about twenty minutes. Good hot or cold, and should be dredged with flavoured sugar before serving.

Apple Pie.—This is a favourite dish almost everywhere. It may be served hot or cold; in the latter case the paste is rather richer than for a hot one, and cream or custard is often served with it, clotted cream being particularly nice. Required: for a plain dish, two pounds of apples, about a pound of paste, No. 2 or 3, and flavouring as below, with a few ounces of moist sugar. Cost, about 1s. when fruit is cheap.

Prepare the apples as for a pudding, and pile them in the dish with the sugar and flavouring distributed; remember not to have sugar immediately under the top paste; flavour more highly if the pie is to be served cold. (*See* Apple Pudding.) Should the fruit be dry, a little lemon juice may be added; or proceed as directed in the recipe for Apple Pudding, Baked. Essence of lemon is useful when the fruit has but little flavour, but a few drops only are wanted, or the pie will smell very much like turpentine while hot; the same effect follows an over-dose of lemon rind, should it chance to be grated right down to the white pith. The dish should be lined at the sides, and the cover should be firmly pressed on and crimped at the edges; no other ornamentation is needed. Bake at a moderate heat. If necessary, the fruit may be partly cooked beforehand. (*See* Note after Apple Pudding, Baked.)

Apple Pie, Rich.—Required: about three-quarters of a pound of paste, No. 5 or 6 for a short one, or 9 or 10 for a flaky. Puff paste may be used if preferred richer. Fruit as above, and white sugar to sweeten, about six ounces, flavouring to taste. Cost, from 1s. upwards.

Make as above, but glaze the paste. (*See* page 809.) This is improved by cutting the cover off neatly while hot, and pouring in half a pint of cream. It then becomes Creamed Apple Pie. (*See* Fruit Pies, page 845.)

Apple Pudding, Baked.—Required: paste No. 3 and some apples, &c., as below. Cost, about 8d. to 1s. according to paste used.

Grease a basin, and sprinkle with brown sugar, that the pudding may look glazed when done. Then line with the paste rolled the fourth of an inch thick or less. The apples should be of a sort that will fall easily, and if this is doubtful they should be cooked a little in a jar beforehand. Peel and core them, and, if small, quarter them; if large cut into six or eight, but not in thin slices; the pieces should be equal in size. To a pound of apples add a few ounces of moist sugar, and flavour with half a teaspoonful of ground ginger, or the same or less of mixed spice, or a few cloves may be distributed through the pudding, or the rind of a small lemon, together with some of the juice. Tastes differ very considerably with regard to flavourings for apple puddings, and some prefer no addition but sugar. Make the apples high, and cover with a lid of paste a little thicker than the rest. Should the top get too brown, cover with paper. Time, about an hour in a moderate oven. These are good hot or cold, and may be served with or without sauce.

Note.—The flavour is better if the peeling and pips of the apples are stewed in a little water to be added to the rest. This should be done always when the apples are not of a very juicy kind, as it not only improves the

dish, but prevents waste. By using a richer paste this may be good enough to serve at any meal.

Apple Pudding, Boiled or Steamed. — The basin should be lined with suet, or plain short paste, or for a superior dish with a good short paste. Required: apples, sugar, and flavouring as above. Cost, about 8d. to 1s., according to paste used.

For a pound of apples after coring, allow sugar to sweeten pleasantly; when colour is an object white sugar should be used, and the apples rubbed over with lemon juice as they are cut. The sooner the pudding is completed the better, as apples toughen on exposure to air. Finish as above, and cover with a cloth for boiling, or a greased paper for steaming. Time, about two hours for a suet paste. Digestible suet paste is best for these and all similar puddings; for a vegetarian No. 19 must be selected. (*See* Note in recipe above.)

Apple Rolls or Puffs. — For the first, cut the paste and shape as directed for Sausage Rolls (page 791); for puffs, cut the paste in rounds and make into semicircles. The paste may be plain or rich, and the filling may be apple jam or marmalade. (*See* the recipes under Fruit, &c.) If more convenient, some apples may be stewed to a pulp and sweetened, but it must be cooked until very dry or it will run out in the baking. Another way is to add some bread-crumbs to some well-sweetened apple pulp; and still another is to make the rolls of chopped or grated apples, mixed with sugar and spice. When this is done the paste should be rather thick, and of a plain kind.

Apricot Pudding, Plain. — Follow the directions for plum and other fruit puddings, using a good suet paste rolled thinly. These are often made small enough to serve one to each person; a couple of apricots should be allowed for each. Cost, about 4d. each, but variable.

Apricot Pudding, Rich. — Required: a dozen and a half of ripe apricots, wine, bread, milk, sugar, and three eggs. Cost, about 2s. when plentiful.

Peel and stone the fruit, and divide it, then put it on with a few ounces of white sugar to simmer; half a glass of sherry should be added, and a little water should the fruit require it. When soft rub through a sieve, and mix with half a pint of crumbs from a stale white loaf; the same measure of milk and three eggs are to be beaten up and added, with more sugar if required. This must be well beaten. Bake in a buttered mould from fifty minutes to an hour and a quarter, according to depth. The mould should be shallow, and the oven moderate. This is very good as it is, but is improved by the addition of apricot sauce (page 117), for a hot dish, or cream or custard for a cold one.

Note.—Tinned fruit may be used; it should be simmered with the syrup, and the pudding made as above, but without milk; the juice will take the place of it. The edge of a dish may be lined with paste should it be liked, and used instead of a mould.

Another way.—(*See* Hydropathic Pudding.) Apricots used thus are excellent. (*See* chapter on Fruits, &c., for preparation, either as compôte or purée.)

Apricot Puddings, Rich, Small Steamed.—Required: four ounces of castor sugar, the same of fine flour and potato flour, mixed in equal parts, three eggs, the white of one omitted, three ounces of fresh butter, four ounces of glacé apricots, an ounce of citron peel, and a tablespoonful of wine or brandy with a drop or two of essence of almonds. Cost, about 1s. 3d.

Cream the butter and sugar, add the eggs singly, and beat well; the flour should go in lightly, with the cut-up fruit that has been soaking in the wine. Take small moulds and butter them, then dredge with any

plain biscuit-crumbs, or ratafias are better; three-parts fill them, set in a potato steamer and cover with a sheet of buttered paper. Time, from thirty to forty minutes; enough for eight or ten puddings. APRICOT SAUCE is excellent with these, or some jam may be heated and diluted with a little water, and flavoured like the puddings, and poured over; or a syrup of equal weights of sugar and water, boiled until thick, and flavoured with noyeau syrup or liqueur is very nice.

Apricot Tart à la Française.—This is a very good sweet, and well repays the trouble expended on it when something out of the common is wanted. Required: paste, apricot jam, tinned or bottled apricots, and garnish, &c., as below. Cost, about 2s. for a medium-sized one.

Puff paste should be rolled thinly, and baked in a round or oval tart tin, a layer of jam being spread over it thinly. Put the halves of apricots all over, placing them concave and convex sides alternately. This should be done when the tart is cold. Then boil the syrup until thick with a little wine or liqueur; only sufficient to coat the fruit is wanted. Into the hollow parts of the fruit, put either a pinch of chopped green fruit or pistachios, or some coloured fruit—as cherries or pink pears cut in dice. Whip a little cream until thick, and at the moment of sending the tart to table, put a spot of it on the convex halves of fruit. The effect of this arrangement is very pretty.

Another way.—Take some crystallised apricots, and soak them in a little wine or liqueur until soft, then slice them; put them over a tart that has been baked with jam in as before. Decorate with chopped coloured fruit of any sort, and put a narrow border of the whipped cream all round the edge and a spot in the centre. If preferred, no coloured fruit need be used; but the cream can be coloured, or sprinkled with pink or green sugar. Almonds, coloured and chopped, are also good as a garnish.

Austrian Sponge Pudding.—This is a dish that is sometimes served when cold as a cake. It requires very careful baking to be a success. Required: four eggs, four tablespoonfuls of white sugar, and the same measure of bread-crumbs, and some wine as below. Cost, about 6d. without wine.

The crumbs and sugar are to be mixed; the eggs should be beaten to a froth and the other ingredients added a little at a time, the beating being continued. For a better pudding, an extra white of egg is used, and all the whites are beaten and added at the end of the mixing. The dish for this is to be buttered thickly (at least two ounces being used), and the oven should be very slow. When done, turn out—it will be quite stiff—and soak with some red wine that has been made sweet, and spiced to taste. Those who do not like wine will find that almost any hot sauce, made thin enough to soak well into the pudding, will be quite as good; the juice of any fresh fruit, drawn as for jelly and sweetened, is excellent in the same way.

Banana Pudding, Plain.—Required: four ounces of banana flour, the same of wheaten flour, a quart of milk, two eggs, a little salt, and a quarter of a teaspoonful of mixed spice. Cost, about 9d.

The flour should be mixed to a paste with some of the milk while cold, then added to the rest of the milk boiling, and stirred over the fire for a few minutes to thicken. Then let it cool, and beat the eggs in. Bake in a greased dish in a moderate oven for half an hour to three-quarters.

Another way.—Use a pint of milk only, then make the pudding in the same way as an ordinary batter pudding. For a cheaper dish, follow the first recipe, and add two ounces of bread-crumbs, and omit one of the eggs.

Banana Pudding, Rich.—Required: six or eight bananas, the juice and peel of a lemon, a glass of

curaçoa, a pint or less of custard, and some flaky paste. Cost, about 1s. 8d.

The fruit should be ripe and passed through a sieve after skinning. Or it may be pounded to a pulp. The rest of the materials are to be added by degrees, and enough sugar to sweeten must be put in after the pulp is mixed with the custard; for the latter, beat three eggs with half a gill of cream, then add milk to make up the measure; if the bananas are small, use three-quarters of a pint of custard only. The dish should be lined with the pastry thinly, and the mixture poured in, and baked in a moderate oven. The white of one of the eggs may be omitted and spread over after the pudding is done, then sprinkled with sugar and browned. Any other liqueur may be used to taste.

Banana Tarts, Meringued.—These are very nice if fully ripe fruit be used. Required: six bananas, paste (either short or flaky), a tablespoonful of lemon juice, the same of rose water, or orange-flower water, a tablespoonful of apricot jam, the whites of two eggs, and two ounces of sugar. Cost, about 2d. each.

The fruit should be peeled, and pounded with lemon juice and rose water, and mixed with half the sugar; the jam goes next. This is then put in the patty-pans lined with the paste; it will make from six to nine. Lay some strips of paste over to form a lattice-work, and bake in a sharp oven. When done, the whites of eggs and sugar are to be made into a meringue, and used as directed for meringued tarts on page 860.

Another way.—These are very good. Required: equal parts of sieved banana pulp and grated pineapple, with the yolk of an egg to a gill of the mixture, and a little sugar and flavouring. These need not be meringued, and the cross-bars of paste are optional. Cost, as above.

Barberry Pudding.—Required: three-quarters of a pound of sugar for a pound of barberries, or, if very acid, they will want a pound of sugar, and some suet or other paste. Cost of fruit, about 4d. per pint.

The pudding should be made as directed for Apple Pudding (page 821), or, for a better pudding, the fruit and sugar may be cooked together for a short time before, and the fruit, with a portion of the syrup, used for the pudding, the rest of the syrup being poured round after dishing it. In this way a thin crust can be used, and, owing to the shorter time for the boiling and the reduction of the syrup in the pudding, it will be lighter; this applies to berry puddings generally.

Note.—Barberries may also be used for pies when sweetened as above.

Barley Pudding.—(*See* Cereal Puddings.)

Batter for Puddings.—The foundation of a batter pudding, whether of the richest kind or the simplest, and for sweet or savoury alike, consists of flour, eggs, and milk in varying proportions, and the success of the pudding depends very much upon the proper amalgamation of these at starting; for if carelessly mixed, the most careful cooking will not repair the mischief. A good-sized bowl is wanted for the mixing; the flour should be dry and sifted; a hollow should be made therein, and the eggs and milk incorporated gradually with it, a wooden spoon being used—the back of the spoon, which should be a large one, being worked round and round against the flour. The flour should not be knocked in; by the motion of the spoon it will fall in quite fast enough, and there will be no fear of lumps. When the liquid materials are half in, the batter is to be well beaten; if all the liquid is added before this part of the operation is performed, the batter becomes too thin to beat without splashing. If an egg whisk is at hand, that should be used for the beating in preference to a spoon, as the mixture will be increased in lightness. The eggs and milk may be beaten up together, or not; there is really no need, as they are sure to be well blended by the time the batter is

ready; but it is a great improvement to add the beaten whites last, after the beating is over, and just before the pudding is cooked. Salt and sugar, when used, should go in with the flour; but baking powder—which is a help in a pudding of few eggs, though rich ones do not need it—is to be lightly stirred in at the end, and no time is to be lost in getting the pudding into the oven or steamer after this addition. Where self-raising flour is used, no powder is wanted. Egg powder gives a richer look to the pudding; but its raising properties are identical with those of baking powder. Batter is the better for standing for a few hours, though it can be made and cooked at once; when it does stand, plain flour should be used; the effect of self-raising flour would be lost, simply because the effervescence would be over before the cooking commenced. When eggs are scarce, a tablespoonful of clean snow may be used in place of one egg; but less milk is wanted. Beer is used instead of half the milk by many; it was formerly used much more than at present.

Batter Pudding, Baked.—For ordinary purposes, either of the batters given for YORKSHIRE PUDDING (page 803) may be used. The dish should be rather shallow, otherwise the batter must be made thicker by adding a little more flour. To a pint of batter, an ounce of sugar and the same of butter may be added, or the pudding may be served with a sweet sauce, and will be lighter if no sugar is put in. A compôte of fruit is a good accompaniment, and butter and sugar are often sent to table. The dish should be well greased, and the oven not so quick as for a Yorkshire pudding. The top should be browned nicely, and the pudding served as soon as baked. Fruit of all sorts may be added to these puddings; apples, plums, &c., are used freely in some parts. When the apples are whole, the dish becomes "Nottingham Apple Pudding." Always increase the flour a little to make up for the juiciness of the fruit. In the winter, dates, prunes, or raisins may be used in the same way.

Batter Pudding, Boiled or Steamed.—These puddings are very light and wholesome when nicely cooked, and we particularly recommend steaming. There is sometimes a difficulty in turning them out; such a failure is due to a badly-greased basin, or insufficient cooking, or the batter may be too thin. Two rules are to be borne in mind: the batter is always to be stiffer than for a baked pudding, and the fewer the eggs, the more flour must be used; stiffness must be got from one or other. Required: for a good medium pudding, eight ounces of fine flour, a good pinch of salt, half a teaspoonful of baking powder, three-quarters of a pint of milk, and two eggs. For a better pudding, use three eggs and an ounce less flour. Cost, about 5d. to 7d.

The basin should be greased in every part, and the batter mixed as for Yorkshire pudding. For boiling, it should fill the basin; but the cloth should be slack (*see* page 813). For steaming, the paper should be twisted loosely (page 814); and it is immaterial whether the basin be full. When the whites of eggs are put in separately, the baking powder is optional. Time, about an hour and a half, or, for a deep mould, rather longer. The water is to boil gently all the time. The usual accompaniments are a sweet sauce (such as jam), or some heated fruit jelly, or butter and sugar, or a lemon, or some similar sauce. An ounce of butter is often added to a pudding of this sort, and by some, spice is liked, or a flavouring of lemon or orange peel. When the basin is lined with stoned and halved raisins, the dish becomes BLACK CAP PUDDING.

Another way.—This is a very good pudding. Required: a pint of milk, four eggs, an ounce of loaf sugar, the rind of an orange, an ounce of butter, and six ounces of Vienna flour. Cost, about 9d. or 10d.

Take the yellow from the orange by means of the sugar, then crush to powder, and mix in the batter that has been made in the ordinary way and left to stand; the whites of eggs go last, and the pudding should be steamed for nearly two hours. The butter must be fresh. The top of the mould may be decorated with cherries or raisins, and an ounce of candied peel in strips may be put in.

Beehive Pudding.—This is a very good dish. A mould as shown below is required for it. Required: for the pudding, an ounce of sugar, an ounce of flour, two ounces of butter, a gill of milk, five eggs, a gill of cream, two ounces of parboiled macaroni, the same of fine bread-crumbs, a glass of sherry, a tablespoonful of orange or lemon marmalade, and a little yellow colouring. Cost, about 1s. 6d.

Blend the butter and sugar over the fire in a stewpan, add the flour and milk, and bring all to the boil. Take the pan from the fire, and stir in the cream and eggs when cool, and then leave to get cold before putting in the rest. The macaroni should be cooked in a little milk, and cut in very small pieces, and the bread be perfectly free from any lumps. Then turn all into

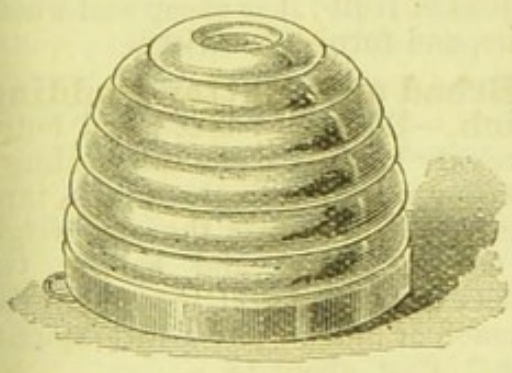


Fig. 134.—Beehive Mould.

a buttered mould—it does not matter about its quite filling it—and steam for about an hour and a half. The sauce should be good. A cold one is often served with this, but any sweet hot one is suitable. A very similar pudding to this is made in small moulds, and called Buttercup Pudding, but half the quantity of macaroni and bread will suffice. Another pudding that is often made in a border mould, and filled in the centre with a compôte of any green fruit that may be in season, is called Alexandra Egg Pudding. In this the sherry is replaced by pale brandy and ginger syrup mixed, and powdered ginger is added to flavour, and the marmalade omitted. All these puddings should be a rich yellow colour.

Note.—These moulds are made in various sizes with a lid. They are as useful for sweets and cakes as for puddings. They turn out very easily.

Black Cap Pudding.—(*See* Batter Pudding, Boiled or Steamed.)

Bread Puddings.—Many of the puddings made from scraps of bread are extremely nasty, though perhaps the added ingredients are of such a nature as to justify the expectation of a nice light pudding. Where, then, is the failure? In most cases we think it is due to carelessness in the preparation of the bread. There are many who realise the importance of preparing bread-crumbs for a *good* pudding with care, but who bestow no pains upon bread that is only soaked for a *plain* pudding; the result is that some of it is not soaked at all, and lumps are found here and there all through. The driest pieces of bread, either brown or white, crust or crumb, or both together, will come in for puddings, so long as time is given. Here is the plan to go upon. Take the hardest first, and break up in even-sized pieces, pour lots of cold water over, cover and leave to soak, all night if very dry; put in the softer parts later. When all the pieces are soft enough to pass through a colander or coarse sieve (or a potato masher may be used for the purpose), then prepare to make the pudding. If these modes are not practicable, then put the bread in a bowl, and beat with a fork until not a lump is left; but this takes some time. Before doing either of these things, the bread should be freed from

as much moisture as possible. This is done easily, and in a cleanly manner, by putting it on a large plate or flat dish or tin turned upside down, and pressing with another; or the bread may be wrung in a clean cloth, which must be of a close texture. It cannot be squeezed too dry. If, say, a pound of bread be soaked, and a gill of water is left in it, when the cooking begins the mass is much moister than it should be, and hence the heaviness so often complained of. When prepared with the greatest care there will always be some remaining moisture, therefore not much milk should be added. The soaking of the bread in warm or boiling water is often advised. This does hasten the process, and may be resorted to for hurried cooking; but the bread will lose in lightness.

Bread Pudding, Baked.—This is a very plain pudding. Required: about a pound of scraps of stale bread, three ounces of currants, the same of moist sugar, two or three ounces of dripping, a gill of milk, an egg, a pinch of salt, half a teaspoonful of mixed spice, an ounce of candied peel, and a teaspoonful of baking powder. Cost, about 6d.

Soak the bread in cold water for some hours, squeeze the moisture out, beat the lumps out, and add the shredded peel and other materials, except the powder. The whole should be beaten for some minutes. The dripping should be rubbed into a half-tablespoonful of flour and mixed with the bread, or it may be dissolved in a spoonful of the milk made warm. The powder should be stirred in at last. Bake in a tin or dish, a shallow one if plenty of brown be liked, in a moderate oven. Time, from thirty to forty minutes, according to thickness. Should suet be liked, use a deep dish and give an hour and a half.

To enrich this, use another ounce of peel, a couple of ounces of raisins, and another egg, with a little more milk. White sugar will make it more delicate.

Bread Pudding, Steamed.—Make as above, but use half a gill of milk only, and add a tablespoonful of flour. Time, about an hour and three-quarters to two hours if made with dripping, three hours if with suet.

Note.—These puddings may be made without eggs by using an extra ounce of flour. A spoonful or two of cooked rice serves the same purpose, or rice in the ground state will do, so will barley-flour or corn-flour.

Bread and Butter Pudding.—Required: for a plain pudding, three-quarters of a pint of milk, one egg, an ounce of sugar, two ounces of sultana raisins or currants, the same of candied peel in strips, or it may be chopped—it goes farther in the latter form—spice to taste, and enough thin bread and butter to half fill a pint and a half pie-dish. Cost, about 9d.

The dish should be buttered, and the bread and butter put in, with the fruit and spice between the slices. The removal of the crust is optional. The egg should be beaten with the milk and poured over, and left to soak. Bake in a moderate oven until nicely set and browned. Cover at first to prevent dryness. Time, about forty minutes. Marmalade may be used instead of fruit; it is cheap and wholesome, and furnishes variety.

Bread and Butter Pudding, Rich.—Required: bread and butter to nearly half fill a pie-dish holding a quart, a pint of milk, three eggs, three ounces of castor sugar, the same weight of raisins stoned and halved, two ounces of candied peel, the rind of half a lemon or orange, and a little spice to taste. Cost, about 1s.

The crust should be taken from the bread and the slices be very thin. The pudding should be made as above, and a few bits of butter put on the top. It should stand for an hour, and be baked in a slow oven, that it may be of a custard-like consistence when done. Serve hot or cold. In the latter form a custard is an improvement. Jam or jelly may be spread over the

top. The pudding may be turned out and a little cream put over.

Brown Bread Pudding.—Required: six ounces of brown bread-crumbs, the same weight of wholemeal, four ounces of sultana raisins, the same of stoned dates, cut up, a quarter of a pound of golden syrup, the same of good dripping, half a gill of milk or water, a little mixed spice, a pinch of salt, and a teaspoonful of baking powder. Cost, about 7d.

The dry materials should be mixed first, except the baking powder; the treacle and dripping melted together and added when cool, and the mixture well beaten before the powder is put in. This should be boiled in a basin for two and a half hours. An egg will enrich the pudding. Suet can replace dripping if another hour be given for the cooking. For a vegetarian pudding, omit either, and use a couple of ounces of oil, and one of grated nuts of any sort. This is a good dish for children, and still nicer if a little hot treacle or any plain sauce be served with it.

Bun Puddings. — There are many ways of making bun puddings. For ordinary ones, take buns a couple of days old, and use in place of bread, following the recipes for bread and butter puddings. The following is a different sort of pudding, and is excellent hot or cold if properly baked, as it should be very light. Required: a sally lunn, such as may be bought for twopence, some jam or marmalade, a pint of milk, and two eggs, with sugar and flavouring if required. Cost, about 10d.

The bun should be cut in slices, and spread with jam, then put back in its former shape. Place it in the dish ready for baking, and be liberal in buttering the dish; it should be round and of a good depth. Make the milk hot, and pour over the eggs that have been strained into a basin, and beat up well. Pour over the bun, and cover until cold, when the bun should be very much swollen. Bake in a gentle oven for half an hour, the top being protected during the first part of the time. If it appears dry when the cover is removed for the finishing of the cooking, put a few bits of butter on the top. Some sultana raisins and shredded candied peel may be used, and less jam. For a plainer dish, make the pudding in this way, either with a plain or currant bun, and omit the jam. A stale scone of good thickness may be used; the round ones sold at twopence each are the best for the purpose.

Buttercup Pudding. — (*See* Beehive Pudding.)

Cabinet Pudding, Cold.—Required: custard, sponge cakes or finger biscuits, fruit, &c., as below. Cost, varies with the garnish, &c.

A basin, or a plain soufflé or other tin may be used; the former is the easier for turning out; fingers can only be used for a straight tin. Butter it, and ornament with stars from candied peel—one sort, or a mixture. Citron is used for the best puddings, and either raisins or cherries, or other fruits to taste. For a first-class pudding, a great variety of fruits is employed. The exact arrangement is a matter of taste. Three-parts fill the mould with the cake, and some of the fruit in layers between; or if biscuits are used, line the sides, and then fill up. (*See* Charlottes in *Sweets.*) Ratafias or broken-up macaroons may be used. Fill up with a custard. (*See* Moulded Custard in *Sweets.*) This should be warm, and poured over carefully. Set aside until cold; then turn out, and serve with a nice sauce round or apart. For the richest dishes, the cake is soaked as for Trifles and other sweets; then the custard must be rich, and the sauce of the best. The pudding, as well as the sauce, may also be iced. There are any number of ways of varying these puddings, which are general favourites; and many similar puddings are served under other names.

Cabinet Pudding, Hot.—Required: bread and butter, or cake, and fruit, custard, &c., as above. Cost, very variable.

A quarter of a pound of sponge or any similar cake, two ounces of ratafias, and a pint of custard, with a little fruit for garnish, will make a plain pudding of the sort. The top of the basin only need be ornamented, and raisins alone will suffice. Half bread and butter is preferred to all cake by some. If time can be given for the mixture to stand before cooking, the basin need be only a little more than half filled with the solid materials, and it will gain in lightness. (*See* remarks under BREAD AND BUTTER PUDDINGS, page 826.) The custard should quite fill the basin. Some make a boiled custard, and pour it over while warm (*see* CUSTARDS in *Sweets*), but a cold one is more general; half a pint of milk, with three eggs, and cream to make up a pint, would make a good pudding. When fewer whites than yolks are used, the pudding is more delicate; but an equal number of each secures one that will turn out well. When cooked too long, or too fast, or too large a proportion of cake, &c., is used, toughness is certain. It has been said that a cabinet pudding should be a custard held together by cake; but it is too often cake moistened with custard; there is a great difference between the two. A brandy-flavoured custard is very much liked, and macaroons may be introduced with advantage. For the richest, the fruits are soaked in liqueur or spirit. Time to steam, about an hour and a half; the slower the better.

Caramel Pudding.—Required: three ounces of bread, an ounce and a half of lump sugar, half a glass of sherry, half a gill of cream, a gill and a half of milk, three ounces of candied peel and sultana raisins mixed, the yolks of two eggs and the white of one, and a little lemon flavouring and some caramel. Cost, about 9d.

First cut the bread in dice, and soak it in the sherry; the peel in strips and the sugar and raisins should be added to it. Boil the milk, and colour it a good brown with burnt sugar, then add the cream, and put to the rest, and cover until cold. Then mix in the eggs and flavouring, and beat for a few minutes. Steam in a buttered mould for an hour and a half, or make into little puddings, and serve one to each, giving them about forty minutes' cooking in a potato steamer. A sweet sauce is an improvement, but the pudding is very good without. A similar pudding goes by several other names.

Cardinal's Pudding. — Required: half a pint of milk, a gill of cream, an ounce of fine potato-flour, and the same of corn-flour and Vienna flour, the yolks of four eggs, the whites of three, two ounces of glacé cherries, and sauce as undermentioned. Cost, with sauce, about 2s. 3d.

Butter a shallow border-mould, and stick the halved cherries on the top. Mix the flour and a little milk, add the rest, and bring to the boil; after a minute or two let it cool, and beat the yolks of eggs in, and the cream, first whipped, then the whipped whites. This should be steamed very gently for an hour and a quarter, then turned out, and the sauce put in the middle. Required for the sauce: two ounces of lump sugar, half a gill of good claret, the same of *kirschenwasser* (*see* LIQUEURS), and two to three tablespoonfuls of red currant or raspberry jelly, or a mixture if convenient. These ingredients, except the *kirsch*, should simmer for a few minutes. At the moment of serving put a heap of stiffly-whipped and slightly-sweetened cream in the centre.

Another way.—In place of the sauce put a good compôte of cherries in the middle (*see* FRUITS); then put a few heaps of the cream round the pudding; part of it should be coloured pink. These are puddings that require no recommendation.

Carolina Pudding.—This is one of the best of the many puddings that are made from a rice foundation. It goes by other names, and various recipes are given for the making of it. Required: four eggs, four ounces of lump sugar, two and a-half ounces of the best Carolina rice, an ounce and a-half of butter, four cloves, half a dozen good-sized apples, milk, and a glass of sherry. Cost, about 1s. 3d. or 1s. 4d.

The rice should be blanched and boiled in milk until quite soft and the milk absorbed (*see* page 559 in CEREALS); from three-quarters to a pint will be wanted. Then beat the butter in, and add the rest of the materials when the rice is cold. The cloves should be boiled with the rice and removed; the apples are to be baked in their skins, and the pulp sieved before it is beaten to the rest. The mixture should be baked in a buttered dish and served with a good sweet sauce. The sides of the dish are sometimes lined with pastry.

Cereal Puddings. — In the chapter on CEREALS, &c., particulars of the various kinds of grain in common use, and directions for their initial preparation are given, and reference should be made to it for information on these points. The cereals mostly employed for puddings are barley, rice, sago, tapioca, semolina, hominy, coarse oatmeal, and wheat-meal. They may be used mixed or singly, and the following general rules apply to them all:—Do not use more than four ounces of the grain for a quart of milk; those who like a very soft pudding may use a trifle less. This allows the grains room to swell and burst, as they cannot do if too much be used, because the milk then becomes absorbed quickly and the grain hardens. This is also a matter of economy; and those who use double the above quantity not only waste the grain, but get an inferior pudding, and a very indigestible one in some cases. The dish should never be full, but room left for swelling. The dish may be greased, but it is an error to think that it must be; and those with whom fat disagrees may rinse it in cold water and leave it damp. The pudding will not burn to the dish if the oven be slow. Add a pinch of salt and about two tablespoonfuls of sugar, moist or castor, as preferred, to every quart of milk; spice may be added, and nutmeg is the favourite, just a few grates on the surface. In very hot weather add a pinch of powdered borax or carbonate of soda. The addition of currants is optional, but they curdle the milk and are better omitted. A piece of dried orange peel is a favourite flavourer with many. Bake in a very slow oven, that the grains may swell to their utmost capacity and become creamy and digestible. A pudding made as above should have at least three hours. Should the oven become too hot set the dish in a tin of water, or open the oven door, or let the pudding finish on the hob—if a small grate—or the hot plate of a range; much may be done by management.

Some cereals take longer to cook than others; and, should time be short, those to be avoided are hominy, rice, and barley. All are the better for preliminary soaking, and this is often a question of forethought only.

With regard to eggs in these puddings, not only are they not required for an every-day dish, but they render the pudding less digestible, for the reason that the long cooking needed for the pudding is bad for the eggs, and, partly on account of the combination with starch, they become leathery. When they are required for the sake of nourishment, the pudding should be made as described under CEREAL PUDDING, RICH. (*See* also FOOD FOR INVALIDS.)

Cereal Pudding, Rich.—(*See* above.) Either of the cereals therein named may be made into a good pudding by cooking the grain and milk together until almost done, then leaving it to cool, and adding, to every four ounces of grain and quart

of milk, the whole of two or three eggs and a little cream; a couple or three tablespoonfuls will much improve the pudding, though a gill is better, and any flavouring to taste. Two to four ounces of castor sugar should be used, and an ounce or two of butter stirred in when the mixture is hot. The only thing to do is to bake this until set, say for half an hour in a moderate oven. These puddings are very nice if left to get quite cold; they should then be turned out and garnished with a little fresh or dried fruit, or spread with jam or jelly, or sauce or custard be poured over; or they may be sent to table in the dish, and a fruit compôte or some other adjunct served with them. These are not a success unless the cereal is well cooked. Puddings so prepared will be found superior to those in which the eggs are used and added to the cold milk, and subjected to the prolonged heat necessary for the cooking of the grain. A tablespoonful of grated nuts of any sort may be used with each pint or pint and a-half of milk.

Chatsworth Pudding.—Required: a quarter of a pint of bread-crumbs, half a pint of milk, an ounce of French tapioca, a glass of rum, four eggs, a gill of cream, half a lemon, two ounces of ratafias, the rind and juice of half a lemon, an ounce of sugar, four penny sponge cakes, some apricot jam, and three ounces of finely-chopped suet or butter. Cost, about 2s.

The milk should be brought to the boil, and the tapioca shaken in and stirred for five minutes; then remove the saucepan and stir the bread and sugar in, and the butter, if it be used; if suet, that should go in later. The sponge-cakes are to be cut through in slices and spread with the jam, then cut in dice. Add the eggs, rum, and cream to the first mixture when cold; then grease the mould and strew with the crushed ratafias, shaking out all that do not stick. Then put the rind and juice of the lemon to the bread, &c., and add the cakes in dice, mixing lightly but well; pack all in the mould tightly, and cover with a greased paper. Steam for three hours if made with suet; two and a-half with butter. There are many sauces that go well with this; amongst the best are Apricot, Wine, Brandy, and Liqueur. (*See* Sweet Sauces.)

Cherry Pasty, Russian.—This is a common dish in the south of Russia. The crust is made with milk and yeast and flour, as for bread, and a small quantity of butter. The beaten white of an egg is worked in after the dough has risen. The consistence should be such as to allow it to be rolled easily and thinly, or the pasties will not be nice, and will have a raw taste when done. Take some rounds from the crust, as large as the top of a breakfast-cup, and put a pile of cherries on one side. The fruit is first scalded, then sprinkled with pounded sugar and a little flour. Fold over, and cement the edges with beaten egg and press together tightly. Put them one at a time into a large pan of fast-boiling water, and cook them until they float; then take them up and serve with powdered sugar and sour cream. The dish should be very hot, or the *piroshkees* will become heavy. The taste for sour cream is an acquired one, and by many sweet cream would be preferred.

Cherry Pie.—(*See* Currant Pie.)

Cherry Pies, Small.—Required: paste, fruit, and sugar, and a little cream. Cost, about 2s. to 2s. 6d. per dozen.

Line plain patty pans of two to three inches in diameter, with a good flaky or short paste. Bake with dummies in to keep the shape. (*See* Patties, page 779.) Take ripe red or black cherries and stone them. Add enough sugar to sweeten, and toss them together in a stewpan over the fire until done. Then put in a little lemon juice and take the fruit out, and boil the syrup a little longer until it

thickens. (Some use a little corn-flour.) Pour over the fruit and leave to cool. Fill the pastry when cold; pour a spoonful of cream over, replace the covers and serve. Other fruits may be so used. The covers may be omitted, and the pies are then to be served as cherry tarts. They may be meringued for a better dish, or for a cheaper one some corn-flour custard may replace the cream. The paste should be well filled, the fruit being piled high in the centre.

Another way.—Stone the fruit and put it, with a little sugar, in the paste, then cover and bake mince-pie fashion. The lids should be fastened with a morsel of white of egg and a hole made in the tops.

Cherry Pudding.—(*See* CURRANT PUDDING.)

Cherry Tartlets.—(*See* STRAWBERRY TARTLETS.)

Chestnut Batter Pudding.—Make a batter in the same way as for YORKSHIRE PUDDING, using the cheap Italian chestnut flour instead of wheat flour, and water in place of milk. Eggs are optional; for the plainest puddings of this sort they are not used, but one or two to each pint of milk will make a lighter and better pudding. For a pudding minus eggs make a thicker batter, about twelve ounces of meal to a pint of milk, and beat vigorously. Add no sugar, but an ounce or two of chopped raisins and nuts of some sort are a feature of this dish; walnuts or pine kernels, shredded Brazil nuts, or grated cocoa-nuts are commonly employed. A generous pinch of salt is required, and spice to taste, or any sort of essence may be used. A teaspoonful of baking powder improves a plain pudding. Bake in a shallow dish or tin, made hot and coated with salad oil, and as soon as the surface of the pudding begins to set put a little more oil over it; let it brown and crisp well, then cut in squares and serve hot. Any left over can be fried, or warmed up in other ways, as it is not nice cold.

Another way.—This is a richer pudding. Use milk and eggs exactly as for a YORKSHIRE PUDDING, and serve with jam or a nice sweet sauce. Those who object to the chopped nuts will find the pudding very good without them, and many will like a mixture of chestnut and fine wheaten flour better than all chestnut. These puddings are considered very nourishing; the plain kinds are eaten by the Italian peasants as a meat course.

Chestnut Pudding, Rich.—Required: the pulp of half a pound of baked chestnuts, a gill of cream, the same of milk, six ounces of sugar, four ounces of butter, the yolks of four eggs and the whites of three, half a glass of brandy, the rind and juice of half a lemon, a tablespoonful of orange flower water, and four ounces of stale sponge or Madeira cake. Cost, about 1s. 9d.

The pulp should be pounded with the cream and creamed butter; the sugar and egg-yolks go next, then the cake-crumbs, that have been soaking in the milk for a time. The flavourings go next, then the whipped whites of eggs; the blending of the latter takes some little time, for if not well mixed the materials will separate in the cooking. Butter a shallow mould, and steam the mixture for an hour and a half. Turn out and sift sugar over; then brown with the salamander. This may be served with a sweet sauce, or a hard sauce, or whipped cream flavoured with orange rind, and sweetened. This may be cooked in small moulds; then the cake-crumbs may be reduced to two ounces.

NOTE.—For a plain pudding, follow either of the recipes on pp. 867, 868, for POTATO PUDDING, using chestnuts instead of potatoes.

Chocolate Shells.—Required: an ounce of soluble chocolate, the same of potato-flour, four ounces of sugar, four eggs, four tablespoonfuls of milk, a gill of cream, a pinch of grated nutmeg and cinnamon, the rind of half a lemon and a little of the juice,

and some good short paste. Cost, about 1s. 6d. per dozen.

Line some shell moulds thinly with paste, and prick the bottoms, then bake them to a pale brown. Mix the potato-flour and grated chocolate with the milk and half the cream, and stir to the boil; then beat the yolks of the eggs in, with the whites of two, and the spice, and give a good beating. The rest of the cream should be whipped and added next. Add half the sugar. The shells are to be three-parts filled with this, and the remaining whites and sugar, with the lemon juice, made into a meringue. This is to be spread on the tops, and the pastry put in a cool part of the oven for the meringue to brown and set. These are best cold.

If vanilla or cinnamon sugar be dusted over, the appearance is improved.

Christmas Plum Puddings.—The directions on page 813 for the boiling of puddings apply in this case, but a few special hints may be of service. These puddings can hardly be boiled too long. Remember to drain the water very well from the pudding when it is hung up and is intended for keeping, and when boiled the second time take care to boil long enough for the heat to penetrate to every part. Do not use a cloth in place of a basin, and better than either is a tin mould. This should be well buttered. The cloth should be strong, and the tape or string strong also. After tying the cloth on it should be taken up and well floured in the folds; this prevents in a great measure the entry of the water. The fire should be one that will last, for the goodness of the pudding depends in a great measure on continuous boiling. If a fierce bubble one minute and a bare simmer the next, the pudding will be "cracky." During the first half-hour turn the pudding now and then to prevent the fruit settling in one place; it should not do this if well mixed, but these accidents do happen. Have a good supply of boiling water to replenish the boiling pot. Keep the lid on, that the steam may not escape. When done remove it from the mould with care, or, owing to its richness, it may break, even if thoroughly boiled. It may be plunged for an instant into cold water, or left to stand for a minute, but the dish it is turned on cannot be too hot. A pudding that is only moderately rich is better worth eating if well boiled than the richest ever made when only half cooked.

Christmas Plum Pudding, Good.—This is a very nice family pudding, and will be liked better by many than those with a larger proportion of fruit. Required: a pound of good raisins, a pound and a quarter of currants, the same of sultanas, six ounces of candied lemon peel, the same of orange, two ounces of citron, the rind and juice of a lemon, a teaspoonful of mixed spice, the same of salt, a pound and a half of bread-crumbs, four ounces of flour or corn-flour, a pound and a quarter of rich moist sugar, six large eggs, a gill of rum, a gill and a half of good ale or stout, and half a gill of brandy. Two ounces or more of chopped almonds may be added if liked. Cost, about 4s. 6d. Enough for two medium-sized puddings, which should be boiled for eight hours or more.

The flour, bread, salt, spice, and suet should be mixed, and the fruit put to it after the raisins have been stoned and the sultanas very carefully freed from stalks; the peel should be in rather long thin strips. The grated rind and strained juice of the lemon should go in with the sugar, and the eggs, stout, and spirit be beaten together before they are added. The whole should be stirred well and the ingredients left for a few hours before boiling. A very good pudding may be made by using all stout, or about three-quarters of a pint of stout and a couple of tablespoonfuls of rum. When well boiled a pudding mixed with stout or ale and a very small amount of rum, will taste

as if a good deal of spirit had been used in it. The mould or basin may be greased only or sugared also, and should be filled, but the cloth should be slack to allow for swelling. (*See* pages 813 and 814.)

See SWEET SAUCES, both cold and hot, for suitable ones for plum puddings.

Christmas Plum Pudding, Plain.—This is recommended as a good and wholesome pudding at small cost. Required: a pound of smoothly mashed potatoes, half a pound of boiled and mashed carrots, a pound of flour, or half flour and half bread-crumbs for a lighter pudding, a pound each of currants and stoned raisins, half a pound of suet, three-quarters of a pound of sugar, half a teaspoonful of salt, the same of grated nutmeg, a good pinch of ground cloves, half a teaspoonful of liquid browning, a tablespoonful or two of treacle, two ounces of candied peel, a large grated apple, and two eggs. No milk or other liquid is required. Cost, about 2s. Enough for one large or two medium-sized puddings. Time for one pudding, about eight hours. It is not the same thing at all if hurried.

NOTE.—Reduce the potatoes to three quarters of a pound, and add another egg for a better pudding, and increase the peel to four ounces. By using any vegetable fat in place of suet, this becomes a vegetarian pudding.

Christmas Plum Pudding, Rich.—Required: a pound of beef suet, ten ounces of bread-crumbs, four ounces of flour and two of corn-flour, three-quarters of a pound of sultanas, the same of muscatel raisins stoned and halved, half a pound of currants, a quarter of a pound each of lemon and orange peel (candied), two ounces of citron, two or three ounces of sweet almonds, a pound of Demerara sugar, the rind and juice of a lemon, a saltspoonful each of salt, ground nutmeg, and ginger, five large or six small eggs, and a gill each of brandy and rum. Cost, about 3s. 4d., exclusive of the spirit.

The almonds should be chopped and added to the bread and flour, with the rest of the dry ingredients; the eggs and brandy and rum should be beaten together and added gradually; and the pudding well mixed. Boil for twelve hours in a buttered mould; less time does not do justice to it; or, if divided into two, boil for six to seven hours. This is a good keeping pudding, and the colour and flavour are good.

Another way.—Omit a fourth of the rum and brandy, and add half a pound of grated apples of a good firm kind; the spice may be reduced; the rest of the materials are as above. A quarter of a pound of glacé cherries are a great improvement, but may be dispensed with. The currants should be dry; the sultanas picked, and the peel shredded thinly.

Climax Pudding.—*See* METZ PUDDING, and make this in the same way, but omit the brandy and fruit: and when the pudding is done, spread a little heated lemon marmalade over, and then cover with the whites of two eggs made into a meringue with an ounce of sugar. It should be put on rockily, and the pudding but delicately browned. The sauce of the same name (page 120) should be served with it.

Cocoa-nut Cheesecakes, Good.—Required: some flaky or puff paste, a quarter of a pound of fresh cocoa-nut, two ounces of butter, the same of sugar, three eggs, and some flavouring. Cost, about 1s. 6d. to 2s. per dozen.

The butter should be melted and the sugar stirred in, then the nut and the yolks of eggs when cold. The whites may be omitted, or one or two may be used for meringue after baking. (*See* TARTS on page 860.) The flavouring may be rose-water, essence of lemon, or a little lemon juice; or some vanilla essence and a teaspoonful of brandy is a very nice flavouring for these. The patty pans should be

three-parts filled, and baked in a sharp oven. Dried nut may be used; it should be soaked in a couple of tablespoonfuls of hot milk, and three and a-half ounces of nut will suffice.

For plainer cheesecakes, *see* COCOA-NUT ORANGE PUDDING below; the same mixture, with a medium paste, makes nice cheesecakes.

Cocoa-nut Orange Pudding.—Required: half a pint of milk, the same measure of bread-crumbs, an orange, two tablespoonfuls of dried cocoa-nut, the same of white sugar, an ounce of butter, and two eggs. Cost, about 8d.

The milk should be heated and poured over the nut and bread, and the butter and sugar stirred in and left to cool. The eggs are then beaten in with the grated rind and juice of the fruit, and the mixture baked in a moderate oven for an hour, or rather less if a shallow dish. A little raspberry jam spread over gives variety, or the whites of the eggs may be reserved for a meringue. (*See* TARTS, page 860.) This is a very nice pudding, and many other nuts are useful in the same way. A plain paste may be put round the edge of the dish, if liked.

Cocoa-nut Pound Pudding.—Required: grated cocoa-nut, fine flour, butter, and sugar in equal weights, and to a pound of the mixture, two eggs, two tablespoonfuls of thick cream, half a teaspoonful of baking powder, the same of vanilla essence, a teaspoonful of rose-water, and a teaspoonful and a half of brandy. Cost, about 1s. 3d.

The butter should be creamed with the sugar, and the dry materials put in a little at a time, and the whole beaten. This should take a quarter of an hour. The powder is excepted; that goes in with the eggs, which are to be beaten up with the cream and brandy. The whole should be lightly stirred. Small buttered moulds should be half-filled, and the puddings baked in a good oven, then turned out and served with any nice sweet sauce.

College Puddings.—These are both fried and baked. We give recipes for both, with the reminder that the fried ones, on account of the short time allowed for the cooking of the suet, are not very digestible.

The following is for a medium baked pudding—Required: half a pound of fine bread-crumbs, an equal measure of milk, six ounces of chopped beef suet, the same of white sugar and currants, three eggs, a pinch of mixed spice and a little grated lemon peel, a pinch of salt, and a spoonful of sherry or raisin wine. Cost, about 1s. 2d.

The dry materials should be mixed, and the liquids added and left to soak for an hour. The whites of the eggs are better added at the last. Then bake in cup moulds, buttered and three-parts filled. Cook gently; turn out and serve with sweet sauce. The mixture may be cooked in a dish, and sent to table in it with the sauce in a tureen. For a better pudding the dish may be lined at the sides with short paste.

Another way.—This is a good pudding. Required: equal weights of pounded sweet almonds, butter, and sugar, and a slight flavouring of bitter almonds; supposing the three materials first-named to weigh three-quarters of a pound, four bitter almonds will suffice. The yolks of six and the whites of three eggs should be added after the other materials have been beaten together, and the mixture baked in a pie-dish spread at the bottom with jam. Wine is sometimes added, or a little good liqueur, and the dish lined with puff paste. Cost, about 1s. 6d. or 1s. 8d.

Fried.—*See* the first recipe above, and use the same materials, except the milk, of which only a couple of tablespoonfuls will be wanted. The same measure of brandy or wine is also required; or, for a plain dish, use four tablespoonfuls of milk. Take up portions the size of a small hen's egg and roll them in flour, then fry them in boiling fat to a pale brown. Plenty of fat is wanted, and it should cover the

puddings. Take up with a skimmer, and serve on a hot dish on a folded napkin, and send sweet sauce to table. The puddings should be well drained. A quarter of a pound of butter may be used instead of suet if a little flour be incorporated with the other materials. Less sugar will make the puddings lighter.

NOTE.—The crumbs may have to be reduced or increased a little, to make the mixture just the right consistence for frying.

Combination Roly-poly.—Required: materials as below, which make a very useful store mixture for puddings, and some suet or other paste, as used for jam and other roll puddings.

Take half a pound each of figs, dates, French plums, brown sugar, sultana raisins, and chopped apples, with any spice to taste; about half a small nutmeg and the same amount of ground ginger will be found very nice, or lemon rind may be used, or the apples may be reduced a little and a spoonful or two of marmalade used. The figs, dates, and plums are to be cut up small, and the better the quality the nicer the pudding, though the best are not wanted for a plain pudding. This is suitable for winter use, and any quantity may be made in the above proportions. Currants may be added, but are better omitted for children; large raisins, stoned and chopped, will make a richer mixture than when sultanas are used, but by using the latter the mixture is more quickly prepared. Make the pudding precisely the same as any other roll, but boil it longer than for a jam one. Should the ingredients become dry, they may be moistened with treacle, or a little may be spread over the paste to begin with.

Conservative Pudding.—Required: six ounces of stale bread in thin slices and free from crust, one egg, a little jam, a gill of milk, two or three ounces of sultana raisins, and a couple of ounces of shredded candied peel. Cost, about 7d.

Spread half the bread very thinly with any jam free from stones; form into sandwiches with the remainder; then cut into half-inch dice. Butter a basin, and put the bread in with the raisins and peel; beat the egg and milk up well; pour over the rest, and steam the pudding for an hour or more. Serve hot or cold. Marmalade may be used in the same way. This goes by the name of RADICAL or LIBERAL PUDDING in some parts. It is very light if carefully steamed.

NOTE. — For a more substantial pudding of the sort that answers for nursery dinners, the bread may be cut thicker and the crust left on, and brown bread may be used. Half as much more milk may be added, and half an hour's further cooking allowed. The pudding can also be baked. (*See* BREAD AND BUTTER PUDDING.)

Corn-flour Lemon Pudding.—Required: two ounces of corn-flour, one lemon, a pint of water, two ounces of sugar, and some lemon marmalade. Cost, about 4d.

Mix the corn-flour and a little of the water to a paste; boil the rest of the water and add it, then boil again for five minutes, stirring all the time; add the strained juice and grated rind of the lemon with the sugar, then pour into a basin that has been rinsed with cold water; turn out when cold, and pour a small quantity of marmalade over it. If preferred, use an orange, and some orange marmalade, or a small quantity of any fruit juice that may be handy, with a little stewed fruit, gives another variety. These puddings are cheap, quickly made, very wholesome, and suitable for use in hot weather; they will be particularly appreciated by those with whom puddings containing milk and eggs do not agree. Rice flour makes a more substantial dish of the kind, but wants longer cooking.

NOTE.—For ordinary puddings from corn-flour *see* directions on the packets. (*See* INDEX for other recipes.)

Cornets à la Valencia. — Required: paste, jam, cream, almonds, and garnish as below. Cost, about 2d. each.

See the recipe for CREAM CORNETS, next column, and prepare the tins as directed. When done brush them over with melted apricot jam, then dredge them with chopped baked almonds. Brush over with a little beaten egg-white and hold a salamander over for a few seconds, colouring them equally, then lay them on a pastry rack or sieve to get cold. Arrange them on a dish covered with a lace paper, the points meeting in the centre, after filling with whipped cream, sweetened and flavoured to taste, and coloured green and pink; the colours should be arranged alternately. Sprinkle the edges of the pink cream with chopped pistachios, and the green with crystallised rose leaves or violets. This is a very pretty dish. About half a pint of cream will be enough for eight cornets.

NOTE.—This mode of ornamentation can be applied to pastry of other shapes; for example, some deep patty pans may be thus treated with pastry, and filled and finished off in the same way, and if angelica handles are put on, they become Baskets à la Valencia. Some may have strips of pistachios or green fruits instead of the chopped pistachios, and shredded French plums may be used for others, a little pile of the crystallised leaves being put in the centre.

Cranberry Pie.—Required: a pint of cranberries, half a pound or more of sugar, a couple of cloves, and some paste of moderate richness. Cost, variable.

The fruit should be washed in several waters until quite clean. Pick it carefully, and then put it with the sugar to cook for a time until half done. When cold put it in the dish, and finish the pie in the usual way. (*See* FRUIT PIES, page 845.) The paste should be thin, and may be glazed before baking (page 809). It is nice cold with cream or custard.

Cranberry Pudding.—Should a thick paste be used and plenty of time be given, the fruit need not be cooked in advance; it always wants washing and picking. Allow sugar as above. A short or suet paste will serve. (*See* FRUIT PUDDINGS, page 846.)

Cream Cornets. — Required: good short paste, and some jam and cream as below. Cost, about 2d. each.

The cornet tins should be slightly buttered on the outsides, and the paste cut in strips, and rolled round from top to point, pressing it well to the tins, and joining as neatly as possible. It is very important that the paste for these be mixed as stiff as possible, and handled but little. Bake in a moderate oven to a pale colour, and cool on a rack or sieve. When quite cold, slip the cornets from the tins, and fill with whipped cream that has been sweetened and flavoured to taste. Almond or vanilla or orange essence may be used, and a portion of the cream may be coloured and used in spots on the white. The jam should be stoneless, or any nice jelly is to be preferred; this should be put at the bottom. Some cut the paste in one piece and shape it to the tin neatly, trimming where necessary.

Another way is to use all white cream, and sprinkle with various coloured sugars. These are sometimes called CREAM HORNS. They should be dished points to the centre, on a lace paper.

Another way.—Before putting in the cream, pour a little good custard in the cornets; it should be mixed with enough gelatine to just set it, and should be almost set when used. Then put the cream on the top; leave it white, and decorate with any fresh fruits of a bright colour. These are very nice. The same mixture may be used for pastry of other shapes, such as shells, little dariole moulds, and fancy moulds of all sorts. The cream should stand up high.

Creamed Apple Pie. — (*See* APPLE PIE, RICH.)

Cup Custards. — (*See* CUSTARD PUDDING, BAKED, WITH CRUST.)

Curd Cheesecakes.—Required: half a pound of curds (page 807), five ounces of sugar, the yolks of four eggs, and the whites of two, or for choice, six yolks only, which will make very good cheese-cakes, two ounces of butter, the same of powdered ratafias, a teaspoonful of brandy, the grated rind of a quarter of a lemon, and some puff or flaky paste. Cost, about 2d. each for very small ones.

The butter should be melted and mixed with the curds, and the other ingredients added by degrees, or it may be pounded with the curds; the first mode is, we think, the better. A rich short paste is sometimes liked. The patty pans should be deep, and thinly lined, and three-parts filled, and the oven should be sharp. These are good hot or cold, but very rich while hot.

Another way.—Reduce the sugar to three ounces, and add an ounce of currants, and the same of candied peel in thin shreds to the mixture. There are all sorts of flavourings favoured by cooks for these. Mace or nutmeg, and the rind of an orange is liked by some; and brandy, with a strong flavouring of almonds by others. In the latter case the ratafias would not be wanted; an ounce of grated sponge cake may be used instead, or it may be omitted when the cheesecakes are liked very rich and creamy, as it has the effect of making them a little more solid.

Curd Dumplings.—These are a Russian dish. Required: paste as for RUSSIAN MEAT PASTY, curds, eggs, sugar, and cream. Cost, about 2d. each.

The curds are mixed with the yolks of some hard-boiled eggs to form a ball, a little butter being added; the precise quantities are regulated by the degree of richness desired. The balls should be about two-thirds the size of a Tangerine orange. The paste is cut in rounds, and the inner edges moistened with beaten white of egg, and the ball put in the centre; the paste is to be wrapped round very compactly. Boil in water, and serve with sugar and sour cream. Without these accompaniments, the dish is sometimes served as a savoury, in the place of meat. Those who do not like sour cream may feel inclined to try the dumplings with sugar only, or with sweet cream; and we may add that the less egg used in the mixture, the more delicate the dish.

Curd Puddings.—These are very nice and much liked generally. Required: half a pound of curds, two ounces of butter, two and a half of sugar, two eggs, half a glass of sherry or brandy, a little spice or other flavouring, and three good tablespoonfuls of bread-crumbs. Cost, about 1s. 3d.

The bread should soak in the wine, and be mixed with the other materials; the whites of eggs should be whipped and added last. Bake in buttered cup-moulds, not more than half filled. Time, about twenty minutes in a moderate oven. A wine or other sweet sauce is an improvement.

Currant Pie.—Required: a medium or rich flaky or short paste, currants, and sugar as below. Cost, about 1s., or more when rich paste is used.

These pies are generally eaten cold. Pick the fruit with care. White sugar should be used. The paste may be glazed before baking, or, if a short paste, dusted with sugar only when done. A mixture of black currants and black cherries makes a very richly flavoured pie. Custard or cream may be served with a cold one. For a family dish, use a plain paste and moist sugar. (*See* FRUIT PIES, page 845.)

Currant Pudding, from Fresh Fruit.—Required: a pound of currants (which may be black or

red, or a mixture), some suet or short paste, and sugar. Cost, about 10d.

The fruit should be picked and rinsed quickly in cold water to free it from dust. Allow two or three tablespoonfuls of moist, or a quarter of a pound of crushed lump sugar, and line the basin with a thin paste. The fruit and sugar should be well mixed, and the basin well filled. Boil for two hours at least if a suet paste, or steam for two and a half.

A mixture of currants and raspberries or currants and cherries makes a good pudding. A few ounces of strawberries added to a pound of currants is also to be recommended.

Currant Suet Pudding.—Required: four ounces of suet, the same of currants, an ounce of brown sugar, a saltspoonful of spice, a pound of flour, a teaspoonful of baking powder, and water. Cost, about 5d.

The dry materials should be mixed, and the water added to make a stiff mixture, about two and a half gills; this may be boiled in a cloth or greased basin. Allow three hours if a basin; rather less if a cloth. If liked bolster shape, it will be done in rather less time. This is known as "Spotted Dick" in some places. For a better pudding, add another ounce of currants, and two more of suet, and put in an ounce of candied peel in shreds. An egg improves it. Buttermilk for the mixture may be recommended—being very wholesome for all sorts of plain puddings; the baking powder may then be omitted, and a half teaspoonful of carbonate of soda added if liked.

Another way.—This is known as "Grocers' Roll." Required: half a pound to three-quarters of suet paste, four or six ounces of currants, and an ounce of brown sugar; candied peel and a little spice for a better pudding. Cost, about 6d. The paste should be rolled out in a sheet a foot or so wide, and the other materials sprinkled over, away from the edges, then rolled up and finished off as directed for the JAM ROLY-POLY of page 853.

NOTE.—Raisins, either sultana or large ones split, may be used in the same way as currants. When the fruit is dry, a morsel of honey or treacle is an improvement.

Custard Pudding, Baked, without Crust.—This, if made as directed, will be found very light and delicate, and quite suitable for invalids and children. Required: a pint and a half of milk, four eggs, two or three ounces of lump sugar, a bay leaf or other flavouring to taste. Cost, about 8d.

The milk should be boiled with the sugar and flavouring; should lemon or orange peel be used, cut it thinly; if essence, it must be added after the milk has cooled. The eggs should be beaten in a basin, and the milk added by degrees, the beating being continued. Then pour in a greased dish, or leave it plain, or rinse with cold water; if the oven is cool, the custard will not stick or burn. A little nutmeg may be grated over, and the pudding should be baked in an oven cool enough for cereal puddings (*see* page 829). Should the oven be too fierce, the dish should be set in another, or in a tin, with a little hot water in. For richer custards, the eggs may be increased, or cream may replace some of the milk; the yolks of double the number of eggs will give a richer dish, and may always be thus made when the whites can be used up in other ways. Fresh peach leaves or a few petals of orange flowers form very dainty flavouring for custards, either baked or boiled.

Custard Pudding, Baked, with Crust.—Required: materials as above and some paste; good or medium short is generally liked. Cost, about 1s.

The milk for this may be put to the eggs while cold, or it may be heated as above, and then left to get cold before pouring into the dish, which may be lined entirely with paste, or at the sides only. Should the latter mode be adopted, the paste should be carried to the very bottom of the dish, and well

pressed to the sides. It must not be too thin, or, owing to the slowness of the baking, would be dried up by the time the custard is done. When lined with paste, it is sometimes baked a little before the custard goes in; but we do not favour the mode. To prevent blistering, the bottom should be pricked. This pudding, although requiring a slower oven than pastry of other kinds, must not be baked as slowly as a custard without paste, unless, as in some cases, the paste is not intended to be eaten, and is of a very plain sort; but this kind of custard is not often made, and there is no reason why, with care, one with a paste should not be very nice.

Note.—Should the eggs be pale, or if it is desired to give a richer appearance to the custard, a little yellow colouring may be used, but not much, or the effect is offensive.

For small cup custards, made in dariole or cup moulds, either of the preparations above may be used; or a cheaper one made from an ounce of corn-flour, a pint of milk, two eggs, and sugar and flavouring to taste. The milk and corn-flour are to be boiled and added to the eggs, &c., off the fire, well beaten, and put in the paste when cool. The edges of the paste should be crimped, and the bottoms pricked, and a plain or medium paste, short or flaky, answers. These are nice in the summer for serving with fruit, when made without paste.

Dampfnudeln.—This is the name given to a variety of dumplings peculiar to Germany. They are very nice. The following are amongst the simplest.

No. 1.—Required: fourteen ounces of fine flour, two eggs, an ounce of castor sugar, a gill of new milk, or half cream for richer ones, a pinch of salt, two and a half ounces of fresh butter, and three-quarters of an ounce of German yeast. Cost, about 9d. The yeast should be mixed with the tepid milk and a little of the sugar, and added to the eggs and the creamed butter; the flour and salt are to be put in another vessel, and the contents of the first added, when the result should be a light spongy dough, free from stickiness. A trifle more flour may be wanted. Cover with a thick flannel, and leave to rise until the bulk has doubled. The shape may be round or oval. Pieces the size of an egg should be cut off and moulded on a board with a little flour. To cook the dumplings, take a broad stewpan and put in a teaspoonful of sugar, an ounce of butter, and milk to the depth of an inch, and when the mixture boils put the dumplings in in a single layer, nearly touching each other. Cover, and cook in the oven until the milk has almost dried up, and the dumplings have a nice pale brown crust. The cooking should be slow, or the moisture will evaporate before the dumplings are cooked. They should be put on a very hot dish and served with sifted sugar, some being put over, and a jam, or other sweet sauce, or stewed fruit. Break them apart with a fork.

Note.—For a cheaper dish use dripping. Those who have not a pan of this kind of sufficient depth may use a tin, with a baking sheet or another tin put over, but care must be taken that the under tin is not burnt at the bottom, or the flavour will not be good.

No. 2.—These are made as above, but they are put on the baking tin or in the stewpan with a little space between, and, when half done, some slightly sweetened warm milk is put over. They are not so crisp, but are more easily cooked, and somewhat resemble an English steamed dumpling.

No. 3.—Required: three ounces of butter, three eggs, with the whites of two omitted, an ounce of sugar, half a gill each of milk and cream, vanilla flavouring, two tablespoonfuls of fresh yeast, and flour to make a soft dough. Cost, about 1s.

The flour should be added by degrees to the whole of the other materials mixed together; the softer

it is the nicer, but it should not stick. Mould into egg shapes, and let them rise again to the fullest extent before baking. (*See No.* 1 on page 839.)

Damson Pie.—Required: fruit, sugar, and paste. Cost, about 1s., for a pie of medium richness, made with two pounds of fruit.

The damsons are to be picked and rinsed, and unsound ones thrown away. Moist sugar does for a plain pie, but crushed lump is recommended for a good one; the flavour is better. Cover as for apple pie (page 820), and serve hot or cold. If a flaky, or good short paste, glaze it.

Damson Pudding.—*See* directions above, and make as apple and other puddings of the kind. This is often served with cream.

Darioles à la Madeira.—Required: pastry, a gill of milk, a tablespoonful of crushed ratafias, the same of Madeira cake-crumbs, the yolks of four eggs, the whites of two, a gill of cream, an ounce of castor sugar, two tablespoonfuls of Madeira, an ounce of citron peel in thin shreds, and an ounce of butter. Jam as below. Cost, about 1s. 6d.

Bring all the materials to the boil, except the wine, eggs, jam, and cream. When cool, stir them all in, the jam excepted, then line the moulds with a good short paste, prick the bottoms, and three-parts fill them. Bake in a moderate oven. When cold, turn out and dish in a ring, and put a little jam on the top of each, alternating the kinds and colours as much as possible. The smallest moulds should be used for these. The same mixture may be used for cheesecakes.

Darioles à la Maraschino.—These are made as above, but the Madeira is omitted, maraschino being substituted, and no ratafias are required; their place should be taken by increasing the quantity of cake-crumbs. These are very dainty, and only greengage jam should be used for them, and a spot of whipped cream, coloured a pale pink, put in the centre.

Date Puddings.—The following recipes are for puddings made of the cheap dates, about 3d. or 4d. per pound. When better ones are wanted, follow the recipes for Fig Puddings. Required: half a pound of dates, a couple of tablespoonfuls of grated apples, or a little apple sauce, or a spoonful of treacle, or the same of chopped raisins, and some suet or other paste, about three-quarters of a pound. Cost, about 5d. or 6d.

The dates should be scalded and stoned, and mixed with the other ingredients, or with brown sugar only should nothing else be handy. Spice may be added, or some lemon or orange peel. Make into a roly-poly, and boil for a couple of hours or so. The pudding may be made in a basin, first lining it, and putting layers of fruit and paste alternately.

Another way.—This is very cheap, but is wholesome, and suitable for children. Required: a quart of water, four ounces of rice or other cereal, four to six ounces of dates, two ounces of honey or treacle, and a pinch of salt, and spice if liked. Cost, about 3d. or 4d.

Make the pudding precisely the same as directed for Cereal Puddings on page 829, using the water instead of milk, and adding the scalded dates to the mixture. A little cocoa-nut may be put in this, and various other date puddings, as it is a great improvement.

Another way.—Follow either of the recipes for plain bread puddings, using dates instead of currants or raisins.

Devonshire Rum or Brandy Pudding.—Required: some cold plum pudding, rum or brandy, and a custard as below. Cost, according to size.

This is good for the festive season, when plum pudding served in the ordinary way becomes somewhat monotonous. A plain mould should be greased and the cold pudding cut in strips and crossed lightly in opposite

directions until the mould is full; they should be so arranged that there will be room for the custard to run in between, and should be soaked in either of the above spirits. A pint of milk to four eggs will make a custard rich enough for most people, but more eggs, or cream, may be used. Very little sugar is required. A pudding made in a quart mould should be steamed for a couple of hours. It may be served with or without sauce. A dish of Devonshire cream goes well with it. This is sometimes baked.

Diamond Pastry.—Required: some puff paste, almond paste, and garnish as under. Cost, about 2d. each.

The paste should be cut in diamonds, and a centre incision made with a small diamond cutter; or the latter may be done with a knife. Brush over with white of egg, and dust with sugar, and bake in a hot oven. Then cool on a sieve, and cut out the centres; lay the diamonds on thinly-rolled almond paste cut to the same size, and fill the middles with as great a variety of preserves as possible. The edges of the diamonds should be piped with icing to contrast in colour with the preserve. For example, lemon marmalade and green or pink icing; raspberry jelly and white icing; apricot jam and chocolate icing; and if a number are required, some may be filled in the centre with whipped cream, and piped with a little red currant or other fruit jelly. A plain small pipe should be used for the latter. The effect is very pretty, and the process quite simple. If no bag is at hand, a cone made of stout paper may be used.

NOTE.—Cocoa-nut paste may be used instead of almond paste. (*See* CAKES for both.)

Diplomatist's Own Pudding.—Required: jelly, custard, sponge cake, preserved ginger, and other fruit as below. Cost, about 2s. 6d. for a pudding made in a quart mould.

Take enough lemon jelly, which has been tinted green, to line the mould, then half fill up very lightly with sliced sponge cake, sprinkled with chopped preserved ginger between the layers. The top of the mould should be garnished with any green fruits, and some of the ginger. Then take a pint of the rich MOULDED CUSTARD given in *Sweets*, and flavour well with ginger syrup and pale brandy, with just a dash of vanilla. The cake should be moistened with a little of the ginger syrup. The custard should be strained over the cake to fill the mould when on the point of setting, and when the custard is firm more jelly should be poured over it. This should be put in a very cold place, on ice, if possible, until it will turn out. The sauce of the same name (page 121) should be poured round. This is also very nice with an accompaniment of whipped jelly of a contrasting colour. (*See* JELLIES.)

Dr. Johnson's Pudding.—Required: about a pound of rhubarb, sugar, and bread, and a plain custard. Cost, about 9d. for a medium-sized pudding.

The rhubarb should be stewed and well sweetened. (*See* FRUITS.) The bread should be thinly sliced, and the two put alternately in a deep dish. The proportions are a matter of taste: a pound of fruit to half a pound or three-quarters of bread will be right for a plain dish. The top layer should be fruit, and the pudding put by to cool. The dish should not be full; room should be left for a plain corn-flour custard, from half to three-quarters of a pint, which should be poured over just before it goes to table. Without the custard this is sometimes called Wakefield Pudding.

Duchesse Pudding.—This may be served hot or cold, and should be accompanied by the sauce on page 126. Required: half a pint of milk, the same of cream, an ounce of fine arrow-root, six eggs, two ounces of sugar, the rind of a large orange, four ounces of glacé oranges, half a glass of sherry,

two ounces of muscatel raisins, the same of citron peel, and two tablespoonfuls of fine sponge cake or bread-crumbs; if bread, increase the sugar a little. Cost, about 2s. 3d.

Mix the milk and arrowroot, and stir to the boil, add to the crumbs and sugar, and beat well; leave to cool, then add the yolks of the eggs and the whites of half of them. The oranges should be cut up and soaked in the sherry for awhile beforehand. Use half in the pudding, and the rest, with the peel in shreds, and the raisins, for the garnishing of the mould; or part of the peel may go in the pudding. The cream should be beaten a little before it is added. The pudding must be most carefully steamed for an hour and a half, then turned out, and the sauce poured round. For a cold pudding leave it in the mould until cold. Use only half the above weight of crumbs. The rind of the orange may be grated, or rasped on the sugar.

Dumplings.—The dumpling of everyday life may be described as a pudding in miniature. In many instances, the ingredients that serve for a pudding may be converted into dumplings by making the mixture stiffer. There are certain advantages derivable from a dish of dumplings; one is that all sorts may be steamed instead of boiled, thus saving the trouble of cloths, and they will cook to perfection in an ordinary potato steamer. When cloths are used, those made by knitting or netting some soft strong cotton into the required shape and size are often preferred to ordinary pudding cloths, as they imprint a pattern upon the dumpling during the boiling, and are easily washed, owing to their loose texture. Fastidious children who cannot be induced to eat fat, which perhaps has been prescribed for them, may often be won over by presenting them with a nicely made suet dumpling "all to themselves," and they may be very easily varied so as not to become monotonous. For instance, a plain dumpling, made preferably from the digestible suet paste of page 747, may be served one day with sweet sauce, another with jam, or marmalade, or treacle; or honey, with a squeeze of lemon or orange juice, is very nice; while with stewed fruit of any sort in season, there is no end to the variations that may be made. (*See* INDEX.)

Dutch Apple Pudding.—This is like a pie in appearance. Required: a pound of apples, two ounces of currants, the same of candied peel in strips, three or four ounces of sugar, half a teaspoonful of mixed spice, the rind of half a lemon, and the juice, or, instead of the latter, some thin slices of lemon, and a moderately rich paste. Cost, about 9d.

The apples are to be prepared as for a pie, and put in layers with the other materials. Should the sliced lemons be used, they are to be put in the middle of the pie. Glaze the paste, and serve hot or cold. Sugar and cream should accompany this. Oranges may be substituted for lemons. Keep this pale in the baking.

Emergency Puddings.—Required: for the foundation, three ounces of butter, two eggs, two ounces of sugar, and three and a half ounces of flour, or half may be rice-flour, and other ingredients as below. Cost, variable.

The butter and sugar are to be beaten until creamy, and the eggs added one at a time, with a beating between each. The flour should be stirred in with a little baking powder at the last moment. A shallow dish or tin should be used for the baking; the oven should be sharp, and the pudding cooked to a pale brown. After turning out, treat in either of the following ways:—Pour a little sweet hot sauce over; many that can be quickly prepared are given in SWEET SAUCES. Or use the syrup of any bottled fruit, or some heated jam, jelly, or marmalade. The pudding mixture may be varied by the addition of currants or raisins, or shredded candied peel; but such ingredients are only available for puddings of this name, where they are kept ready for

use. By baking the mixture on tin plates and spreading with jam while hot, another variety is obtained; and a simple corn-flour custard, which may be got ready in a few minutes, may be poured over.

Another way.—Bake the pudding in a tin, and cut it in pieces for serving, then spread a little cream over, and dish prettily. Or spread a good layer of stewed fruit over the top, and send the cream to table.

Another way.—Supposing a dish of stewed fruit to be in readiness, the pudding may be soaked in some of the syrup, and cut in triangles, then stuck, points up, round the dish. This is a pretty and cheap sweet.

(*See* also HASTY PUDDING. The batter given for YORKSHIRE PUDDING may also be baked in little cup moulds.)

Empress Rice Pudding.—This is very nice, and all sorts of cereals may be made into puddings of the same kind. Required: half a pound of rice boiled in milk until soft, two ounces of butter, two or three eggs, and some jam, &c., as below. Cost, about 1s.

The rice should be cooked in milk only without sugar until the grains are swollen; but there must be no spare liquid. (*See* RICE, BOILED PLAINLY, page 559.) Take a deep dish, and grease it, then put the rice in an inch thick, then a layer of jam, then rice, and so on until full—rice forming the top layer. The eggs and butter are to be beaten into the rice while warm, and the eggs when cold. The pudding may be flavoured with spice or lemon peel, and, for a better dish, there should be a layer of short or flaky paste under the rice. In this case a small pudding is best, and the dish shallow. If served cold, send a boiled custard to table. This is varied by using marmalade or stoned and chopped raisins instead of jam.

Exeter Pudding.—Required: three eggs and the yolk of a fourth, two ounces of fine sago, five ounces of bread-crumbs, three and a half ounces of suet, three ounces of moist sugar, half a gill of rum, some jam and sponge cake, and the rind and juice of half a lemon, with sauce as below. Cost, with sauce, about 2s.

The eggs should be beaten up with the rum and sugar, and then added to the bread, sago, and suet; the lemon rind and juice go next, and the mixture should be beaten well. Butter a dish or mould, and put in ratafias to cover the bottom. Then put in some of the mixture half an inch deep, then sliced sponge cake spread with jam, and a layer of ratafias, and so on until the mould is full—the mixture of egg, &c., forming the top. The oven should be moderate. Time, about an hour and a half. If sent to table in the dish, any sweet sauce may be served; but if turned out, one of black currant jam or jelly and rum in equal parts, heated together, should be poured over. About half a pint will be wanted. This is greatly improved if the sago be soaked for some time in a little water to cover it. It is also good made without the sago—a slight thickening of arrowroot being added; it should be boiled in a little water, then mixed with the rum.

Fairy Pastry.—Required: some fairy butter made as below, and some tarts or finger pastry, or cheesecakes of any desired kind; but the butter is only to be used with rich pastry; it is not suitable for plain dishes. The yolks of three hard-boiled eggs, three ounces of castor sugar, the same of fresh butter, an ounce and a half of ground almonds, a teaspoonful of lemon juice, the same of sherry, or orange juice and brandy or rum may be used instead, and, if liked, a little colouring. Cost, about 9d.

This wants careful mixing, and in summer time it is better made over ice. The sugar and butter are to be creamed, and the yolks of eggs put through a sieve and added by degrees with the other ingredients; the colouring, when used, going in last. The mixture should be put through a coarse sieve, and put lightly on the pastry in any pattern to taste.

This may be used for various little cakes of the shortbread variety, and for biscuits; by varying the flavouring, it becomes a very useful preparation. A substitute for almonds is obtained by using some sieved ratafias, and a few drops of essence of almonds, or a teaspoonful of noyeau liqueur.

Fairy Pudding. — Required: some pink maraschino jelly, fairy butter as given for FAIRY PASTRY, two penny sponge cakes, half a pint of good boiled custard, flavoured with maraschino, two ounces of chopped almonds, the same of pistachios, an ounce of glacé cherries, a glass of sherry, half an ounce of sheet gelatine, and some whipped cream, about a gill. Cost, about 3s. 3d.

Take a mould of a pint capacity, and line thinly with a pink jelly. Crumble the sponge cakes, and soak them in the wine, then add them to the hot custard, and stir in the gelatine, which should be dissolved in a spoonful of hot milk. The pistachios and almonds should be chopped and put in, and the cherries quartered and added. The mould is to be filled with this when cool enough not to melt the jelly. More jelly should be poured over. When the pudding is set, turn it out and put the whipped cream round it. Part of it should be coloured a pale green. Then prepare a little fairy butter, and use for the garnishing of the top of the mould, first putting a small quantity of chopped pink jelly on, as used for the lining, and use some more butter on the whipped cream. This is a very pretty pudding, and the butter may be used in the same manner on various other cold puddings. The dish is rich, and must be served in small quantities only. Other cakes may be used instead of sponge, and bread, both white and brown, for variety. The custard should be made a little sweeter for bread. The cost may be reduced by using an ounce only of pistachios. (*See* SWEETS for the custard.)

Fig Pudding, Rich. — Required: six ounces of figs, the very best, the same weight of chopped suet, bread-crumbs and moist sugar, three eggs, three ounces of chopped raisins, or whole sultanas, an ounce and a half of flour, two ounces of citron and orange peel, the same of sweet almonds chopped, with two or three bitter ones, half a gill of milk, the same of wine or rum (raisin wine or sherry is best), or half wine and half rum is often preferred, a saltspoonful of grated nutmeg, or other spice to taste, and a pinch of salt. Cost, about 1s. 6d.

The figs are to be cut up, then chopped, and blended with the rest of the dry ingredients; it is a good plan to turn all on to a board, and chop *en masse* before adding the liquid materials; these are to be all beaten together, and after adding to the figs, &c., a thorough beating is necessary; it is well to leave the mixture awhile before cooking. This may be steamed or boiled for five or six hours. (*See* CHRISTMAS PLUM PUDDINGS for the methods, and for the kinds of sauce that may be served.)

Fig Pudding, Plain. — Required: half a pound of figs, a quarter of a pound of moist sugar, the same of suet, five ounces each of flour and bread-crumbs, a pinch of salt and mixed spice, an egg, a gill of milk, and a tablespoonful of treacle. Cost, about 8d.

The figs should be cut very small, and mixed with the dry materials; the liquids are to be beaten together, and the whole beaten up. A little baking powder lightens it. Boil for five hours. Dripping may be used, and three to four hours allowed.

NOTE.—For a plainer dish, follow recipes under CURRANT SUET PUDDING (page 838), using figs instead of currants.

Florador and Cocoa-nut Pudding.—Required: three ounces of large-grained florador, an ounce of butter, a pint and a half of milk, two

eggs, the rind of half an orange, two or three ounces of raisins, a few strips of candied orange peel, and an ounce of cocoa-nut. Cost, about 10d.

The cocoa-nut, if dried, should be put in the milk to soak, and brought to the boil with the florador, and left to simmer for about ten minutes. The butter should be stirred in, and the eggs when cooled a little. A mould or basin should be buttered, and the raisins and peel used for ornamenting the top; the grated orange rind is for flavouring the mixture. This may be boiled for an hour and a half, or steamed for two hours. As no sugar is used in the pudding, a sweet sauce of some kind is essential; or some heated jam may be poured over; or a sweet compôte of raisins or figs, or other fruit.

NOTE.—Other cereals are nice thus prepared. When a fresh cocoa-nut is used, some of the milk should be put in place of the fresh milk.

French Plum Tart.—This is a very nice dish. Required: half a pound of good French plums, a quarter of a pound of lump sugar, wine and water as below, and some thinly-rolled good short paste, about six ounces. Cost, when wine is used, about 1s. 2d.

The fruit should be rinsed, however good the quality. Boil the sugar and water or wine together, about a quarter of a pint of either, or it may be mixed, and a good claret or a light port may be used. When a thin syrup is formed, put the stoned fruit in, and cook for as long as may be necessary to soften it, but no longer; if over-cooked the flavour suffers. The kernels improve the dish. If liked, cook the fruit before removing the stones. Take up the fruit, and boil the syrup until reduced and thick; just enough to coat the fruit is wanted. Cover a tin plate or dish with part of the paste, and put the fruit in, then cover with the rest: crimp the edges, and glaze, and bake in a quick oven. It may be served hot or cold. If the latter, some cream should be handed with it. (*See* PRUNE PIE.) That recipe can be followed for one of plums, which may be prepared as above, but the syrup should not be so much reduced. Having no under-crust, the dish may contain more moisture.

Fruit Fleurs.—For the paste take either of the rich short ones on page 743, making it very stiff. (*See* remarks on page 792.) Bake and dry the case, then fill with fruit. The directions given for fruit vol-au-vents (page 846), apply here, and the fleur may be served hot or cold. When a good variety of fruit can be had, a dish of small fleurs of very inviting appearance may be made at small cost.

Fruit Pies.—The term "pie" is given in this work to those dishes of fruit that are baked in a pie-dish with a cover of pastry. It is common to meet with the same kind of dish under the names of pies and tarts in some cookery books; for instance, a plain dish of apples, covered with a homely paste, will be dubbed a pie; while a dish of apricots or other fruit with a richer paste is called a tart. The term used at one's own table is a matter of choice, for either is correct in the sense in which they are generally accepted, but to avoid confusion, and to distinguish the dishes from open tarts, the one name "pie" is here adopted. Under the recipes for the various sorts we give the necessary directions for preparation; the few rules here are of universal application. When the fruit is ripe it will, in all probability, be done by the time the crust is, and therefore needs no previous cooking; but sometimes this is necessary, owing to various causes. Apples, for instance, if of a tough sort will not be pulpy after long cooking, though those of a juicy kind may be done long before the paste. Really juicy fruit needs little or no water added, but when dry, some should be put in the dish. Fruit sinks, therefore the dish should be

well filled, and the fruit made high in the centre. The addition of sugar is said by many to be better deferred until the pie is done, as they argue that the fruit cooks better when unsweetened. Our own opinion is that some sugar should be put in at first, or more than the average quantity will be wanted at the end, but we do not advise the addition of sufficient to thoroughly sweeten the fruit; for one thing it is more liable to boil over in the oven. For delicate pies castor sugar should be used, but for plain ones moist sugar answers. A small deep cup should be put in the dish upside down, or a funnel of earthenware, to be bought for a few pence at most crockery shops, is still better. When the dish known as "the cook's comfort" is used, such devices for the retention of the fruit juice are not necessary, as owing to the construction of the rim of the dish, the juice cannot boil out. These dishes are recommended to all, as they save the fruit, and prevent a good deal of mess in the oven. To tell when a pie is done is simple; should the point of a knife come clean from the paste, and the fruit be in a soft pulpy condition, remove it from the oven. We have heard it asserted that the boiling out of the juice is a sign of sufficient cooking, but a moment's reflection will prove that, supposing the oven to be very fierce, it would be possible for the fruit to reach boiling point before the paste was cooked. (*See* remarks on pastry baking on page 742.) For the glazing of the pastry, *see* page 809.

Fruit Puddings.—The homely pudding of apples or currants, &c., is one of the plainest, but also one of the most enjoyable, as well as the most wholesome. These may be steamed or boiled; if the latter see that the basin has a good substantial rim. The paste may be short, such as No. 2 or 3, or a suet paste may be used; in the latter case less time is required than for meat puddings, because the paste will be thinner, except for the plainest dishes, and the fruit will be done by the time the crust is; for example, a pudding made with a pound of beef-steak would want longer than one made from a pint of red or black currants or other small fruit. When puddings are made from tinned or bottled fruit that is already fully cooked, the paste should be thinner than for other puddings from raw fruit. The latter should be sweetened (about a quarter of a pound of sugar to the pound of fruit may be regarded as the average). It is a mistake to use too much sugar at starting; and when the fruit is ripe and of a juicy sort no water is needed, otherwise a little is an improvement. For the treatment of pudding-cloths *see* page 813 under *Boiling*.

Fruit Vol-au-Vents.—These are very delicious, but some care is required to ensure success, and the lightest of puff pastry is wanted. The directions for the cases, either small or large, are to be found on page 800; and in the chapter on Fruits recipes are given for all sorts of compôtes with which the cases may be filled. The thing to remember is to have a well-cooked compôte of nice colour, and to see that the syrup is sufficiently reduced so as to cling to the fruit and not soak into the pastry. A morsel of sheet gelatine may be added. These may be served hot or cold; in the latter form they are very delicious. The fruit should be as cold as possible; an iced compôte is very superior to a plain one, though by setting the dish in a bowl of salt and water in the cellar for a few hours, a great improvement may be effected where no ice is at hand. The cases can be filled entirely with the fruit, and some custard or cream handed with the dish, or the fruit and cream may be put in the cases in alternate layers as preferred. This class of vol-au-vent is often ornamented on the top edge of the pastry; for this purpose a meringue may be used, or some whipped cream coloured to taste, or a few slices of fruit, or small whole fruit of a contrasting

colour to that used for interior is suitable. The pastry should be nicely glazed. (*See* page 809.)

Raw fruit is sometimes used for cold vol-au-vents; raspberries or strawberries are very delicious. It should be carefully picked, and sprinkled with fine sugar, and, if liked, with wine or brandy or a little liqueur in addition, and the cases filled at the moment of serving. Cream and sugar should be handed with these. The lids may be put on or not; for the more elaborate varieties they are often omitted and a garnish of some sort used instead. This may be cream, or various fruits arranged in a pattern with due regard to colour; or an edging of clear jelly, chopped or in little blocks, with a centre pile of white cream, with here and there some bright fruit, always looks well. Sometimes a border of pastry is used, and the centre filled up with jelly and fruit or cream and fruit. There is endless scope for variety so far as the finishing touches are concerned, and, well made, these dishes are often better liked than much more costly sweets.

German Pudding.—This is the pudding that is associated with the German sauce of page 121. Required: a lemon, three-quarters of a pint of milk, half a pound of bread, three ounces of sugar, the same of butter, four eggs, and some preserves as below. Cost, about 1s. 4d. to 1s. 6d.

Reduce the bread to crumbs. Peel the lemon thinly and cut the peel in strips. Infuse it in the milk for a time, then bring the milk to the boil. Remove the peel and pour the milk over the bread-crumbs, sugar, and butter. When cold add the eggs and beat thoroughly for some minutes. Then butter a basin and put in a layer of the mixture, then jam or marmalade, and so on until the basin is full, having as many sorts of jam and marmalade as convenient, all of which should be stoneless. The top layer should be bread, &c. This is best steamed, and will want from an hour and a half to two hours according to depth of mould. The preserves used should be of a stiff kind, and care is required in turning the pudding out.

Another way.—This is a baked pudding. Required: a pint of milk, the rind of a lemon, two ounces of sugar, an ounce each of flour and potato flour, four ounces of butter, and four eggs, with flavouring to taste. Cost, about 1s. Infuse the lemon peel in the milk, bring to the boil, then add the flours, first blended with a little cold milk, and the butter and sugar. When cool the yolks of eggs and the whites of two should be added, and the other whites at the last, after beating them stiffly. Bake in a buttered dish, leaving room for rising. Time, about an hour and a quarter. Serve with sauce as above.

Ginger Pudding.—This is a good pudding for cold weather. Required: half a pound of bread-crumbs, a quarter of a pound of brown flour and the same of white, six ounces of dripping, a tablespoonful of coarse brown sugar, the same of treacle, a teaspoonful of ground ginger, the same of baking powder, a good pinch of salt, a few drops of essence of lemon, and a gill and a half of milk and water mixed, or skim milk or buttermilk. Cost, about 8d.

Blend the dry ingredients, add the liquid, and boil for three hours. Serve the pudding with a sweet sauce or some hot treacle.

Another way.—This is called "dry ginger pudding." Required: half a pound of flour, four ounces of chopped suet or dripping, the same of brown sugar, and a teaspoonful of ginger and baking powder. Cost, about 5d. These should be most thoroughly mixed, and put in the dry state in a greased basin, which must be filled, then boiled from three to four hours. The moisture from the fat and sugar will suffice. Serve as above.

A variation of this is made by adding a grated apple and an egg, with the juice of a lemon and a pinch of

grated nutmeg. This is called "apple ginger pudding."

Ginger Pudding, Rich.—Required: bread and butter, candied peel and crystallised ginger, eggs, milk, and currants. Cost, variable.

This is made like bread and butter pudding, the ginger and peel being added to the ordinary materials used, or if liked the currants may be omitted.

Another way.—This is a steamed pudding. Required: three ounces each of flour and sugar, two and a half ounces of butter, half a pint of milk and cream mixed, three eggs, the grated rind of a lemon, and a quarter of a pound of ginger as above. Cost, about 1s. to 1s. 3d.

Put the milk and cream with the butter and sugar, and stir to the boil, then add the sieved flour; go on stirring for a minute, take the pan from the fire and add the eggs singly, after the mixture has cooled. The ginger should be drained from the syrup and cut up. Add it with the lemon. Steam in a buttered mould for an hour and twenty minutes. Serve with a sauce of the same name or any other prefered. For a better pudding, add a little brandy, and for a plainer one use all milk. By using half a pint of bread-crumbs in place of the flour a lighter pudding is produced. The sugar may also be reduced by an ounce. The crumbs should be stirred in while the milk is hot.

Ginger Rice Pudding.—Required: three ounces of ground rice, a pint of milk, two eggs, half a teaspoonful of ground ginger, a tablespoonful of crystallised ginger cut small, and the same measure of the syrup, and two ounces each of sugar and butter. Cost, about 9d. or 10d.

(*See* GROUND RICE PUDDING.) Prepare the rice, milk, &c., as directed, and stir the ginger in last with the eggs. This may be baked with or without a paste border, and is nice hot or cold. The mixture makes good cheesecakes.

Gooseberry Pie.—Required: fruit and sugar as for the pudding (boiled) below, and some short or flaky paste. (*See* CURRANT PIE.)

Gooseberry Pudding, Baked.—Required: a pint of gooseberries, prepared as for GOOSEBERRY FOOL, two eggs, two ounces of bread-crumbs, and some short or flaky paste. Cost, about 9d. to 1s.

The gooseberries are to be well sweetened, and mixed with the bread while warm; the eggs should be beaten in when the mixture is cold; an ounce of butter is an improvement. The edge of a shallow dish should be lined with the paste, and the mixture poured in to nearly fill it; bake, and serve hot or cold. In the latter form a cream or custard improves it.

This may be enriched by adding a tablespoonful of brandy, and the yolks only of four eggs; the whites of two and a couple of ounces of sugar may be used for a meringue for the top. (*See* MERINGUED TARTS, page 860.)

Gooseberry Pudding, Boiled.—Required: three-quarters of a pound of paste, either short or suet, a pint of gooseberries, and sugar as below. Cost, about 8d.

The above proportions of paste and fruit are for a good pudding; for a plainer one use a thicker paste. If green gooseberries are used at least a quarter of a pound of sugar should be allowed. Six ounces of castor sugar will not be too much. The ripe red or yellow fruit will make an excellent pudding of rich flavour. Top and tail the fruit, and rinse it quickly in cold water. Follow the directions for FRUIT PUDDINGS (page 846). Time, about two hours if suet paste, longer if thick. A jug of cream is a favourite addition to this pudding.

Ground Rice Cheesecakes.—The recipes are given for *ground* rice because it is more generally obtainable than rice *flour*, but the latter is superior, and may be used in the same way. (*See* remarks on page 567.) Required:

two and a half ounces of ground rice, a pint of milk, or a mixture of milk and cream, the rind of a small lemon, two ounces of butter, the same or more of sugar, three eggs, and some currants and candied peel, about two ounces of each. Cost, about 1s. 6d., if made with milk.

The paste used should be a medium short; line some patty pans thinly with it, and prick the bottoms. Mix the rice with a little of the cold milk; then boil the rest of the milk, add the butter and sugar, and boil all for ten minutes, stirring all the time. When cold, add the eggs and grated lemon peel, and the candied peel in strips, with half the currants. When the mixture is in the pastry—leave a little room for rising—the rest of the currants should be distributed over the tops, and a morsel of grated nutmeg, or cinnamon or mixed spice put over, or some more grated peel may be put in. The lemon juice may be added, and a little of the milk left out. When time is pressing, the rice and milk will do with only a few minutes' boiling, then three ounces to the pint should be allowed. The cheesecakes are nicer if the yolks of eggs only are used; four will be sufficient, or for plainer ones two if more rice be used. Orange rind may be used as a flavourer, and for richer pastry a little wine or brandy should be put in. Almond is by some preferred to any other, and currants are a matter of taste. (*See* Ginger Rice Pudding.)

Ground Rice Pudding.—These puddings are also called Folkestone or Kentish Pudding Pies. Required: for a plain pudding, a mixture as above, but made with an extra ounce of rice, as, owing to the greater depth, it must be stiffer. Some medium short paste is also required. Cost of a moderate-sized pudding, about 1s. 3d.

A pie-dish of medium depth should be lined at the sides with the paste, and the mixture poured in when cold. A little nutmeg should be grated over, and the pudding baked in a moderate oven. This may also be made without paste, and the currants may be omitted. If baked in a shallow dish it may be lined entirely with paste if preferred.

Ground Rice Pudding, Rich.—Required: some flaky paste, two ounces of rice-flour, four eggs, two ounces of butter, the same of sugar, half a glass of brandy, two ounces of candied peel, three gills of milk and one of cream, and the grated rind of an orange. Cost, about 2s.

The milk and rice should be boiled together for ten minutes, and mixed with the sugar and butter; the cut-up peel and grated rind should be added when cold, together with the yolks of eggs and the whites of two; the cream should be mixed in with the brandy, or rum may be used, and the pudding baked in a shallow dish lined with the paste. For a deep dish another half-ounce of rice should be allowed, and in warm weather two and a half ounces may be used for a shallow dish.

The juice of half an orange may be added and the milk reduced.

Guava Pudding.—Required: a tin of guavas and some rice, &c., as below. Cost, about 2s., including adjuncts.

The guavas are not unlike apricots in appearance, but their taste is something like that of the fig. The tin should be put in boiling water, and kept simmering for twenty minutes before it is opened. The guavas are then to be laid in a deep dish, and two to four ounces of rice that has been boiled in milk until done (page 559) should be spread on the top. Sugar and cream should accompany the dish.

Another way.—Open the tin without any preliminary heating, and use the fruit as any other, for boiled puddings with suet and other pastes.

Another way.—Use a short paste and line a basin, then fill with the fruit, and cover; bake and serve with the surplus juice and custard, or cream and sugar. This is nice cold.

Note.—Tinned guavas are also good

for pies. They may be obtained of dealers in Indian produce.

Half-pound Pudding. — Required: half a pound each of suet, bread-crumbs, flour, currants, and raisins, and half a pound mixed of treacle and milk—that is, rather less than a gill of milk; brown sugar may replace the treacle. The materials should be mixed and boiled for four to five hours in a greased basin. Cost, about 1s. 1d.

Another way.—Omit the suet, and add a quarter of a pound of dripping and the same of beef marrow. A portion of the raisins and currants may be replaced by candied peel, so that the total weight is the same.

Another way.—Use four ounces of mashed potatoes and the same of boiled carrots, and reduce the flour and bread in proportion. This makes a good pudding; a teaspoonful of baking powder improves all the varieties. This goes by the name of HALF-PAY PUDDING in some parts.

Harlequin Pudding, Cold.— Required: jelly as below to line the mould, fruit to garnish it, and a custard made of half a pint of milk, the same of cream, the yolks of six eggs, two ounces of loaf sugar, and a glass of any wine or spirit or liqueur that may be preferred. An ounce of sheet gelatine will be wanted to set the custard should the weather be hot; half an ounce will do in cold weather. Cost, about 3s.

Take a mould, as shown, Fig. 135, holding a quart or rather more, and line the sides with two sorts of jelly, so that the colours alternate. Supposing these to be pink and green, arrange some green fruits in any fancy devices on the pink, and some pink on the green. The mould should not be covered, as the custard mixture is to show through. Set the garnish with more jelly. Make a custard of the above materials, as directed for moulded custards in SWEETS, and pour it in the mould when quite cool. This may be coated over with more jelly or not, as preferred. Turn out and garnish with green leaves, or fruit, or jelly, or leave it plain. The mould shown is a very useful one for puddings of this class, as it affords endless scope for variety in decoration. Three kinds of fruit and the same of jelly may be used when sweets are

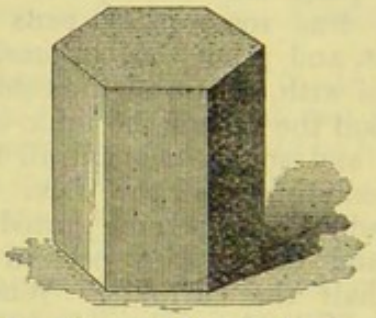


FIG. 135.—HEXAGON MOULD.

being made on a large scale and there are plenty of materials at hand. The sides of the mould may also be coated with jelly and cream alternately, and this reduces the cost of the fruit. For a cheaper pudding of the above kind, the custard may be made rather plainer.

Harlequin Pudding, Hot.— Required: five ounces of butter, the same of sugar, two and a half ounces of fine rice-flour or potato-flour, and the same of Vienna flour, four eggs, two ounces of grated cocoa-nut, a tablespoonful of lemon juice, two of brandy, one of rose water, and a few ounces of stoned muscatel raisins and some candied peel in fancy devices. Cost, about 2s. 3d.

Take a mould, as shown above, and butter it well; then sprinkle with flour lightly. Arrange the raisins in halves and the peel alternately in the divisions, thus: first raisins, then orange peel; then raisins and citron peel; next raisins and lemon peel. There will then be three stripes of raisins and three of peel when turned out. The mixture is made by beating the butter and sugar together and adding the yolks and flour alternately; the whites and the rest of the ingredients go in last; the whites cannot

be too stiff. The decoration should cover the mould. The pudding should be slowly steamed for an hour and a half. The mould may be had in copper, but a block-tin one, made to order, will serve the purpose.

Hasty Pudding.—This is a convenient and cheap dish, but requires care, or it becomes lumpy and objectionable. Required: milk, salt, dry sifted flour, and butter and sugar, or other adjuncts as below. Cost, according to quantity made, very little.

The milk should be brought to the boil, with the salt, and when it is just boiling up, the flour sprinkled in from the left hand, stirring with the right. A fork is best to use, and the whole should form a smooth mass resembling batter. About half a pound of flour to a quart of milk is the average, but many would use that much for a pint and a half. Go on boiling for a few minutes; ten minutes improves it. It should be remembered that if the milk is not boiling when the flour is put in, no amount of cooking will prevent its tasting "pasty." Turn out on a hot dish with the butter on, and sprinkle with sugar, or jam, or treacle, or a plain sweet sauce may be served with it. A little clotted cream is a good accompaniment. For a better dish, an egg should be allowed for every half-pint of milk used; it should be added after the cooking is finished, and the pudding well beaten for a few minutes below boiling-point. An ounce of butter to a pint of milk will further enrich the dish. For nursery meals, part of the flour may be brown with advantage; finely ground is best. Hasty pudding is often considered to be done as soon as it boils up, but is then very inferior to the above.

Another way.—Baked.—Boil a couple of ounces of flour and a pint of milk for a minute; then beat in an egg, half an ounce of butter, and a little flavouring. Bake in a pie-dish with a spoonful of jam at the bottom. The oven should be sharp, and the pudding well browned. Marmalade may be used instead of jam, or sugar can be served with it. Cost, about 5d.

Hydropathic Pudding.—This has many names. It is very nice when properly prepared, and the pudding served very cold. Required: fruit, sugar, and bread. Cost, variable; generally moderate.

The nicest fruits for this are raspberries or currants, or a mixture, or strawberries, with or without a few red or black currants; plums are sometimes used. Take a plain mould, and cut a piece of bread to fit the bottom; then put fingers of bread round; the sides should be bevelled a little so that they overlap and prevent the escape of the fruit. The latter is stewed with enough sugar, and poured in, and a cover of bread put on. A plate with weights on is put on the top, and the pudding put in a cold place to set.

Another way is to line the mould, and then fill up with layers of bread and fruit; and if the bread is cut very thinly, this will be generally liked better than the first mode, as there is less fruit, and it suits the majority better. For a plainer dish a basin may be used, and slices of bread put to line it entirely; then either of the modes can be followed. These should be turned out with care, and may be served plain, or with a simply made custard. They are useful for those who cannot take pastry or rich puddings, and for children.

Hominy Puddings.—*See* remarks under HOMINY, in *Cereals*, for the preparation, and page 829, under CEREAL PUDDINGS, for the mode of making a plain one of this kind. Should a rich hominy pudding be required, follow the recipes given under SEMOLINA and VERMICELLI PUDDINGS in this chapter. We recommend honey as a sweetener, as it gives softness to the pudding. Water instead of milk, with a little honey and a few raisins or cut-up figs, makes a

pudding not to be despised for nursery dinners.

A simple boiled hominy pudding is made by tying up the hominy in a cloth, and boiling it in the same way as rice, and when done adding a little butter and sugar; these should be put in the middle, and the hominy turned on a hot dish; the ingredients named will melt and form the sauce. Another way is to pour some hot stewed fruit over it.

Imperial Pudding.—Required: some rich suet paste, from half to three-quarters of a pound of French plums, about a quarter of a pound of honey, the same of apricot jam, and a little lemon or orange juice. Cost, about 1s. 9d.

A basin should be lined thinly with the paste, as for a fruit pudding of the ordinary sort. Fill up with layers of paste, which must be thin, or the pudding will be "doughy," and the stoned fruit, spreading each layer with a little honey and jam first. The paste for the top should be thicker, and about three-quarters of a pound will be wanted. A pound may be used for a plainer pudding. The lemon should be squeezed over each layer. Steam for three hours. This is a very nice pudding if well done. It is much improved by the addition of a couple of ounces of chopped almonds and a few drops of essence. Serve with the sauce of the same name (page 121). Another way of making is to use a few ounces of chopped raisins with the plums, and to soak the whole in a glass of sherry, then less honey and jam will be wanted.

Indian Meal Pudding.—These puddings may be made in a variety of ways, and they are cheap and very nourishing. (*See* MAIZE on page 552.) Required: a pint of milk, two ounces of sweet dripping or butter, half a pint of yellow meal, half a pint of treacle, a little spice, and an egg. Cost, from 7d. to 8d.

The milk should be brought to the boil, and the meal stirred in and boiled for a few minutes; the butter goes next, and the eggs and treacle when the mixture is cool. Bake in a greased pie-dish for an hour and a half or so.

Another way.—Required: a quart of milk, a pint of meal, four ounces of chopped raisins, the same of brown sugar, an ounce of sago or tapioca, and a quarter of a pint of water. Cost, about 8d.

The meal and milk are to be boiled as above, and the sugar, &c., added; the sago and water are to be put together an hour beforehand, that the sago may soften. This addition is an improvement. Bake as above. When a very cheap dish is wanted, use water or skimmed milk, and reduce the fruit and sugar.

Indian Meal Fruit Pudding.—This is very nourishing, and may be given to children as a birthday or Christmas pudding. Required: four ounces each of yellow meal and brown bread-crumbs, six ounces of raisins, three ounces of currants, the same of flour, two ounces of brown sugar, a good-sized apple, grated or chopped, an ounce of chopped candied peel, the rind and juice of an orange, spice to taste, and one egg with enough liquid to make a stiff batter; milk, or water, or buttermilk may be used. Cost, about 9d.

Use about half a pint of liquid if for a basin, but not more than half as much for a pudding in a cloth. Allow five or six hours to boil, and serve with a simple sweet sauce or some warm treacle or honey.

Irresistible Pudding.—Required: a pint and a quarter of milk, a quarter of a pint of cream, two ounces of French sago, the same of vermicelli, two eggs, two ounces of sugar, some raspberry jelly or jam, the rind of half a lemon, and a dust of nutmeg. Cost, about 2s. 3d.

This may be served hot or cold, and in either form is excellent. The milk and cereals are to be brought very gently to the boil, care being taken

that they do not burn. The butter and sugar and the grated lemon rind are to be added, and the mixture just simmered for a quarter of an hour. The yolks of eggs and part of the cream are to be beaten in when cool. Bake in a buttered dish very gently for an hour. Then spread the top with the preserve, and moisten with the rest of the cream, which should be warm if the pudding is to be served hot. The whites of the eggs are to be beaten to a froth, and mixed with half an ounce more sugar, and put on roughly, and the pudding returned to the oven to brown. The top should be dusted with vanilla sugar, and cream or custard served with it if for a cold dish. Or it may be left until cold, and turned out before the jam, cream, and meringue mixture are put on. While hot, it may be served plain, or with any nice sweet sauce. A compôte of raspberries eats well with it.

Jam Puffs.—These are best made from stoneless jam, and it should not be of a very soft sort, or, even with care, a good deal may escape in the baking, causing loss and disappointment. Small puffs can be made like sausage rolls (page 791), or the paste may be cut in circles, the jam laid on half, and the other folded over, the edges being moistened or brushed with white of egg and well pressed together; for additional security, many leave one edge of the paste in folding, and bring it over like a hem, instead of pressing the two together. A sharp oven is essential at first, and a baking-tin should be used, one with turned-up edges being preferable to a flat one, to catch the jam should it escape. When plain short or flaky paste is used, it should be rolled, about the fourth of an inch or rather less in thickness; for good flaky paste, it may be thinner, as it will rise more. (*See* remarks under PATTIES, page 779.)

Jam Roly-Poly or Roll Pudding.—This is a favourite pudding, which is, however, often spoilt in the turning out. The things to avoid are too much jam, of too soft a kind, and too soft a paste. The boiling must also be thorough. Required: either of the suet pastes on page 746, or a short paste if preferred, and about half a pound of jam for three-quarters or a pound of paste; this depends more on the thickness the paste is rolled, but it is better to put the jam thinly over a good surface of thinly rolled paste than to spread it thickly on a small sheet of thick paste. Cost, about 9d.

After rolling out the paste, and trimming the edges evenly should they need it, put the jam on, leaving at least an inch at the edges clear of jam, also the edge furthest away; the edge nearest may be spread. Then roll up firmly, and pinch the edges together after moistening them. Or, what is better, cut a couple of little rounds from the paste, and stick them at the ends to keep in the jam; this is tidier than the pinching process. For the preparation of the cloth, *see* page 813, but for this particular pudding we strongly advise that it be greased. Allow about two hours for the boiling of a pudding made from a pound of paste. The dish should be hot, and in turning out should the cloth stick a little at starting, ease it with the back of a knife; do not drag it off. The cloth need only be large enough to cover the pudding and wrap over a little; it should be pulled out at the ends quite straight, and tied tightly.

NOTE.—For a *baked* roll, use short crust and a stiff jam, and bake with the joined edge down. Dust with sugar, and serve hot or cold.

Jam Tarts.—There are many varieties of jam tarts, and they may be made either opened or closed; the latter are generally plain—a thickish paste being used, and a tin plate or good-sized oval tartlet-pan is usually employed. The jam may be of any stoneless kind, and a cover of paste is put on the same as for mince pies; these tarts need just crimping at the

edges, and are then ready for baking in a moderate oven, and may be served hot or cold. The open tarts are more usual when fairly good or rich paste is required. When the jam is of a stiff kind, it is optional whether it be baked in the paste or not; the usual way is to line the tartlet-tins with paste, then to trim the edges, and prick the bottoms that the paste may not blister, then bake until three-parts done and put the jam in, and return to the oven to finish the baking. Some complete the baking before the jam goes in; but the flavour is hardly so good. When a thin jam is used (such as strawberry), if not baked in the crust, it should be put in before the tarts are taken from the oven. The tarts may be ornamented by means of leaves or stars or other shapes of pastry, which should be baked separately. Strips of paste are often laid across the tart, to form a wheel when the jam is put in before baking.

Tarts may be made ornamental at no extra cost, by using four kinds of jam, contrasting the colours and flavours nicely; or two kinds will do, divided into four sections on a round tin. Round tins of a good size may be bought for twopence each, and it should be remembered that all pastry bakes better on tin than earthenware. Oval tart-pans, both plain and crimped, are to be had in all sizes. For small tarts, the patty pans shown on page 779 answer.

There are many ways of converting a plain tart into an ornamental one; the simple device of glazing the edge of the pastry will do a great deal (*see* page 809); and chopped almonds are used by many cooks for the purpose. They can be cut in strips and put on in any form to taste, just to form an outer edge, and should not be allowed to get too brown in the baking. Or some may be chopped and browned in the oven, and put on after the tart is baked and glazed, then returned to the oven for a minute or two to set. A sprinkling of cocoa-nut on the jam, a dot or two in the centre, or some chopped pistachios will give variety, and add much to the appearance. Then there is whipped cream, which may be used here and there on the jam of cold tarts with good effect. Some of it may be coloured if liked.

Jelly Tarts.—These are prepared as above, any fruit jelly being used instead of jam; two or four kinds may also be used in one tart. Sometimes custard or cream is handed with jam tarts.

Marmalade Tarts.—Use any kind of marmalade as described above.

Kendal Pudding.—This is a rich, old-fashioned pudding. Required: two kinds of jam, sponge cake, cherries from cherry brandy, and a custard as below. Cost, variable.

One of the jams should be acid and the other sweet; raspberry and quince are a favourite combination. First butter a dish, and lay in some of the cake in thin slices; cover these with cherries drained from the brandy, then cake, and one of the jams; more cake and cherries; and cake with the other jam to follow. Repeat until the dish is three-parts full, the top layer being cake. Then put in the custard, made with the yolks of two, or one whole egg to each gill of milk used, or milk and cream for a richer pudding. It should be very slightly sweetened and not flavoured. Pour over slowly, and let the cake be well soaked before baking. The oven should be very gentle, and the pudding only just be allowed to set. Serve hot or cold.

NOTE.—A variation of this is made by using lemon or lime marmalade, together with any rich, sweet jam, with very satisfactory results.

Kentish Pudding Pies.—(*See* GROUND RICE PUDDING.)

Köche.—This is the name given to some German dishes that are served in the pudding course. They have been described as a go-between a custard and a sponge pudding. The main difference between these and ordinary puddings is that they are lighter than most sorts, soufflés excepted. They

may be baked or steamed, but not boiled. A tin mould is required; and owing to the proportionately small amount of solid material used, extra care is needed in the cooking.

Curd Koch.—Required: three ounces of curds, the same of sugar, two and a half ounces of ground or chopped almonds, five eggs, and half an ounce of fine flour and grated sponge cake. Cost, about 10d. to 1s.

The materials are to be blended and beaten, except the whites, which are added after (stiffly beaten). Any flavouring may be added; rose water is a delicate one. This may be steamed or baked; if the latter, have a steady oven. Sauce is optional; a flavoured sugar may be dredged over instead. (*See* page 807 for the preparation of curds.)

Vienna Koch.—This is one of the best. Required: five eggs, half a pint of cream, two ounces each of butter and sugar, an ounce and a half of Vienna flour, and some vanilla. Cost, about 1s. 4d. to 1s. 6d.

The flour and cream are to be blended, and brought to the boil, and the butter and sugar stirred in; when cool, the yolks and whites of eggs are added separately, as above described. The vanilla pod should be infused in the milk. Bake at a moderate heat, and serve without delay. An ounce of arrowroot may replace the flour in this. For a cheaper dish, use milk and cream, or, for quite a plain one, all milk, with another ounce of butter.

Lemon Bread Pudding.—Required: six ounces of bread-crumbs, two ounces of flour, two ounces of moist sugar, two eggs, a lemon, grated rind, and strained juice, a gill and a half of milk, and three ounces of chopped suet. Cost, about 7d.

The above materials make a rather plain pudding, which may be improved by the addition of two ounces of shredded candied peel, and a few raisins for garnishing the basin. The dry materials should be first mixed, then the egg and lemon juice and milk added. Boil for three hours. Serve with lemon sauce (page 122).

Another way.—This is richer. Take a tablespoonful of the lemon curd or store mixture given for cheesecakes below, and mix with the other materials; use castor sugar, and colour the pudding with a little yellow colouring; it will then present a very nice appearance when done. The rich sauce of page 122 may be served with this. Sometimes strips of citron or lemon peel are used as well as raisins for the moulds for these puddings. The juice of half another lemon or more rind may be added when a fuller flavour is liked. Other sauces may be served: MARMALADE is very good.

Lemon Bread Pudding, Baked.—Required: enough bread-crumbs to fill lightly a half pint measure, the grated rind and juice of two lemons, half a pint of milk, two ounces of moist or castor sugar, and two eggs, with or without a paste border. Cost, about 6d. without paste.

The dry ingredients are to be mixed, and the milk and lemon juice added with the eggs, and the whole well beaten. The dish should be shallow, and the oven moderate. This is given for those who do not like puddings that contain any sort of fat, and it will be found a nice change by those who *can* eat fat; but for most people it will be improved by the addition of two or three ounces of butter, which should be melted and poured in with the milk. Or the milk and butter may be heated and poured over the bread, the rest of the materials going in when the mixture is cold.

Lemon Cheesecakes.—Required: some lemon curd as below, and a good short or flaky paste. Cost, about 1s. 6d. per dozen small ones.

The pastry should be thin for these, and the patty pans only a little more than half filled with the curd, as it should rise in baking, and, if too full, is apt to run over and get burnt at the edges. When very rich cheesecakes

are required, a little meringue (as for the tarts of page 860) may be used. Should a little raspberry jam be put at the bottom, they become "meringue lemon tartlets."

For the curd, take a quarter of a pound of butter, two lemons, and half a pound of sugar; three-quarters may be used if the lemons are large, and three whole eggs, or the yolks of four, and the whites of two if more convenient. The sugar and butter should be melted by very gentle heat, and the grated rind of the lemons stirred in; or if they are rasped with lumps of sugar taken from the quantity given, then crushed to powder, they are nicer. This should be mixed with the strained juice, and stirred until it is like honey; it should not boil. The eggs must be ready in a basin, most carefully beaten, and strained, or the curd will be streaky. The warm mixture should be added by degrees, and the mass beaten hard for several minutes; the heat will cook the eggs enough; some cooks return it to the pan for a further thickening, but it is not necessary. When cool, it is ready for the paste; it should not be used warm. This is cheapened by reducing the butter, and the flavour of the lemon is heightened by adding a drop or two of essence of lemon; but the taste is less delicate.

Lemon Curd or Cheesecake Mixture (to make for storing).—The mode is the same as given in LEMON CHEESECAKES, but the proportions differ. For a curd that will keep well, take a pound of sifted sugar, the rind and juice of three large or four small lemons, six ounces of clarified butter, and six whole eggs, or the yolks of twelve—the latter is much to be preferred—or the yolks of ten and the whites of two will make a good mixture. This should be very well thickened, and when quite cold should be put in small jars and covered with bladder or vegetable parchment, and stored like jam. A warm place will cause it to ferment, and a damp cupboard is equally bad for it. A thin layer of paper moistened with brandy or salad oil is a good preservative; it should be laid over the curd before tying down. The reason for little pots is that they may be quickly used when once opened.

NOTE. — This mixture may be cheapened *at the time of using* in many ways. For instance, a little mashed potato may go in; or milk that has been boiled up with a small quantity of corn-flour or other thickening of the kind; or a few cake-crumbs may be moistened with milk or cream and added to it.

Lemon Dumplings.—Required: a pound of flour, the rind and strained juice of a large lemon, an ounce of sugar, four to six ounces of suet, an egg, and some milk or water. Cost, about 6d. to 8d.

The flour and sugar should be mixed with the chopped suet, and a pinch of salt and half a teaspoonful of baking powder added; then put in the beaten egg and lemon juice; the rind may be chopped or grated; add sufficient liquid to make the mass stiff enough to be moulded by hand into dumplings. Boil or steam for an hour to two hours according to size. These want a sweet sauce, and if that is not convenient add more sugar, say another ounce or two; moist sugar does for these.

Another way.—These are richer. Required: six ounces of bread-crumbs, two ounces of flour, four ounces of suet, a large lemon, two ounces of castor sugar, an egg and some milk. Cost, about 6d.

These should be made as above, and rolled into dumplings the size of a small orange, then steamed for an hour and a half to two hours. Serve with lemon or other sauce. (*See* recipes in SWEET SAUCES.) When suet is not liked, use marrow or butter.

Lemon Pudding, Rich, Baked.—Required: four ounces of fresh butter, six ounces of powdered sugar, the yolks of six eggs, and the whites of three, the rind and juice of a lemon and a half, or of two if a full

flavour is liked, and some good paste for the edging of the dish. Cost, about 1s. 3d.

The butter and sugar should be beaten to a cream, and the yolks of eggs added singly, followed by a good beating. The grated rind goes next. The whites are to be whisked to a froth, and added very carefully with the strained juice. This should be done slowly to ensure thorough incorporation. The mixture should not quite fill the dish. The edging may be plain or ornamented. (*See* JAM TARTS.) Time, about forty minutes in a moderate oven. The colour should be delicate. Serve hot or cold; but for most people it is too rich while hot. A teaspoonful of lemon brandy may be used with advantage. (*See* recipes under ORANGE.)

Little Brown Puddings.—Required: four ounces of brown bread-crumbs, a pint of milk, a quarter of a pint of cream, two eggs, two ounces of almonds, the same of ratafias, a pinch of mixed spice, three ounces of butter, the same of sugar, and a tablespoonful of treacle. Cost, about 1s.

See recipe for BERTRANDA SAUCE (page 118), and use the almonds left from it—as this sauce is to be served with the pudding—and put them in a saucepan with the milk, sugar, butter, and bread, and bring to the boil. Beat well and leave to cool, then add the eggs and treacle, and, last of all, the whipped cream. Half-fill some buttered cup or dariole moulds, and bake for about twenty minutes in a moderate oven. These are very light.

These may be varied by omitting the almonds, and adding a couple of ounces of good dates or figs, and a flavouring of ginger syrup, and a little ginger, with a spoonful or two less of cream or milk. Almost any sweet sauce goes well with these.

Another way.—These are made without almonds or fruit, and with a slight flavouring of spice and vanilla sugar. A tablespoonful of rum is an improvement. Serve with brandy or rum sauce.

Little Coburg Puddings.—(*See* ALMA PUDDINGS.) Add to the ingredients there named a couple of tablespoonfuls of brandy, or rum, or good wine, and a flavouring of any spice essence. This makes a soft mixture, which should be baked in shallow moulds or deep patty pans in a brisk oven. Serve with any good sauce containing wine or spirits. (*See* SWEET SAUCES.)

Lord Mayor's Pudding.—This is a very good pudding when cooked for the time specified, on which a good deal of its excellence depends. Required: six ounces of suet, the same weight of stoned and halved raisins—muscatels are best for it—five ounces of glacé cherries, in quarters, the same of figs in shreds, three ounces of currants, four ounces of moist sugar, two ounces each of candied orange and lemon peel, sweet almonds and grated apple, a tablespoonful each of rum and brandy, four eggs, a saltspoonful of salt, the same of mixed spice, and four ounces each of brown bread-crumbs and flour. Cost, about 2s. 4d.

The materials should be mixed as for a plum pudding (*see* page 832), and should be allowed to blend in a covered vessel for a few hours before cooking; all the better if they stand for a day. The pudding must boil for ten hours, and if cooked for seven hours one day and three on the day it is served it will answer just as well as if the boiling is continuous. When suet is not liked, equal parts of shredded beef marrow and butter may be substituted. Serve with a rich sauce. (*See* LORD MAYOR'S PUDDING BASIN, page 805.)

Macaroni Pudding.—Required: a quarter of a pound of macaroni, a quart of milk, two or three ounces of sugar, a little grated nutmeg, and two eggs. Cost, about 8d. or 9d.

The macaroni should be boiled in water until half done, and then drained. (*See* page 549.) The dish should be buttered, and the macaroni laid in

with the milk and eggs beaten up together, and the nutmeg grated on the top. Bake in a slow oven for an hour; it should be nicely browned. For a cheaper pudding the milk may be boiled for a minute with an ounce of corn-flour, and the eggs omitted. Unless some thickening is used the macaroni does not bind with milk in the same way that most other cereals do. Another way is to use six ounces of macaroni to the quart of milk, and boil them together until the macaroni is done, after the first boiling in water. The mixture should then be baked with the sugar and one egg until just set. An ounce of sago added to every four or five ounces of macaroni makes a very good pudding, the first mode being followed.

Macaroni Pudding, Good.—Required: two ounces of macaroni, two ounces of lump sugar, an ounce of butter, a pint of milk, half a gill of cream, two eggs, and some flavouring and paste if liked. Cost, about 10d.

The macaroni is to be parboiled in water and drained, then boiled in the milk until it is absorbed. The rest of the ingredients are added when cool, the butter excepted, and that is to be stirred in while warm. The flavouring may be wine or spirit, or essence of any kind. A good short paste may be used for the sides of the dish, and should a better pudding be wanted, some jam may be put at the bottom.

Macaroon Pudding. — Required: half a pound of macaroons, a pint of cream and milk in equal parts, or more milk for a plainer pudding, four eggs, two ounces of sugar or to taste, a glass of brandy or rum, or either of these with sherry to make up the quantity, and a few drops of almond essence. Cost, about 1s. 6d.

Bring the milk and cream almost to the boil; pour over the macaroons, and cover until cold. Then beat them up with a fork and add the yolks of the eggs with the wine and essence: beat the whites of eggs to a froth, and stir them in. Make in one large or a number of small puddings; they should rise a good deal, and the moulds should be well buttered. Time, to bake small puddings, about twenty minutes. Serve with a good sauce. Half these quantities will make a nice-sized pudding.

Madeira Pudding.—The beauty of this pudding consists in contrasting well the colours of the jams used. Required: some rich suet paste and some jam. Cost, variable.

Line a basin or mould—the Lord Mayor's pudding mould on page 805 is a most suitable one, for this is not very easily removed from a mould with a plain bottom. The lining paste should be thin and even. Then put in a layer of jam, say greengage, then a round of paste, next some jam of a bright colour, as damson or raspberry, then paste, and jam of a pale colour, as apricot. Go on thus until the mould is full, and put a cover of paste on the top. For a pudding made in a quart basin, allow three hours. Turn out, and sift some white sugar over. No sauce is wanted. The rounds of paste inside should be thin, and the jam should not be too soft.

NOTE.—Puddings made from Madeira cake go by the same name.

Maids of Honour. — These cheesecakes are very generally liked. There are various ways of making them, but the following will be found good. Required: the curd from three pints of good milk, a teacupful of clotted cream, or, if that cannot be had, of the richest cream obtainable, the yolks of four eggs, a little pounded cinnamon, the rind of a lemon, a pinch of grated nutmeg, six ounces of currants, half a gill of brandy, and some puff paste. Cost of small ones, about 2d. each.

The curd is obtained as for cheesecakes (page 807), and must be most carefully drained from the whey. The eggs should be fresh, and beaten to a froth, then added to the rest by degrees. The amount of sugar is a matter of taste; the lumps are best

rasped on the lemon rind, then reduced to powder. The currants should be sprinkled over the tops after the patty pans are filled, and they may be omitted if liked. A mixture of brandy and sherry may be used if preferred.

Malvern Pudding. — This is good and cheap, and very wholesome. Required: a pint of milk, two ounces of corn-flour, three eggs, sugar to taste, spice to flavour, and about half a pint of apple-pulp as below. Cost, about 8d.

Mix the corn-flour with some of the milk, add the rest boiling, and simmer for a minute or two; then add the flavouring and sugar, and the beaten eggs when cool. The addition of an ounce of butter or a tablespoonful of thick cream is recommended for a better pudding. Take a deep buttered dish, and put in a layer of the custard, then one of apple-pulp; this is made by sweetening and flavouring with lemon or spice the inner portion of some baked apples of a juicy sort. The top layer should be of the custard. If preferred, all the apple can be put in the centre, instead of using it in layers. Bake in a good oven to a nice brown, and serve hot or cold. This is known also as CORN-FLOUR APPLE PUDDING.

NOTE.—Pears are very nice in the same way.

Marlborough Pie, American. — Required: a large cup of stewed apples, two eggs, a tablespoonful of butter, a gill of cream, a tablespoonful of brandy, the same of chopped citron, half-a-dozen macaroons, and some light short paste. Cost, about 1s. 8d.

Line a deep pie-plate with the paste, and beat the other materials together. The apple-pulp should be well sweetened; the macaroons are to be broken up and soaked in the brandy and cream before they are added. After filling, lay a rim of paste round the edge, and ornament according to fancy; egg over, and bake in a good oven. Serve hot or cold. Custard or cream will improve this.

Marmalade Pudding, Boiled. — Orange marmalade is cheap, and is the kind most used for puddings; but lemon or lime marmalade may be used in the same way if the sugar be increased a little, or a sweeter sauce be served with it. Required: two eggs, half a gill of milk, a quarter of a pound each of flour, bread-crumbs, and marmalade, the juice of half a lemon, and the rind grated, two ounces of butter or suet, and an ounce of sugar. Cost, about 7d.

The basin should be well greased, as these puddings are apt to stick. The dry materials are to be blended, and the eggs, milk, and marmalade beaten and added to them. This wants very well mixing. The basin should be full, and the pudding boiled for three hours if suet be used. When butter is preferred, it should be melted and beaten with the liquids, or may be rubbed into the flour and crumbs. This is good without sauce, but better with one.

For a plainer pudding, add water in place of milk, and one egg only, using a little more bread, and, if liked, an ounce less marmalade.

Marrow Custards.—Required: half a pint of pulp from a young vegetable marrow that has been nicely steamed, the yolks of three eggs, the white of one, two ounces of sugar, half an ounce of butter, an ounce of fine bread-crumbs, a little cream, and some spice to taste. The paste may be a medium short, or flaky. Cost, about 10d. to 1s.

The bread should be soaked in enough cream to cover it, and added to the other materials; the butter is best melted and put in with the eggs. Small patty pans should be used, and lined thinly with the paste, and the custards baked in a moderate oven; they are good hot or cold.

Another way. — Required: equal measures of marrow pulp as above, and apple pulp from baked apples; and for each pint an ounce of butter, three ounces of sugar, or to taste,

some spice, which may be one sort, or mixed, two ounces of currants, three whole eggs, and about a gill of bread-crumbs. The ingredients should be mixed a few hours before the patty pans are filled, as the bread will swell and the custards be much nicer. A little grated lemon peel is a great improvement, and, unless nicely flavoured, these are rather insipid. Ginger is one of the best flavourings.

Meringued Tarts.—This sort of pastry is much liked, and usually holds it own against new rivals. Required: some nice short or puff paste, jam, lemon curd, and meringue made in the proportion of an ounce of the finest castor sugar to every white of egg used. Cost, from 1s. 6d. to 2s. per dozen small ones.

The patty pans should be rather deep, and a little raspberry or red currant jam put at the bottom, then a small spoonful of lemon curd (page 856), and the pastry baked as usual. When done the meringue may be put on at once, or after a short time as convenient, but the tarts are to be left on a sieve to cool before serving. For the meringue the whites of eggs should be beaten until quite stiff, and the sugar stirred in, and a little flavouring added if liked, but this is often used quite plain. Those who have no bag and pipe may put a spoonful on the top of the tart, and a small spoonful on that; or three spoons can be used. The best way is to use a bag and pipe, and either squeeze the meringue through, drawing the bag up to form a pyramid-shaped top, or to twist the bag round, and so make a coil, the top being the smallest in circumference. Then another favourite way is to use a rose pipe of good size. Sometimes the meringue is put from a bag with a plain pipe in dots the size of a small nut all round the edge of the tart, and the centre left plain, or the bag may be so squeezed that the contents form a cone. A little care is needed, and the less the bag is handled and the quicker the tarts are got into the oven for the meringue to set the better. A cool part of the oven should be selected, or the oven door may be left open; the required tint is a delicate fawn. If too quickly puffed up, the meringue will taste raw, and may fall again when exposed to the air. From five to ten minutes is wanted, and for this reason the pastry should be rather underdone when removed from the oven at first. Coloured sugar may be sprinkled over the meringue if liked, or for better pastry, a little chopped candied fruit can be put on the top. This is done before putting in the oven. Some thin shreds of almonds can also be inserted very lightly, and there are other ways of finishing off. Jam alone, and no curd, may be used.

NOTE.—The meringue may be used for garnishing cornets, vol-au-vents, and other pastry. The sugar should not be put to it until the egg is firm, and it must not be beaten after. Inattention to these points will result in failure. (*See* also LEMON CHEESECAKES.)

Metz Pudding.—Required: a pint of milk, a gill of cherry brandy, three ounces of butter, the same of sugar, an ounce of semolina, three eggs, half an ounce of potato-flour, an ounce of bread-crumbs, a pinch of powdered cloves, and four ounces of mixed crystallised fruits. Cost, about 1s. 9d.

The milk should be mixed with the flour, bread, butter, sugar, and semolina, and boiled for twenty minutes very gently, then left to cool, and beaten up with the eggs, one white omitted, and the pudding baked slowly in a buttered dish. While baking the fruit should be cut up and simmered in a little sugar and water to cover for a short time; the liquid should be absorbed and the brandy added, and the whole simmered until the fruit is quite soft. Then spread the top of the pudding with this, and beat the remaining white up with half an ounce of sugar, and dot it over the top to cover the fruit; should

the dish be large and shallow, a second egg will be required. This should brown very slightly, and the pudding be served with CHERRY BRANDY SAUCE, or a plainer one. It is very good cold with or without sauce. For a plainer dish use cherry syrup instead of brandy, or a mixture of the two. Time to bake, about forty minutes to an hour.

Mexican Pudding.—Required: half a pint of milk, a quarter of a pint of cream, six eggs, five ounces of lump sugar, six ounces of flour, three ounces of butter, the same of Mexican chocolate, two ounces of shredded lemon peel, a teaspoonful of vanilla essence, a pinch of ground cinnamon and mace, and a dessertspoonful of brandy. Cost, about 1s. 10d.

The butter, sugar, and milk should be stirred over a fire until melted, then added to the chocolate ready grated, and boiled up with the flour and cream, which must be smoothly blended. Simmer for a minute, and stir well, then leave to cool, and add the rest, the whites of eggs going in after beating them to a froth. A thickly-buttered shallow mould should be used for this, room left for rising, and a slow oven after the first few minutes. Time, from an hour to an hour and a half, according to depth. Turn out very carefully. This is good without sauce, but better with. (*See* CHOCOLATE, and other sauces.)

Mincemeat.—It has been said of mincemeat, as of plum pudding, that every cook has a special recipe, and thinks it a better one than any other. This may or may not be true, but given the best of recipes a variation is sometimes a necessity, for the same materials, so far as weight is concerned, do not yield precisely the same results, owing, perhaps, to the difference in the quality of the fruit, such as currants and raisins, and the juiciness, or otherwise, of the apples. Therefore, apart from the fact that mincemeat is better made a week or two before the festive season, it is well to be in good time with it, that any alterations may be made before the last moment, for mincemeat is nothing if the materials have not *time to blend* their flavours into a pleasant whole. Much has been said of the unwholesomeness of mince pies, and it is now a commonly accepted fact that the suet is the ingredient mostly at fault, for the time that mince pies are in the oven is too short for the proper cooking of the suet. It should be chopped very small, and where it disagrees, dispensed with altogether. Some people get over the difficulty by cooking the mincemeat before making the pies; this is done by setting a jar containing the mincemeat in a saucepan of water, and letting the water boil round it; an hour or two should be allowed. The mincemeat must be left to cool before the pies are made. We have given a recipe for a vegetarian mincemeat with nuts, and where they are not agreeable some cooked tapioca or other cereal may be used. To darken and give an appearance of richness to a plain mincemeat, a little treacle is useful, or a tablespoonful or two of black currant, or blackberry, or other fruit syrup. These are much better for children and delicate people than the rich kinds. As to the fruit used, the best is the cheapest. The chopping cannot be too carefully performed. The recipes given below may all be altered to taste by using wine or spirit in varying proportions, and by substituting one sort for another; but it should be remembered that where liquid in one form is reduced, more of another kind must be added. The juice of oranges and lemons, or an increased supply of apples may be resorted to for increased moisture, and should a batch of mincemeat turn out too sweet for taste, it may be corrected by adding more spice, a little almond essence, or some bitter almonds, or a few crushed ratafias; macaroons are sometimes crushed and soaked in the wine, then added instead of chopped almonds. Lemon juice also improves

a sweet mincemeat. Dry mincemeat is not nice, but excessive moisture should be guarded against, or the pies will not be so light at the bottom. In using always stir up from the bottom, and keep the jar covered to exclude dust. When a large jar of mincemeat becomes nearly empty, transfer the contents to a small jar, and pack it well down.

Mincemeat, Good.—Required: two pounds of muscatel raisins, the same of currants, two and a half pounds of moist sugar, a pound of suet, a pound of mixed candied peel, two and a half to three pounds of apples, a teaspoonful of the finest mixed spice, the grated rinds of two lemons, and the strained juice, a saltspoonful of salt, and a pint of brandy and rum mixed, or port and brandy, or cherry brandy and rum; either of these liquids may be reduced in quantity, and raisin wine added should a plainer mincemeat be liked. Cost, about 4s. 9d., exclusive of the spirit, &c.

The apples should be most carefully cored, and very finely chopped, or they may be grated; russets are excellent for mincemeat, but any good-flavoured apple, not too watery, will serve. The suet should be chopped to the finest degree, the candied peel shredded, then chopped, and the rest of the materials added by degrees, the spirit going in last. The whole should be mixed with a large wooden spoon, and packed in a jar, then covered to keep the flavour in, and the dust out.

Note.—This may be made more substantial by adding another pound of suet, or the same weight of fresh ox tongue or lean beef, boiled until very tender and chopped small. The spice may be increased, or instead of mixed spice, a teaspoonful each of ground nutmeg and ginger, with a saltspoonful of cloves may be used.

Another way.—This is a very good mincemeat. Required: a pound each of the following materials: raisins, sultanas, currants, pears, apples, Demerara sugar, mixed candied peel, roast or boiled beef, two pounds of suet, a teaspoonful each of ground nutmeg and allspice, a saltspoonful of salt, half a pound of sweet almonds chopped, two oranges and a lemon, half a pint of sherry, the same of rum, and a gill of brandy. Cost, about 5s. 6d., exclusive of the spirit, &c. In this and the foregoing the peel may be orange and lemon only if liked, or a small proportion of citron may be used. The pears should be sound and of good flavour. Mix as above directed. As the moisture dries up more spirit or wine must be added, and the contents of the jar very well mixed. These are better for mixing a fortnight before using.

Mincemeat, Plain.—Required: a pound of currants, the same of raisins, a pound and a half of brown sugar, two pounds and a half of apples, half a pound of orange marmalade, the same of chopped suet, a quarter of a pound of candied peel, a quarter of an ounce of good spice, the rind and juice of a lemon, and half a pint of raisin wine. The addition of a gill of rum will convert this into a superior preparation. Cost, about 2s. 4d., exclusive of the wine.

The apples should be prepared first, and the rest added gradually. A good pinch of salt is wanted to bring out the flavour of the rest. After mixing, and standing for a day or two, add more sugar should it require it; so much depends upon the apples. (*See* remarks under Mincemeat, above.)

Mincemeat, Vegetarian.—Required: a pound of currants, half a pound of raisins, the same of sugar, four ounces of brown bread-crumbs, three oranges and three lemons, a pound of apples, spice to taste, a quarter of a pound of mixed peel, half a pound of marmalade, a little salt, and half a pound of nuts, which may be mixed or one kind; if the latter, cocoa-nut or grated Brazil nuts or pine kernels may be used. Cost, about 2s. 6d. to 2s. 9d.

The rinds of the oranges and lemons

should be thinly cut, and boiled in a little water to cover them, changing it once; when quite soft they should be chopped, and mixed with the other materials prepared as above. When the mincemeat is ready, some of the water the peels were boiled in should be poured over to moisten it, if required; the juice of the fruit should be strained in. Spice may be omitted, if liked. Those who intend to keep it must omit the bread, but for present use it is an improvement, and the quantity may be increased for a plainer mincemeat. This is suitable for children. There are various ways of altering this. We tasted a similar mincemeat to which some tinned quinces had been added, and can recommend it. Other fruits are also useful in the same way, especially when apples are of poor quality. The candied peel may be omitted, and the marmalade reduced to a quarter of a pound, and the mincemeat still be very good.

Mince Pies.—Required: mincemeat and paste, sugar, or one of the glazings for pastry on page 809. Cost, about 1s. 6d. to 2s. per dozen for small pies for serving one to each person; less for plain ones.

The paste used may be flaky or puff for the richest, or a good short is often liked; and one of the plain short or flaky for those made from plain mincemeat; and a vegetarian crust (page 748) for vegetarian pies. The paste should be thin, and a generous supply of mincemeat used, except for children. About a dessertspoonful for small pies will be wanted. The edges may be plain or crimped; make a little hole in the top, and bake in a good oven. Instead of either of the glazes given on page 809, the pies may be brushed over with white of egg and dusted with icing sugar a short time before they are done. Time, about twenty minutes to half an hour; longer for plain ones with thicker paste. For family consumption, pies may be made on a tin plate or large oval patty pan or tart-dish. Always moisten the edge of the under-paste, and press the top lightly but firmly on. (*See* recipes and instructions for PASTRY, page 743.)

Nantwich Pudding. — Required: two eggs and their weight in butter and sugar, the weight of one egg in potato-flour and of one and a half in Vienna flour, a tablespoonful of grated cocoa-nut, and the same measure of milk; colouring and garnish as below. Cost, about 9d.

Beat the butter and sugar together for a few minutes, then add the eggs and beat for ten more minutes; put in the flour and a teaspoonful of baking powder with the cocoa-nut and milk, and stir all lightly; add colouring to make the mixture a salmon tint. Take a buttered mould, and sprinkle a little more grated nut all over it, and put the pudding in; leave room for rising, and bake at a moderate heat. It should be a pale brown only. Turn out and pour a little melted red currant jelly over the top, and sprinkle with cocoa-nut.

Another way.—This is richer. Proceed as above, but put some whipped cream, flavoured with vanilla, round the pudding, and a pile of the same on the top after the jelly has begun to run down the sides; then serve at once. A custard is sometimes poured while hot over the pudding, and the jelly is melted and served in a separate dish; in either form the pudding is very good. When a shallow mould is used another tablespoonful of milk may be put in; that from the nut is best, if it is sweet.

Nectarine Pudding. — Required: a dozen nectarines not overripe, the yolks of four and the whites of two eggs, sugar to taste, a gill of fine bread-crumbs, a little cream, some puff paste, and a teaspoonful of brandy. Cost, about 2s. 6d.

The fruit should be cooked with the sugar until tender; then freed from skin and kernels and mixed with the crumbs that have been soaked in the cream; the eggs are then added, and

more sugar, with the brandy. The dish is to be lined with the paste, or the sides only, which will be more often preferred, and the mixture put in. Time, about an hour in a moderate oven. Serve hot or cold. Dredge with sugar before serving. For a better pudding, a little peach brandy will be found an improvement.

Nonesuch Pudding. — Required: the rind of a lemon, and half that of an orange, a quarter of a pound of muscatel raisins, a pinch of powdered mace, four eggs, four and a half ounces of flour, a tablespoonful of orange or lemon marmalade, the same of chopped almonds, two and a half ounces of castor sugar, two ounces of currants, the same of citron peel, and butter, and a tablespoonful of brandy and curaçoa. Cost, about 1s. 6d.

The butter and sugar should be beaten with the mace and grated rinds of the fruit for ten minutes, and the yolks of eggs added by degrees. The citron must be thinly shredded and mixed with the flour, almonds, and currants, and stirred in; the marmalade and liquid ingredients are to be beaten together and stirred in; and, finally, the whites of the eggs whisked to a froth. The mould for this must be thickly buttered, and the pudding steamed for two and a half to three hours. Should suet be preferred to butter, allow three and a half to four hours. Serve with Nonesuch Sauce.

Nottingham Apple Pudding. —(*See* Batter Pudding, Baked.)

Oatmeal Pudding. — (*See* Cereal Puddings.)

Orange Cheesecakes.—Required: a curd made from the yolks of four eggs, the whites of two, half a pound of lump sugar, four ounces of fresh butter, two oranges, one lemon, and a tablespoonful of orange brandy or pale brandy. If the latter, the rind of about a quarter of a Seville orange may be grated and added to the mixture, if convenient. A good flaky or short paste may be used. Cost, about 1s. 6d. per dozen small ones.

The lumps of sugar should be rasped on the fruit to remove the rind, then crushed, and mixed with the butter over the fire, and stirred until thick, when the strained juice should go in. This should be again stirred until it thickens; then put slowly to the beaten eggs ready in a basin, and well beaten. Finish as directed for Lemon Cheesecakes (page 855).

Note.—The mixture makes a nice pudding if baked in a shallow pie-dish lined with paste. Another way is to fill the dish with layers of thin bread and butter spread with the curd, and then to pour a custard over while boiling, and serve cold. To each pint of custard half an ounce of gelatine should be allowed. This is a very good pudding.

Orange Dumplings.—These are a nice, cheap sweet, very easily prepared. Required: half a pound of rice, four oranges, some sugar, and orange marmalade or sauce. Cost, about 7d., without sauce.

Use Carolina rice, and boil it for a few minutes, until half done, then spread it out in equal parts over four or six little pudding cloths; for very small dumplings use eight. Take the oranges, and peel them from the outer and inner skin, and divide them into sections, and lay them in the middle of the rice; then gather the rice over and tie the cloth; should the rice be made into four parts only, the oranges may be peeled and left whole, and the dumplings are then more easily formed. Boil from three-quarters of an hour to an hour and a quarter, according to size. Sift sugar over and send sauce to table, or pour some melted marmalade over, and serve without sauce. Lemon sauce, or a custard sauce flavoured with lemon, is also nice. (*See* the chapter on Sweet Sauces.) By using one cloth, a good pudding is made.

Orange Flower Pastry.—This is very nice, and may be used in many other ways than those given below. Required: half a pound of fine flour (preferably Vienna), three

ounces of butter, two ounces of castor sugar, the yolks of two eggs, and as much orange flower water as is required.

The materials should be blended just as for RICH SHORT PASTE (*see* page 743), the water being replaced by that here given, which imparts a very nice flavour. This is to be rolled thinly and baked to a delicate brown, and is then to be cut as preferred; it looks nice in fingers, or diamonds, or stars, &c., and should be spread with any nice preserve of a yellow colour, then sprinkled with chopped pistachios or green fruits. A little orange marmalade, or some lime or lemon marmalade, and apricot jam are as nice as anything for the spreading. There is another way of serving that is sure to be a success. The pastry should be thinly spread with lemon or orange curd, then put together sandwich fashion, and dusted over with vanilla or castor sugar.

NOTE.—For the "curd," *see* ORANGE CHEESECAKES and LEMON CHEESECAKES.

Orange Puddings.—In addition to the following, *see* recipes under LEMON PUDDINGS, MARMALADE PUDDINGS, and ORANGE CHEESECAKES.

Orange Foam Pudding.—Required: four eggs, the rind of an orange, the juice of half, three ounces of castor sugar, and a teaspoonful of lemon juice. Cost, about 6d.

The sugar and egg yolks should be put in a bowl, and beaten until quite light, and the grated orange rind and strained juice of that and the lemon stirred in. The whites of the eggs are beaten to a froth, and stirred in a spoonful at a time at the last. Bake in a tin mould, and let it be from half to two-thirds filled. (*See* APPLE FOAM PUDDING.)

Orange Savoy Pudding.—Required: half a dozen Savoy biscuits, a pint of milk, an orange, two eggs, an ounce of sugar, half a lemon, a tablespoonful of orange marmalade, and an ounce of candied orange peel, and fine flour. Cost, about 11d.

This is very light and quite suitable for an invalid. The finger biscuits should be laid in two layers in a shallow dish, and the grated orange rind and strained juice put over them. The candied peel is to be cut in shreds, and mixed amongst them. The milk, sugar, eggs, and flour are to be blended and poured over, and the pudding baked in a gentle oven for twenty to thirty minutes to a pale brown. When done, the heated marmalade is to be spread on the top. For a more elaborate pudding, have a little candied citron peel, and cut in shapes to taste; this is to be warmed in a spoonful of syrup, and laid as a border or to form a design in the middle after spreading. This pudding is nice hot or cold.

Orange Tart.—Required: paste No. 3, or a better, some oranges, and sugar, &c., as below. Cost, about 1s. for a medium-sized tart.

Line a plate or oval tin with the paste, and put a layer of oranges on; they should be peeled and the pith and pips removed, and an ounce or two of sugar added to half a dozen oranges. The best way is to put the juice of one of the oranges and the sugar in a saucepan and boil it until thick, then let the orange sections soak in it for a time. The juice of a lemon to half a dozen oranges is an improvement; and raisins or a little cocoa-nut will give variety, and prevent the insipidity common to ordinary orange tarts. The cover of paste should be put on and glazed. (*See* JAM TARTS, page 853.)

NOTE.—An orange pie may be made in a dish in the usual manner.

Orleans Pudding.—Required: an ounce of currants, two ounces of stoned and chopped raisins, the same of candied peel in strips, half a gill each of brandy and sherry, an ounce of gelatine, a gill of cold water, the yolks of five eggs, three-quarters of a pint of milk, a quarter of a pint of cream, six ounces of sugar, two ounces of crushed ratafias, and the same of grated Savoy biscuits. Garnish as below. Cost, about 2s. 6d. to 2s. 8d.

The eggs, cream, milk, and sugar are

to be thickened over the fire, then mixed with the gelatine, which should be first soaked in the water and dissolved. The fruit and spirit and wine are to be gently simmered for a quarter of an hour. Then take a mould and oil it, and put in some of the custard to an inch in depth; next some of the fruit, and cover with the biscuit-crumbs. Repeat until full, giving the layers time to set; a little ice should be at hand. Two or three layers may be fruit; the top should be custard. When cold, turn out, and put some whipped cream on the top, and garnish with some spikes of candied angelica and a few cherries, or raspberries, or strawberries.

Paradise Pudding.—Required: a quarter of a pound of sugar, the same of bread-crumbs and chopped suet, the juice and grated rind of a small lemon, a little grated nutmeg, a tablespoonful of brandy, three eggs, and six or eight apples; the former number of large, and the latter of moderate-sized ones. Cost, about 10d. to 1s.

The apples should be chopped small or grated, after they have been pared and cored, then mixed with the other materials—the liquids being added last. The mixture should be beaten for a few minutes, then put in a buttered mould, and steamed for three and a half to four hours. It may be boiled, but is not so nice, and care is required to prevent the entry of the water, and the mould must be well filled. Serve with the Apple Sauce of page 116, or any other preferred.

Parisian Rice Pudding.—This is a very nice wholesome pudding. Required: three ounces of the best rice (Carolina for choice), an ounce of butter, a pint of milk, three ounces of chopped suet, two and a half to three ounces of castor sugar, two ounces of candied peel, three to four ounces of sultana raisins, an ounce of fine flour, or rice or potato flour, and a little almond, or lemon, or other flavouring to taste. Cost, about 9d.

The rice should be cooked to a pulp with the milk after blanching (*see* page 558 in Cereals). It should then be turned out to cool, and the other materials added. The peel should be in thin strips, and the flavouring added at the last if essence; a bay leaf or morsel of mace, both of which are commonly employed, should be boiled with the milk. Steam for three hours in a mould, and serve with or without sauce.

For a better and lighter pudding, omit the flour, and add two more eggs. A tablespoonful of brandy or sherry may be added. The suet may be replaced by butter, and less time given for cooking. All sorts of cereals may be converted into a pudding by either of these modes.

Pastry Baskets.—These are made in moulds, which may be had in various sizes and shapes. The illustration below shows a very pretty one, which, on account of the wide top, lends itself readily to garnishing. The baskets small enough to serve one to each are perhaps the most useful, and they may be bought from about 6d. each. The bottoms of the moulds are in two parts, and each portion—viz., top and bottom—must be lined with paste and baked

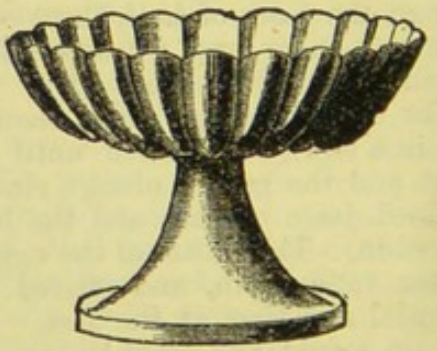


Fig. 136.—Fancy Basket Mould.

separately, then joined by means of a little luting paste; or, for a cold dish, a morsel of stiff sugar icing will do. Short paste of a rich sort is mostly used, and the purposes to which the baskets may be applied are very numerous. For example, in summer-time, they look pretty filled with a compôte of any fresh fruit, and should

be garnished with cream, custard, &c., or with fruit of a contrasting colour. They are often meringued like tarts and other pastry. Then they may be filled with nothing more than stiffly-whipped cream of various colours and flavours; they may be sprinkled with chopped nuts of any sort, or decorated in other ways according to fancy. Almost needless to add, the moulds must be set on a baking-tin with turned-up edges during the baking, and if no moulds are at hand in which to steady the parts of the moulds, some salt or any raw grain must be used; in most houses, though, there will be found some old patty pans or similar tins that will answer the purpose, and such are often in request—not only for these, but other moulds of latter-day introduction.

Plum Pie.—(*See* recipe below, and follow directions for APPLE PIE, page 820.)

Plum Pudding.—Red, green, or yellow plums are used in the same way, and sugar added according to the degree of ripeness. Required: paste, plums, and sugar. Cost, variable, plums being sometimes very cheap.

A short paste or one of suet may be used. The plums are nicer if skinned, and although the trouble is seldom taken, the pudding is improved if the kernels are taken from the stones, then blanched and cut in two or chopped a little, and added. Sour plums are unwholesome unless well sweetened and cooked. (*See* APPLE PUDDING for the mode, page 821.)

Plum Pudding (to Re-heat).—To warm up slices of plum pudding in the oven is to spoil it unless more than a common amount of care is bestowed, for it often gets dry and burnt. A better way is to put the slices in a basin and set this in a steamer, or with water round it as directed for STEAMED PUDDINGS, page 814. If more convenient to use the oven, the tin or dish containing the pudding should be set in another one with water in, and the oven should not be fierce, and as soon as hot through the pudding should be served. With a little more sauce, the pudding will then be as good as the first day. Many other puddings may be thus re-warmed; for example, suet, bread, bread and butter, jam roll, and others that are liable to become hard or dry by the ordinary methods.

Potato Flour Puddings and Pastry.—The recipes for ground rice puddings and cheesecakes may be followed, potato-flour being substituted. (*See* page 645.)

Potatoes in Puddings.—The custom of adding mashed potatoes to the other materials for the making of a crust for a boiled fruit pudding is common in some parts; the addition is generally made on economical principles, and has nothing objectionable about it if care be taken to make allowance when adding the water, or the paste may be too soft. This paste may be used for all sorts of fruit puddings; but we do not advise such a paste for a jam roly-poly, owing to its tendency to stick to the cloth even when made as stiff as it can be conveniently rolled; and if mixed too soft it is quite sure to stick, and the pudding will probably break and be unsightly.

Potato Pudding, Cheap.—Required: a pound of mashed potatoes, an egg, two tablespoonfuls of brown sugar, the same of stoned and halved raisins, or currants, or figs (in dice), a good flavouring of spice, a gill of milk, and an ounce of nice dripping, or, for a vegetarian dish, a little oil or vegetable fat. Cost, about 4d. to 5d.

The dripping and milk should be warmed together and added to the mashed potatoes, then well beaten, the other materials being added during the process. Should the potatoes be very dry they may want more milk. When a good brown surface and plenty of it is liked, the pudding should be baked in a shallow tin as for Yorkshire pudding; otherwise, a dish will do.

Time, according to thickness. The oven should be moderate.

A teaspoonful of baking powder improves this. For a cheaper dish the egg may be left out, and a tablespoonful of flour, or cooked rice, or tapioca added. (*See* POTATO HASTY PUDDING, and POTATO AND TREACLE PUDDING.)

Potato Pudding, Good.—Required: a quarter of a pound of the pulp from potatoes roasted in the skins, three ounces of butter, three eggs, three to four ounces of sugar, a tablespoonful of orange or lemon juice, and a fourth as much of the grated rind, a pinch of ground nutmeg or ginger, and half a gill of milk. Cost, about 8d.

This will be of a custard-like consistence if properly mixed, and very nice. The milk and butter should be warmed, and added to the potatoes after they have been sieved. A thorough beating should follow. The yolks of eggs and the sugar go next, and another beating. The flavouring and the stiffly-whipped whites are the last to be added, and the sooner the pudding is got into the oven the better. The dish for it should be well greased, and the heat moderate. Time, about three-quarters of an hour. Potato puddings are best hot, but sometimes eaten cold.

Another way.—Reduce the sugar by an ounce, and add an ounce each of currants and chopped candied peel. The sides of the dish may be lined with flaky or short paste, if liked. The heat should then be rather quick at the first, and slower after. This is nice for cheesecakes.

Potato and Treacle Pudding.—Required: four ounces each of chopped suet, treacle, and mashed potatoes, and two ounces each of flour and bread-crumbs, a little grated lemon peel or any spice to taste, sauce as below. Cost, about 6d.

The potatoes should be cold and free from lumps; they are better if sieved. They are to be mixed with the other ingredients, and well beaten. Those who prefer it may use dripping or butter instead of suet; either should be well rubbed into the flour. An egg is a great improvement to this; and when it is used the treacle may be increased by an ounce. Beat the mixture well, pack in a well-greased mould or basin, and boil for three to four hours, or steam for four to five. When done, turn out, and pour over a sauce made of a quarter of a pound of treacle, the juice of half a lemon, and the grated rind, and a pinch of spice. These quantities may be doubled if plenty of sauce is liked. Another good sauce is a plain lemon or marmalade, or a jam sauce (*see* HOT SAUCES). Watery potatoes will spoil this pudding, which when well made is excellent, though cheap. By making it softer, either by increasing the treacle or adding milk, it is very nice baked. A rather shallow dish should be used for it. For this, sauce is optional; for children's dinners it is very good without.

Potato Hasty Pudding.—This is a useful dish for emergencies. Required: about half a pint of mashed potatoes, an ounce of butter, an egg, two or three tablespoonfuls of milk, or less if the potatoes are not very dry, and a few currants or raisins, if handy. Cost, about 4d. or 5d.

The whole should be beaten together until very light, then put in rocky pieces on a greased baking-tin, and baked in a quick oven. These are to be taken up when hot and brown, and served on a hot dish with a dust of sugar over, and some jam or any simple sauce as an accompaniment. Should nothing better be handy, send treacle or sugar only to table, but do not put sugar in the mixture. If the potatoes can be mashed while hot, the mixture may be put on a buttered dish ready for serving, and browned up in front of the fire. This is sometimes called "potato puff." A large patty pan may be used, and the pudding taken off with a slice, and a sauce poured round. Candied peel or a

little essence of any sort may be added.

Pound-Cake Pudding.—This and similar puddings go by various names; amongst others, the barristers' and the judges' pudding. Required: enough rich pound or other fruit-cake to half-fill a pint mould, half-a-dozen macaroons, a glass of noyeau, a tablespoonful of orange flower-water, some garnish as for hot cabinet pudding (page 828), and a custard made with the yolks of three eggs, a gill of cream, and milk as required. Cost, about 2s. 6d.

The cake should be in dice, and the macaroons broken up, then mixed, and put lightly into the prepared mould. The eggs and cream are to be beaten up with as much milk and the liquids named as will barely fill the mould. The sugar must be regulated by the richness of the cake; about an ounce will be wanted. This should stand an hour before steaming. Allow an hour and a half. Serve a good sweet sauce with the pudding, which is a very good one.

Prune Pudding.—This is a very good plain pudding. Required: a pint of plain batter (*see* YORKSHIRE PUDDINGS) and half a pound of prunes. Cost, about 7d.

The prunes should be washed very well, then brought to the boil in water to cover them. Take them up and dry them, take the stones out, and dredge with flour before stirring into the pudding batter. Boil in a greased basin for two hours. Serve with a plain sweet sauce, or with sugar or treacle.

Prune and Bread Pudding.—This is a wholesome dish for children. Required: a pound of prunes, and some bread and butter, with sugar, &c., as below. Cost, about 9d.

The fruit should be treated as above, then put in a dish in which some fingers of bread soaked in butter have been laid to cover the bottom and sides. More bread is to be put on the top to form a cover, and the pudding baked in a moderate oven. A little marmalade spread on the bread is a great improvement to this. The water from the prunes may be boiled with a little sugar or treacle, and thickened with corn-flour for sauce; or any other sweet sauce will do.

Prune Roly-Poly Pudding.—Required: a pound of prunes, a spoonful or two of brown sugar, and a little water. Paste as for JAM ROLY-POLY. Cost, about 10d.

The fruit should be washed and put on to boil with the water, and the stones taken out when soft. Then remove the prunes and add the sugar, and boil for a few minutes, stir the prunes in, and leave to cool, when the whole should thicken, so that there shall be no liquid to run off the paste. Sometimes a grated apple is put in, and is a good addition. Raisins are also used. When time cannot be given for this mode, the prunes may be used raw, after stoning, the surface of the paste being moistened with jam or treacle, or some moist sugar may be strewn over.

Prussian Dumplings.—Required: a dough made as below, and some jam and sugar. Cost, about 1d. each.

Mix a pound of fine flour with a pinch of salt, half an ounce of sugar, the same of yeast, an ounce of butter, an egg, and a gill and a half of milk and water, tepid and in equal parts. (*See* BREAD for the mode.) When well risen take up pieces the size of a walnut and insert a little stiff jam of any sort, and close up neatly. Then fry a good brown in hot fat. The heat should be lowered after a few seconds, that the dumplings may cook through. Dust with sugar and serve on a very hot dish. These are very nice served with stewed fruit and the jam omitted. A few ounces of raisins or currants may be added to the dough.

Pudding à la Damiette.—Required: a pint of milk, a quarter

of a pint of cream, the yolks of three eggs, and the whites of two, two ounces of butter, the same of potato-flour, an ounce of grated Savoy biscuits, the same of crushed ratafias, carmine colouring, three ounces of lump sugar, a tablespoonful of chopped almonds, the same of cherries, cut up, and about an ounce of glacé apricots in thin shreds. A tablespoonful of pale brandy, and one of curaçoa should be used for the flavouring. Cost, about 1s. 8d.

The flour and milk should be mixed to a paste, and brought to the boil; then add the sugar, and the cream and butter off the fire. Stir in the biscuits, and leave to cool before adding the eggs. The fruit should be put to soak in the liquids. The mixture should be coloured a very pale pink. Put part of it in a buttered dish, and add the fruits in a layer in the middle; then fill up with the mixture, and bake in a moderate oven to a pale brown. Serve with sauce of the same name on page 126. The top of the pudding should be sprinkled with vanilla sugar.

Pudding à la Paysanne.—This is simple in the extreme, but very nice. Required: some bread, fruit, and sugar, and a little water or lemon juice should the fruit be of a dry sort. Cost, variable.

The bread should be thinly sliced, and put in the dish in layers with the fruit, which must be well sweetened, that there may be a good supply of fruit juice. The top layer should be fruit. The pudding should be baked in a moderate oven until the fruit is done; it may then be served hot or cold. Brown sugar or treacle is sometimes used for sweetening this pudding, and brown bread is quite suitable for it. The stones are best removed from plums and other stone fruit, though this is optional.

This differs from HYDROPATHIC PUDDING, as the fruit is used raw instead of cooked.

Pudding à la Victoria.—Required: half an ounce of corn-flour, an ounce of French sago, the same of macaroni, a pint of milk, a gill of cream, four eggs, and the yolk of a fifth, flavouring as below, and a few drops of yellow colouring. Cost, about 1s.

The macaroni should be washed and put to boil in half the milk, then taken up when half done and cut in small pieces. The sago should then be sprinkled in and boiled for ten minutes. Add the corn-flour. The rest of the milk is to be boiled for a few minutes with a small blade of mace, a bay leaf, and a strip of lemon peel, then strained, and mixed with the other milk, and added to the eggs when cool. The cream and other materials are to be mixed in, and the pudding steamed in a mould, which is improved by a garnish of a few pieces of citron on the top. Steam for an hour and a half in a deep mould, rather less in a shallow one. (*See* page 126 for the sauce of the same name, but there are others that go as well with it.)

Pudding Cloths.—To prepare these for roly-poly and other puddings, and to wash, *see* pages 806 and 813.

Pudding Dishes, to edge with Pastry.—There are two ways of doing this. For a plain dish, the paste is often carried to the bottom of the dish, and the edge just made even and left plain or crimped, as liked. For better puddings, the edge is generally covered to half the depth only, the paste being firmly pressed on. Sometimes leaves of the paste are put to form a border, or the edge may be cut in strips, the alternate strips being turned inwards; the unturned strips often get too dark in colour in this way, as the edges of them catch very readily; therefore we do not recommend it. By cutting the paste straight, and making a pattern on it with a pastry-wheel, all sorts of devices are easily produced. The paste is best a trifle thicker at the edge than lower down the dish. Any trimmings, if evenly joined, come in for

this purpose; it is not necessary, except for the best puddings, to make pastry on purpose.

Pudding Moulds, to line with Jelly.—(*See* directions in the chapter on SWEETS, &c.) A plain mould is most easily lined, and many are shown in later chapters that answer for puddings. The mould must always be quite dry. The jelly may be as plain as desired, but should be quite clear, that the garnish may show through to advantage. The garnish and jelly should contrast in colour, and there is no need for the garnish to be always arranged in just the same way for the same pudding.

Puddings, Materials for.—(*See* page 807.)

Puffs à la Flora.—These are very pretty, and suitable for garden-parties, &c. Required: some puff paste, lemon curd, raspberry jelly, and garnish as below. Cost, about 2d. each.

The paste should be thinly rolled and cut into squares of from three to four inches. Brush the four corners with beaten white of egg, and fold them over so that they meet in the centre. Take the rolling-pin and flatten them out to their original size; do not roll them. Put them folded-side down on a board, and lay a bit of lemon-curd in the centre. Put a spot of jelly on the top of the curd, egg the edges, and fold over once to form triangles. Sprinkle with cold water, and roll in pounded sugar. Bake in a sharp oven. In baking, the puffs will open out, and a tiny heap of crystallised rose leaves or violets should be put in the openings. If this is not at hand, a spot of whipped cream may be used, and sprinkled over with cut-up dried fruits of various colours.

Puffs à la Freda.—Required: rich short paste (page 743) and a mixture as below. Cost, about 2d. each.

Cut in shreds two ounces of lemon peel, the same of citron, and half as much orange; add a quarter of a pound of stoned and chopped raisins; two ounces of cherries from cherry brandy, cut in halves; a tablespoonful of grated almonds; the same of ratafias, sieved, and sponge-cake crumbs; a tablespoonful of greengage or apricot jam, two ounces of butter, and a beaten egg. The butter should be dissolved just enough to mix it with the rest, and the basin put by in a cold place for a time. The paste should be cut in rounds with a crimped cutter, and a teaspoonful of the mixture put in and folded over. Finish and bake as above. Half the above quantities will make a dozen and a half small puffs.

Puffs à la Lawrance.—Required: half a gill of lemon curd (page 856), the same of sponge-cake crumbs, an ounce of currants, the same of orange peel in shreds, half an orange, grated rind and juice, a tablespoonful of raisin wine or sherry, and the same of grated cocoa-nut. The paste may be short or puff; that given for BANBURY CAKES answers well.

The above materials should be blended and covered for a time before using; for cheaper puffs, a little of the milk from the nut, if a fresh one be used, may replace the wine. Make and bake as above.

Quince Pie.—(*See* APPLE PIE.)

Quince Pudding.—(*See* APPLE PUDDING.)

Quince Tart.—Required: a pound of quinces, a pint of water, three-quarters of a pound of sugar, the peel and juice of two lemons, two ounces of chopped almonds, and some good short paste. Cost, uncertain.

The fruit should be prepared as for jam and marmalade—*see* FRUIT—and added to the sugar and water after they have boiled together to a syrup. The whole should boil to a pulp, and the rest of the materials be put in. The lemon rind is best grated; if liked in strips, it should be added at the beginning of the cooking. Roll the

paste out, and cover a good-sized tart tin; lay on the quince mixture when cool, and cover with the rest of the paste. Pinch the edges, bake, and serve hot or cold. These quantities will make a large tart. Other recipes under APPLES may be followed. Tinned quinces are very handy both for tarts and pies. The seeds must be removed.

Raisin Pastry. — Required: stewed raisins and some plain short paste.

See STEWED RAISINS in *Fruit*. Prepare as many as may be required, and, after taking the fruit up, put the syrup back into the stewpan and cook until thick; it should just coat the fruit, not run off. Line some rather deep patty pans, using paste No. 1 or 3, and fill them with the raisins, cover as for mince pies, and bake at a moderate heat. Serve hot or cold. These are cheap and very wholesome, as well as nice. Cost, about 1½d. each.

Another way.—Make the paste thick, and use raw chopped raisins mixed with about a fourth their weight of raw grated apples of a juicy kind. These want a slower oven than the above. Some bread dough may be enriched with a little dripping and rolled out half an inch thick, and used for these, or they can be made like puffs or pasties, which *see*. The remains of a little apple sauce may be used up with the raisins.

Raisin Pudding, Baked.—Required: half a pound of bread-crumbs, a quarter of a pound of flour, six ounces of suet or dripping, half a pound of stoned raisins, a teaspoonful of baking powder, half as much grated nutmeg, an egg, and half a pint of milk. Cost, about 10d.

The crumbs and other dry materials are to be mixed, and the egg and milk beaten up and added. The suet should be very fine; or, if dripping, rub it in the flour. Bake in a greased dish or tin for an hour and a half to two hours if suet is used. The oven should be gentle. Serve with sugar, some should be dredged over the top, or with sweet sauce.

Another way. — Use all flour in place of bread, and mix with enough milk to form a thick batter; add an extra egg, and other ingredients as above, or, for a cheaper pudding, less fat.

Raisin Pudding, Boiled.—Required: half a pound each of flour and bread-crumbs, half a pound of suet, an egg, half a pint of milk, a teaspoonful of baking powder, half as much spice in fine flour, half a pound of stoned and chopped raisins, or they may be just divided, but the pudding will not be so rich, two tablespoonfuls of treacle, and an ounce of chopped candied peel. Cost, about 1s. 1d.

The whole of the dry materials should be mixed, and the liquids added. Boil in a basin for four hours; or it can be formed bolster-shape and boiled in a cloth for three hours. This is not a costly pudding, but, owing to the long cooking, a very good one. Serve as above.

(*See* the recipes for CURRANT SUET PUDDING, page 838.)

Raspberry Cream Pudding.—Required: half a pound of raspberry jam, two ounces each of butter and sugar, a quarter of a pound of bread-crumbs, half a gill of cream, the yolks of two eggs, and the white of one. Whipped cream and fruit for garnish. Cost, about 10d. without garnish.

Pass the jam through a hair sieve, and add the crumbs, then the butter and sugar after they have been thoroughly creamed together. The cream and eggs go next, and the mixture should be beaten hard for a few minutes. Butter a mould or dish, and strew with bread-crumbs mixed with crushed ratafias—a couple of the latter will do; put the pudding in, and bake in a very steady oven that the pudding may be pale when done. It will take from thirty to forty minutes in a shallow mould. Turn out, and spread the top with whipped cream, and stick some crystallised

raspberries here and there when fresh fruit is out of season, but when they can be had, fresh raspberries should be used.

Raspberry Pie.—(*See* CURRANT PIE.)

Raspberry Pudding.—(*See* CURRANT PUDDING.)

Raspberry Pudding, Russian.—Required: for a good-sized pudding, a pint and a half of freshly picked raspberries, two eggs, an ounce of flour, the same of sugar, and half a pint of sour cream. Cost, about 1s. 4d.

Put the fruit in a pie-dish, and set in the oven until quite heated through. Put the sugar and flour in a basin, and add the eggs and cream, beating to a smooth consistence. Pour over the fruit, but do not mix the materials, then bake in a very slow oven to a pale colour. For most palates, extra sugar will be required; but it is better to serve it with the pudding than to put more in it, as it is owing to the lack of sugar that the pudding is so good, in the opinion of those who are accustomed to dishes in which sour cream is a leading feature.

Where expense is an object, this may be imitated by setting some rich milk aside until on the point of turning, then adding a little condensed milk to give body and sufficient sweetness. No sugar will be wanted.

Ratafia Pudding.—Required: a quarter of a pint of ratafia-crumbs, the same measure of sponge cake crumbs, four eggs with milk to make a pint, sugar to taste, and a few drops of almond essence. Cost, about 9d.

The ratafias should be crushed with a rolling-pin, then rubbed through a wire sieve—this being the best way to make the crumbs uniform in size, although the process is a rather slow one. Soak all the crumbs for an hour in the custard. A few bitter almonds may be used, if from any cause the quantity of ratafias is decreased. This may be baked in a buttered pie-dish or steamed in a basin. Time, for the first, about an hour in a gentle oven; and for the second, a little longer. Serve hot or cold.

Another way.—This is richer. Required: four eggs, a pint of milk and cream mixed, four eggs, three ounces of whole ratafias and one ounce of crushed ones, a glass of brandy, and some pastry. Cost, about 2s.

The milk should be heated and added to the eggs, then poured over the ratafias with sugar to taste, and left to cool, when the brandy should be added and the mixture beaten. A little essence of almonds should be added. Line a dish at the sides with puff or flaky paste, and sprinkle the bottom of it, after buttering, with the crushed ratafias; then put in the mixture, and bake for half an hour or more.

Rhubarb Pie.—Required: rhubarb, sugar, and paste, and a little ginger or lemon to flavour. Cost, about 9d. to 1s. for a pie made of two pounds of fruit.

The rhubarb should be wiped only if young; but if old, peeled, and if very thick, split a time or two. Cut it in inch lengths, and put in the dish with the sugar, making it high, as it sinks a good deal. For a plain dish, use four to six ounces of brown sugar to the pound; for a better one, white sugar. A medium short or flaky paste may be used, or rich short or puff for a good pie. The latter is often served cold with custard or cream. (*See* FRUIT PIES.)

Rhubarb Pudding.—Required: fruit and sugar as above, and a nice suet paste. (*See* the recipe for APPLE PUDDING, page 821.) Cost, about 9d. for two pounds of fruit.

NOTE.—Those who find this fruit too acid, and who may not be able to indulge in the requisite amount of sugar to sweeten it, will do well to add a pinch of carbonate of potash, as it reduces the acidity to a considerable extent. This is a fruit that is very unwholesome unless it is well sweetened; therefore this hint may be of service to those with whom much sugar disagrees.

Some scald the rhubarb to reduce the acidity.

Rice Pudding, Plain and Rich.—(*See* CEREAL PUDDINGS, also *see* CAROLINA PUDDING, GROUND RICE PUDDING, RUSSIAN RICE PUDDING, &c. &c.)

Royal Cream Pie, American.—Required: a pint of cream, two tablespoonfuls of flour, three of sugar, three eggs, a quarter of a pint of milk, half a teaspoonful of ginger or other spice, and some fruit and paste as below. Cost, about 1s. 10d. without fruit.

The flour, sugar, and milk are to be mixed and brought to the boil, the cream added by degrees, and the mixture again brought to boiling-point; then take from the fire and beat the eggs in, leaving out two of the whites. The pie-plate should be lined with a nice flaky paste, and the cream mixture poured in, and baked with a good brown surface. The remaining whites are then to be beaten and mixed with an ounce more sugar and a little of the spice, and spread on the top in a rocky fashion; the pie should then be returned to the oven to brown. The fruit may be any kind in season, and it may be raw or cooked, as liked. Serve on separate plates, and hand sugar with it. A compôte of oranges may be recommended, and all the small berries go well with it.

Russian Rice Pudding.—This is a very good cold dish. Required: three ounces of rice that has been boiled in water and drained, and left to get cold, some fruit, and a syrup as below. Cost, variable.

Take for the syrup a gill of cold water and a quarter of a pound of lump sugar, boil them for a few minutes, skimming well, then stir in a little essence of nutmeg or ginger and a tablespoonful of lemon juice, and boil for a few minutes more. Then put the rice in and cover the pan, leaving it for a quarter of an hour just below boiling point. Add half a glass of good rum, and cover again for ten minutes. Turn out in a deep glass dish to cool, and when cold serve with any nice fruit, a compôte, or some canned or bottled, and one sort, or a mixture. Arrange the fruit on the top, and pour some of the syrup round.

Another way.—Make the mixture thicker by adding another ounce of rice. Form it into a ring in the dish, and fill the centre with whipped cream, and pile the fruit on the ring. Send the syrup to table in a separate dish. Or fill with the fruit, and arrange the cream on the top. The rice as above, without any addition, is very pleasant eating, and any home-made wine may replace rum for an every-day dish, or for children a fruit syrup will answer.

Saffron Pudding.—Required: saffron water as below, half a pound of suet, the same weight of flour, ten ounces of bread-crumbs, a teaspoonful of ground ginger or mixed spice, three eggs, and some milk or water. Cost, about 1s. if with milk.

First boil a tablespoonful of saffron in water until the decided taste and smell peculiar to the flower has been extracted, and the liquid has acquired a clear light yellow tinge; half a gill of water will be enough. Mix this with the eggs and other materials, then put in as much more liquid as may be wanted, about a gill or rather more. This may be boiled in a cloth. then the mixture should be stiffer than if cooked in a basin. Sugar may be added to, or a sweet sauce served with the pudding. Boil for four hours. The pudding may be plainer by using less suet. These puddings are considered very wholesome.

Sago Pudding, German.—These puddings are rather more solid than the general varieties of cereal puddings. Tapioca is excellent in the same way. Required: a quart of milk, three ounces of butter, the same of sugar, the rind of a lemon chopped small, a quarter of a pound of plain biscuit-crumbs, three ounces of fine

sago, and five eggs. Cost, about 1s. 2d.

The sago should be sprinkled in the boiling milk, and cooked for half an hour, then mixed with the butter, biscuit powder, and sugar, and left to cool. The eggs are then beaten in, and the pudding steamed for a couple of hours or more. Serve with a sauce made from the juice of fresh raspberries or currants boiled up with sugar, or with a jam or other sweet sauce when fruit is not in season. (*See* also CEREAL PUDDINGS, page 829.)

Saxon Pudding.—According to an authority, this is one of the best puddings of Germany. Required: half a pound of fine flour, ten yolks of eggs, seven whites, half a pint of milk, four ounces of butter, four ounces of sugar that has been flavoured by rubbing it on the rind of two oranges before crushing it to powder, and a little potato flour. Cost, about 1s. 4d.

The milk and flour are to be blended after the milk has been boiled, and care should be taken to avoid any lumps. Then put the mixture on the fire, and add the butter a little at a time, working the paste all the while. Take from the fire and go on working until quite smooth, using the back of a wooden spoon. Add the sugar and eggs, yolks only, gradually, and then stir over the fire again for a minute or two. When the mass has begun to cool, stir the stiffly-whipped whites of the eggs in. Bake in a mould which has been buttered and sprinkled with potato flour and a little sugar, that the pudding may look glazed when turned out. A gentle oven is wanted, and the pudding mould should be set in a vessel of boiling water to half its height. When a delicate brown and firm on the top, turn out. Time, according to depth of mould.

Semolina Pudding.—(*See* HOMINY PUDDINGS and CEREAL PUDDINGS.)

Seville Pudding.—Required: the thin peels of two Seville oranges, a pint of milk, four ounces of stale sponge cake, two ounces of butter, a lemon, three ounces of lump sugar, four eggs, and a teaspoonful of chopped almonds. Cost, about 1s. 2d.

The rinds of the oranges should be boiled in water until quite soft, then chopped and pounded. The cake crumbs should soak in the hot milk with the butter and sugar; when cold, add the eggs, and mix the whole; the juice of a small lemon should be added at the last moment. Steam in a mould for about an hour and a half, and serve hot with sauce. (*See* recipes in SWEET SAUCES; there are many that will suit this pudding.)

Sponge Cheesecakes.—Required: two ounces of stale sponge-cake, the same of sugar, an ounce and a half of butter, a tablespoonful of milk, half a teaspoonful of baking powder, an ounce of currants, and a little flavouring, as essence of lemon, &c. The paste may be a medium, short, or flaky. Cost, about 1d. each if small.

Crumble the cake and soak it in the milk, then beat the butter and sugar together for a few minutes; add the egg and beat again, then the cake and flavouring, and the baking powder at the last. The paste should be only three-parts filled, as the mixture should rise. The currants may be put in the mixture or sprinkled on the top. A spot of jam may be put at the bottom, and the currants left out. Any cake of the plain kind may be treated thus and if very stale use a little more milk, warm.

Sponge Pudding.—There are any number of sponge puddings. This is very light if properly made, and has the merit of cheapness. Required: a pound of flour, a teaspoonful of ground ginger, the same of carbonate of soda, rather more of tartaric acid, half a teaspoonful of ground cloves and nutmeg mixed, four ounces of clarified dripping, an egg, two ounces of brown sugar, and a gill and a half of milk. Cost, about 7d.

The materials should be all mixed, with the exception of the carbonate of soda, and that should be put in a tablespoonful of water and added at the last moment, after the pudding has been very well beaten. If beaten after the soda goes in, it will be spoilt. The acid is preferably sifted with the flour. Put the mixture in a greased basin, leaving nearly a third of the room for it to swell, and steam it for two and a half to three hours. If the sugar be omitted the pudding will be lighter, then some hot treacle should be poured over. Brown flour may take the place of half the white. For a cheaper pudding, the milk may give place to water. When acid and soda are not to be had, use baking powder, at least a teaspoonful and a half, and it must be fresh.

Strawberry Corn-flour Pudding.—This is suggestive of other puddings that will be found very nice in hot weather. When the fruit is very ripe, or of a very juicy nature, the corn-flour may be increased by half an ounce or so. Required: three ounces of corn-flour, an ounce of butter, two ounces of sugar, two eggs, and a pint and a half of milk, half a pint of picked strawberries that have been sprinkled with a little sugar just before using, and some custard or sugar and cream. Cost, about 1s. 6d.

The milk, corn-flour, sugar, and butter are to be brought to the boil and simmered for five minutes, then removed and cooled a little, the eggs beaten in, one white excepted, and the mixture put at the bottom and sides of a deep buttered pie-dish. About a quarter of it should be reserved. The fruit is then to be put in the centre and the rest of the mixture over it, and the remaining white of egg beaten with a teaspoonful of sugar, and spread over. The pudding is then to be browned in a very gentle oven; it will take about a quarter of an hour. For a plainer pudding the two whites may be put in the corn-flour mixture, and rather more of it reserved for the top. This is good plain, but the materials above named are an improvement, and the appearance may be enhanced by reserving a few of the best of the strawberries and sticking them on the top. This is good either hot or cold.

Strawberry Cheesecakes.—Required: half a pint of ripe strawberries, a heaping tablespoonful or more of fine sugar, three eggs, and some pastry. Cost, about 1½d. each.

The fruit should be picked and bruised in a basin with the sugar, then beaten with the eggs; for superior cheesecakes the strawberries should be sieved. Then bake in lined patty pans, using one of the good short pastes on page 743. Serve hot or cold, and dust with sugar. An increased amount of sugar will be liked by many; in such cases the whites of the eggs should be left out, and a meringue made as for the tarts of page 860.

Another way.—These are available at all seasons and are very nice. Take some bread-crumbs and soak them in some strawberry syrup; other fruit syrups may be used in the same way, but strawberry is particularly nice. When the crumbs have absorbed the syrup so that it does not run from them, add some beaten eggs, about two or three to half a pint of crumbs. Bake as above, using plain or medium paste and flaky or short as preferred.

Strawberry Custards.—These are general favourites. Make custard as on page 838, line little cup moulds with pastry, bake (do not quite fill them), and leave until cold. Put on the top a teaspoonful of strawberry jam; place a little meringue on the top, and dredge with vanilla sugar if convenient, then brown in the oven, and serve when cold. Cost, about 2d. each for small ones.

Strawberry and Currant Pie.—(*See* CURRANT PIE.)

Strawberry Tartlets.—Required: fruit, sugar, and pastry, &c., as below. Cost, uncertain.

Bake some good pastry in patty pans, and fill with small ripe strawberries of

equal size; if large, quarter or halve them. Make a syrup by drawing some juice, as if for jelly, from some strawberries, and add six ounces of sugar to half a pint; the quantity made must be in proportion to the number and size of the tartlets; enough syrup to cover the fruit is wanted. Use lump sugar crushed a little, and bring it to the boil with the fruit juice, skimming well. As soon as a little poured on a cold plate will stiffen, remove the pan at once from the fire, and when the syrup has cooled a little fill up the pastry cases. Made in this way the fruit will retain its fresh flavour, but if liked it may be scalded for a minute in the syrup as soon as it boils. Another way is to pour the hot syrup over the fruit, and after a short time put both in the cases together. Maraschino or lemon juice may be used to flavour if liked.

A cheaper way is to use a mixture of strawberry juice and water, with sugar for the syrup, and reduce well by quick boiling; if wanted to "set," a sheet or two of gelatine should be added. These may be served with or without cream, or whipped cream may be piled on the top at the moment of serving.

Note.—A morsel of red currant jelly improves the syrup, especially if the second mode be followed.

Styrian Pudding.—This is a popular dish in many parts of Austria. Required: two ounces of flour, half a pint of cream, a quarter of a pound of butter, two ounces of sugar, bread-crumbs and flavouring, a tumbler of red wine, the yolks of four eggs, and the whites of two. Cost, variable.

The cream and butter are to be heated, then mixed with the flour, and stirred for a minute, and turned out to cool. The yolks of the eggs are then added with the sugar, and the mixture beaten; the whipped whites go next, and the mixture is put into a mould that has been buttered and strewn liberally with bread or cake crumbs, when it may be baked or steamed. The time should be regulated by the depth; gentle heat is required, and as soon as the pudding will turn out firmly it is ready. The wine is to be heated and flavoured with cinnamon and lemon peel, and sweetened to taste, and should be strained round the pudding. There are other sauces in this work that go well with this pudding; and by omitting the sugar, and serving a sweet sauce with it, it will be found beautifully light. This is a very rich dish.

Suet Puddings.—These, when carefully made and well cooked, are a valuable addition to the table, especially in cold weather. Suet puddings in summer-time are too heating to be wholesome. In making this remark, we are referring to the plain type of pudding of the solid kind, composed of suet, flour, and water; not to the large variety of fresh fruit puddings made with a suet crust. Many persons complain that they find suet puddings disagreeable and unwholesome; and as the fault lies to a great extent in the cooking, a few general hints may be of service. The first thing is to skin and shred the suet finely (*see* Suet, page 8); in warm weather it can be rubbed into the flour, and blended with it, just as butter or other fats are rubbed in; in cold weather it should be finely chopped, the board being kept well floured; and it is only by the preliminary shredding that the lumps can afterwards be made uniform in size. Those who commence with irregular lumps will end with them. Beef or mutton suet can be used. The first is the better liked generally, and makes a richer pudding; the latter makes the lighter pudding. Veal suet is very delicate, the kidney fat being much liked for the crust for meat puddings. Consider for a moment the crust for a roll pudding, or a simple pudding that will be boiled in a cloth or basin; the addition of baking-powder will lighten it, and a further improvement may be effected by adding a small proportion of bread-crumbs to the mixture. Many who are familiar

enough with this addition for puddings in basins regard with surprise the introduction of bread in a paste that is to be rolled; yet why not? The object is the same; a mixture of bread and flour will be lighter than an all-flour foundation. This principle holds good when applied to the richest of puddings that contain suet, viz., Christmas plum. (*See* recipe for digestible suet crust, page 747); it is well worth a trial by those who find the ordinary crust unpleasant in any way. We have known it to be digested with ease when a crust without bread could not be.

The length of time allowed for cooking is important, and frequently insufficient. It is common to meet with directions for boiling suet dumplings or small puddings twenty or thirty minutes. This is most misleading; suet is a heavy fat, and the size makes but little difference to the time required for cooking. Naturally a large pudding wants extra time for the heat to penetrate to every part. What we mean is this: that in no case, however small the dumpling or pudding, will a short time suffice; at least an hour, and better still an hour and a half to two hours, should be given for a dumpling the size of an egg. Suet *is* suet, whether one is dealing with an ounce or a pound, and it is a clearly-proved fact that only by long cooking can this particular fat be made digestible. For a good-sized family pudding we advise from two and a half to four hours. For this reason, in all our recipes for any pudding that contains suet long cooking is advised. Those who from any cause find it inconvenient to cook the pudding for the time specified, should substitute some other fat for the suet if practicable.

Syrup Cup Puddings.—These should be made small enough to serve one to each person. Required: a suet or short paste, and some treacle prepared as below. Cost, about 2½d. each.

The moulds should be the size of small teacups. Line them with the paste rolled as thinly as possible; and if a short one, No. 3 is rich enough. Of the suet pastes, the digestible one is the best for them (page 747). For every half-pound of treacle that will be used, allow the grated peel and strained juice of an orange, a tablespoonful of grated apple, the same of orange marmalade, and a little nutmeg or mixed spice, and a couple of ounces of currants or sultana raisins. Fill up the cups with alternate layers of paste and treacle mixture, having paste at the top, then steam the puddings, with a sheet of paper greased on the top laid over them. Time, about an hour and a half for suet paste, or longer improves them. Turn out, and serve plain, or with a sauce of any plain sweet sort. These are very nice. For better puddings, add an ounce or two of candied peel. Sometimes grated nuts of some sort are put in these puddings, and some of the fruit omitted.

Another way.—Required: half a pound of flour, the same of bread-crumbs, an egg, four ounces of butter, a small teaspoonful of ginger and mixed spice, some of which should be cloves, as the puddings should be of a dark brown colour, half a pint of treacle, a tablespoonful of chopped apples, and the same of chopped raisins, and a quarter of a pound of brown sugar. Cost, about 8d.

The sugar and butter are to be put in the treacle and melted together, but should be cool before adding them to the other ingredients, which are to be ready mixed in a basin; a saltspoonful of baking-powder added to the last will improve the puddings. Steam them for an hour in buttered cups, which should be only three-parts filled. They may be served without sauce, but the economical jelly-sauce of page 122 is a good addition. There are others as good in the same chapter.

Note.—These may be varied in a very pleasant manner by adding a little fruit syrup and reducing the

treacle in proportion. Black currant, red currant, or raspberry may be mentioned as suitable.

Tartlets à la Trevor.—Required: paste, jam, cream, almond paste, and flavouring as below. Cost, about 2d. each.

The paste should be one of the rich short on page 743, and it must be thinly rolled and baked with care. Some triangles should be cut about two inches long. When cold they should be spread with rich jam or jelly. The almond paste (*see* CAKES) is to be cut in tiny triangles, and stuck round the edges, points upwards, a little white icing being used to stick them. A spot of whipped cream, white or coloured according to the kind of jam, should be put in the centres. The edges of the little triangles may be brushed over with white of egg and dipped in coloured sugar, or left plain if liked.

Tartlets à la Violet.—These make a very pretty sweet. Required: paste as above, apple jelly, meringue mixture as for the tarts of page 860, and some garnish, as under-mentioned. Cost, from 2d. to 3d. each.

Line some rather deep round patty pans with the short paste, and bake with a dummy filling (*see* PATTIES, page 779), then press in the almond paste, cut thinly into the same shape. When quite cold the apple jelly should be used, about a teaspoonful for each tartlet. The meringue mixture should be put on in a spiral from a bag with a small plain pipe, and should stand up high above the tartlets. Take some green sugar and a few crystallised violets, and cover the meringue in alternate rows, dropping the violets on lightly, then put in a cool part of the oven for the meringue to set but not brown, and serve. A little sugar should be in reserve in case it becomes too dark.

Another way.—Use a large plain pipe for the meringue, then the violets only need be put on at first, as the rows should be formed from point to base.

Tartlets à la Willard.—Required: some puff paste, lemon curd, blackberry jelly, and icing as below. Cost, about 2d. each.

The paste should be thinly rolled, and cut in strips of one and a half by two and a half inches. Make two incisions with a round cutter, leaving a space between, then bake, and remove the rounds, and fill the vacant spaces with the preserves above-named. A thin layer of paste should form the bottom, or the preserve would run through, but as much of the middle as possible should be removed. Put a pinch of grated cocoa-nut in the middle of each round of blackberry, and one of chopped pistachio on the lemon curd. (*See* LEMON CHEESE-CAKES.) Then take a bag and plain small pipe, and garnish the edges with a little Vienna icing. (*See* CAKES.)

Tomato Pie.—Required: a pound of fully ripe red tomatoes, a quarter of a pound of castor sugar, the rind of a lemon or orange, and a little of the juice, and some good paste, short or puff. Cost, about 1s. 2d.

The skinning of the fruit is optional (*see* TOMATOES). Take the stalks off, and any unsound parts, then slice the fruit and put it in the dish with sugar over each layer, and the grated peel and juice well mixed in. The paste should be thin, and the pie baked in a sharp oven. It may be served hot or cold. This may be varied by using the entire pulp of an orange with each pound of tomatoes; or a chopped apple is nice, with or without an ounce or two of raisins. Any spices as for an apple pie may be used. A sprinkling of ginger and a clove or two will be liked as a rule.

Tomato Tart.—The fruit should be sweetened and mixed with any of the above-named ingredients, and cooked to a pulp, then spread on the pastry and covered with the same, and baked in the usual way. (*See* JAM TARTS.) These dishes are very wholesome and cheap, and have

the merit of novelty. For superior pastry, the fruit should be sieved, and puff paste used.

Treacle Roly-Poly. — Required: paste, treacle, and bread-crumbs, or apples. Cost, about 8d. to 10d. for a moderate-sized pudding.

Either a plain short paste or a suet one may be used. About half a pound will make a nice pudding. Roll it half an inch thick, and put the treacle and crumbs on, mixed as for tarts below; or add some apples, baked and freed from skin and cores, or a little apple sauce may be used up. Follow the directions for JAM ROLY-POLY (page 853).

For a baked pudding use a short or flaky paste, and roll up tightly, then bake on a tin with the join of the pudding downwards. A mixture of grated apples, treacle, currants, and bread-crumbs, sufficient to make a stiff mixture, is nice for this; or chopped raisins and treacle with crumbs. Candied peel improves all these puddings.

Treacle Tarts. — These are nice and wholesome, and may be served hot or cold. Required: treacle, paste, spice, and bread-crumbs. Cost, for a tart on a plate, about 6d., or 1d. each for small ones.

Line a tin plate with a plain paste, and put on a good allowance of treacle, then add as many bread-crumbs as will make it of a jam-like consistence. Stale cake crumbs are also nice. The proportions are very easily determined on trial, but not easily given on paper, because treacle varies so much in consistence. A teaspoonful of ground ginger, or half as much nutmeg or mixed spice will flavour a pound of treacle, and a grate or two of lemon peel is an improvement; a teaspoonful of lemon juice may be added. The tart may be covered with another layer of paste, and the edges crimped, or some leaves may be cut from the paste, and put on with some bars to nearly cover the treacle mixture. The oven should be moderate for this.

Another way.—Bake the pastry, and when cold put in some treacle; lay a few leaves of pastry on, that have been separately baked.

Another way. — Bake some apples, and sweeten them with treacle to make a sort of thin sweet apple sauce. Add a few drops of essence of lemon. Use for filling the pastry after baking.

NOTE. — Pasties or puffs may be made if a thick paste is used, and the mixture made stiff with crumbs. These are useful for children to take to school, &c. (*See* CORNISH PASTIES, page 756 for the mode.)

Trentham Pudding. — Required: six ounces of bread-crumbs, half brown and half white; two tablespoonfuls of orange marmalade, the same of apricot jam, an ounce of butter, the same of suet, three eggs, a gill of milk, an ounce of corn-flour, custard and fruit as below. Cost, about 9d., exclusive of fruit and custard.

The bread and milk are first to be stirred over the fire until boiling-point is reached; the jam, marmalade, and butter are then stirred in, and, when cool, the suet and eggs. The corn-flour is to be mixed with the milk at first. The mixture should be put in a deep border-mould and steamed for three hours. While cooking, the custard should be made.

Take an ounce of corn-flour mixed with milk to a paste; add half a pint of boiling milk and half a gill of cream, and stir over the fire for five minutes; then beat in two eggs, a little sugar, and a tablespoonful each of jam and marmalade, as used for the pudding; the custard should not boil again; add sugar if required: this is to be poured in the centre hollow, and the fruit round the pudding. Take four oranges and remove the skin and pips; then cut three of them in dice, and cook them in the juice of the fourth until soft; add the grated rind of it and a tablespoonful of sherry, with sugar to taste, and, when quite thick, strain

some of the syrup over the pudding. Cost of custard and fruit, about 1s. 2d. This pudding may be served with other adjuncts, or cooked in a plain mould, and any other sauce put round or over it.

NOTE.—Add the whites of eggs separately to the pudding mixture.

Vanilla Cheesecakes.—Required: a curd made from three eggs, three ounces of butter, two and a half ounces of lump sugar, half an ounce of vanilla sugar, a teaspoonful of vanilla essence, and a tablespoonful of brandy; some good paste, either short or flaky; and any fruit jelly or jam, for choice using raspberry or red currant jelly. Cost, for small ones, about 2d. each.

The butter should be melted over the fire: a copper saucepan is best; the loaf sugar should be crushed and stirred in, and if first rasped on half a lemon an improvement will be effected. Stir until the sugar is melted and the mixture thick; then pour it by degrees to the beaten eggs, which are to be strained; beat hard all the time. The yolks only of double the number of eggs produce a much nicer mixture. Should this be thought too rich, add a Savoy biscuit, grated. Flavour when cold. In making the cheesecakes, a little of the preserve should be put in the paste first, and the above to nearly fill the patty pans. The oven should be moderate. Serve hot or cold.

NOTE.—The vanilla mixture is very useful for other sorts of pastry, and it may be used for cheesecakes without the preserve, if liked; then another ounce of sugar will be wanted. The brandy may be dispensed with. This is the "vanilla curd" referred to in other recipes.

Venice or Venetian Pudding.—This is a very good cold dish. Required: a custard made with half a pint of milk, a gill of cream, the yolks of four eggs and the white of one, two penny sponge cakes, a tablespoonful of brandy, and the same of maraschino; raspberry jam, jelly, &c., as below. Cost, about 2s.

Thicken the custard in the usual way (page 926), and when taken from the fire add the brandy and maraschino. Put a thin layer of pale lemon jelly at the bottom of a mould, and ornament with any pink crystallised fruit: sliced cherries are suitable. Put the cake in in slices, with a little jam between them. Add half an ounce of sheet gelatine to the custard, taking care that it is separately dissolved in a little milk. In cool weather the gelatine may be decreased, as, if the pudding is too stiff, it is not so nice. Strain the custard over the cake; see that it is cool, or it will melt the jelly; then set in a cold place until firm enough to turn out. The jelly for the mould should be stiff. (*See* JELLIES.)

Vermicelli Pudding, Plain.—(*See* CEREAL PUDDINGS, page 829.)

Vermicelli Pudding, Rich.—Required: a quart of milk, half a gill of cream, two eggs, two ounces of sugar or to taste, a little spice, four ounces of vermicelli, and some butter. Cost, about 1s.

The milk should be boiled with a bay leaf or strip of lemon rind, and added to the vermicelli, then simmered for half an hour. When cool, remove the flavouring and add the sugar and the beaten eggs, and pour into a dish that has been well buttered; sprinkle the spice over, and bake in a gentle oven. The cream should be put to it just before baking. If no cream, add a spoonful of good condensed milk. Time to bake, about three-quarters of an hour. Other cereal puddings may be made as above, with due regard to the time required for cooking the various sorts, for which see their respective headings. This is a convenient pudding, as it is so much more quickly cooked than many others of the same class.

Vermicelli Pudding, Rich, with Apples.—Required: materials as above, except the sugar, which should be increased in proportion to

the acidity of the fruit; about six ounces may be wanted. Apples as below. Cost, about 1s. 4d. to 1s. 6d.

The apples should be of a nice, firm kind and a good flavour. They must be pared and cored, and left whole. Put some of the vermicelli in the dish, and press the apples in, leaving a little room for them to swell. The rest of the vermicelli is to be poured over the top, and the pudding baked softly until the apples are quite soft, but they should retain their shape. This is nice hot or cold, with cream or custard, or a sweet sauce. The appearance is improved by spreading a little apple jelly on the top; and the flavour by filling the apples with grated lemon or orange rind, or some chopped raisins, or a spot of apple marmalade, or apricot marmalade, or stiff jam. When either of these modes is followed, a bit of apple should be put in each cavity to form a foundation, and so prevent the escape of the filling.

Virginian Rum Pudding.—There are few puddings with a cereal foundation that are as good as or better than this. Required: a quart of rich milk, three ounces of good rice and one of vermicelli, four ounces of lump sugar, the same of butter, the yolks of three eggs and the whites of two, powdered cinnamon and ginger a half-teaspoonful mixed, or to taste, three ounces of sultana raisins, two ounces of candied peel, and half a gill of good rum. Cost, about 1s. 4d.

The rice is to be blanched, page 558, then put on with the milk and brought to the boil, and left to simmer with the vermicelli for about a quarter of an hour; it is then left to cool, when the butter should be melted and stirred in with the other materials; the sugar should be added as soon as the rice is cooked. Then put all in a deep, well-buttered dish, and cook for about two hours in a slow oven. This is sometimes liked with a rim of good short paste; then the rice should be cooked for double the time, that the pudding may be in the oven for a shorter time to avoid the pastry becoming too dry; but we think this is best made without paste. The peel should be thinly cut, and the raisins most carefully picked.

Vol-au-Vents, Fruit. — (*See* Fruit Vol-au-Vents.)

West Riding Pudding.—This is an old favourite, and very easily made. Required: two eggs and their weight in butter and sugar, and for a plain pudding their weight in flour; for a richer one, the weight of an egg and a half only—the flour may be wheaten or rice; some pastry trimmings, jam, and baking-powder, with flavouring to taste are also wanted. Cost, about 10d.

Beat the butter to a cream, add the eggs and sugar, a little of each at a time, and beat for a few minutes. Stir the flour in with the baking-powder, about half a teaspoonful, and either some essence of lemon or a teaspoonful of grated rind—almond essence is often used. Put some red currant or raspberry jam at the bottom of a shallow pie-dish, or, for a better pudding, use jelly, then decorate the edge with leaves of pastry (*see* Apple Amber Pudding). Nearly fill with the mixture, and bake at a moderate heat. Serve hot or cold.

For very plain puddings the paste is rolled rather thick, and carried to the bottom, or the dish lined with it. The butter is reduced by half, a little milk taking its place.

Wheat Meal Pudding.—(*See* Cereal Puddings.)

Yeast Dumplings.—These are very old-fashioned and much liked by many. The dough may be made at home or obtained from the baker, and is to be divided into pieces of the size of a Tangerine orange or thereabouts, then put in a large saucepan of fast-boiling water and cooked for about twenty-five to thirty minutes. There should be lots of room in the pan for swelling, or the lightness will be

retarded. When done, a fork should come clean from the centre. Serve on a hot dish. The usual accompaniments are brown sugar, with or without butter, or a little treacle, or some simple sweet sauce.

Another way is to steam them, giving plenty of space, and turning when half done. Allow a little longer than for boiling.

Yeast Pudding.—Take the dough as for the dumplings, and tie in a cloth, leaving room to swell, and boil until done. The shape may be round or bolster. Allow almost as long as for a suet pudding; or cook in a deep steamer. A very old pudding of this sort is called in some parts, "the well pudding." A small piece of the dough is rolled, and a lump of butter and some brown sugar are put in, and the dough closed over like a ball; this is wrapped in another large piece of dough, which forms the pudding, so that when cooked the pudding contains the sauce in the centre. Currants or raisins may be added to the dough, or chopped figs or dates are as suitable. A good flavouring of spice gives variety. These are cheap and wholesome, and, with care, very light.

NOTE.—In serving, divide with two forks lightly.

PANCAKES, FRITTERS, OMELETS, AND SOUFFLÉS.

PANCAKES AND FRITTERS.

These dishes may be made savoury or sweet, and there is scarcely any limit to the variety that an ingenious cook may concoct out of inexpensive materials; for, although some are of a costly and troublesome kind, taken on the whole, there are no dishes better calculated to use up oddments to good advantage, that is, supposing frying-fat to be at hand ready clarified. In houses where the frying kettle is not an institution, such dishes are voted a bore, and are seldom seen.

A few rules of universal application may be first noted. The fat must be sweet, whatever its kind, or the dish will have an unpleasant odour and flavour that no seasoning can mask. And it must be hot, or perfect drainage from grease is not possible. The best flour should be used to ensure lightness, and the eggs must be good. All the required materials must be ready to hand, and the dishes upon which the fritters or pancakes are served cannot be too hot, or the passage from stove to table too quick. For many, a frying pan of the ordinary kind answers, but it should be in good condition, and deep. If it has not been used for a day or two it is a good plan to make a morsel of fat hot in it and pour it off, then wipe the pan out with a clean, coarse cloth, before putting fat in the pan for the frying proper. The most perfect cleanliness is essential, or every fritter will be a bad colour. Should lard be used it must be pure, but for many dishes clarified fat is preferable. For vegetarian dishes any of the vegetable fats may be employed. For fritters that require immersion in fat a deep pan must be used.

Whatever the mixture it should be smooth, and all the dry materials sifted. The garnish should be consistent with the dish, and a folded napkin or lace-paper should be put under the fritters or pancakes. When sauce or gravy, or any other liquid adjunct is served, it should be served separately, never poured on the dish, a dry surface being a prominent feature of these *plats* when dished in perfection. For all fritters that are coated with batter, such, for instance, as apple and orange and many others, the batter must coat the fruit evenly all over, and it will adhere the better if the fruit be first rolled in sugar. It is necessary to avoid lifting the fritters out of the fat before they are ready, or they sometimes suffer in appearance. A few seconds is generally enough to cook them, and after a little experience the "peeping" is quite unnecessary. The shade to aim at is best described as golden brown. It has passed into a truism that a pancake must be tossed to turn it, but it may be turned with a palette knife quite as well should anyone be nervous about the tossing; in either case, to avoid a splash of hot fat on the face or arm, always remove the pan

from the fire if an open one, and the precaution is best observed over a close range or gas or oil stove. We have seen serious accidents result from inattention to this rule.

Batter for Fritters.—See page 889.

OMELETS.

One meets constantly with the assertion that a decent omelet is a thing unobtainable in England. That these *plats* are made better by French than English cooks, on the whole, is not to be doubted; but many English cooks can serve omelets in perfection; and it is certainly true that anyone possessed of ordinary common-sense, and who is not above giving attention to details, may make an omelet in every respect worthy of the name. An omelet may be sweet or savoury. Eggs are the foundation of it, and the rest of the materials may be looked upon as adjuncts, in some instances to give body, and in others a flavour only.

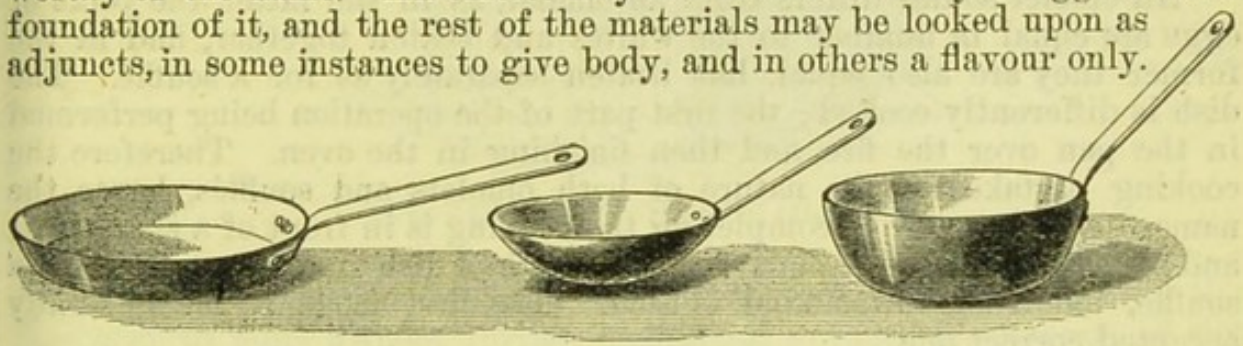


FIG. 137. FIG. 138. FIG. 139.

OMELET PANS.

The addition of flour is a decided mistake; it converts the mixture into batter, and completely destroys its delicacy and lightness. The question of milk in an open one—for while there are many good cooks who object to it there are others who add it—so on this point one cannot be didactic. Again, others, mostly French cooks, assert that a little water is the thing to give lightness, about a teaspoonful for every two or three eggs being the quantity often recommended. This is safe enough in experienced hands, but is better dispensed with by the novice. Others add cream for the sake of the increased richness, and some incorporate a little butter with the eggs in addition to that put in the pan for frying the omelets. Then there are all sorts of variations in the amount of butter used for a given number of eggs, and much difference of opinion exists as to the time that should be taken in beating them. Half-a-dozen cooks would make an omelet each in a different way, and each might be very good. Speaking broadly, savoury omelets are generally made richer than sweet ones, the butter sometimes being doubled in proportion.

Turning to the pan, it is no use to attempt an omelet in an old frying pan that has done duty for anything and everything, from bacon or steak and onions to pancakes. A special pan is wanted, and it must be put away clean. It is better to wipe it while hot than to wash it, though we do not say, as many do, that omelets cannot be made in a washed pan, for the simple reason that we have made them; still, a washed pan is better

avoided. Before the pan is used it should be wiped out, and many treat it as described for fritters and pancakes above, if not lately used, and with good results. As to the material, a copper or tinned steel is excellent, but the fireproof china, if used with care, is not easily beaten in point of cleanliness, and the ease with which it may be kept clean. Pans of iron or enamelled iron have a tendency to burn when rather worn. There are various shapes, which we illustrate on p. 885. The flat-bottomed pan (Fig. 137) is the commonest. The "saucer" (Fig. 138) is preferred by many, as the omelet presents a dome-shaped appearance when turned out. The "bowl," or deep pan (Fig. 139), is used mostly for the dish known as omelet soufflé, described below. Then there are the Danish pans, which hold seven little omelets, each division being calculated for one egg, and the German pans, that hold one egg in each of the little deep cavities. The latter may be had of various sizes.

An omelet soufflé differs from an omelet, as in the latter the yolks of eggs are equal in number to the whites and beaten together, and in the former they are also equal, but beaten separately as for a soufflé. The dish is differently cooked; the first part of the operation being performed in the pan over the fire, and then finishing in the oven. Therefore the cooking partakes of the nature of both omelets and soufflés, hence the name. Another way of completing the cooking is in front of a sharp fire; and sometimes the whole mixture is baked in a dish in the same way as a soufflé, but a shallower kind is used. The first mode is the generally accepted correct one.

SOUFFLÉS.

We will first consider hot soufflés, both savoury and sweet, as they are the best known and entirely different from the cold ones, often iced, that have come into fashion of late. These may be steamed or baked, the latter being thought the easier by most, though both ways are simple enough when the principles are understood, and without this a soufflé is not likely to be a success. It has been said that the main essentials are a sharp oven and prompt service for the baked ones; to which we may add steady cooking and care in turning out for the steamed; and good eggs for both. A soufflé should be made of a greater number of whites than yolks; the first are to be beaten to a very firm froth and must be lightly added at the last moment, much care being needed to ensure mixing and avoid streakiness without detracting from the lightness. Everything must be ready, and the dish put to cook at once.

Baked Soufflés.—Those who have not a soufflé tin may use one similar to a cake tin, with straight sides; supposing it to be four inches in depth it should be five in diameter. This must be strongly made or the soufflé will burn, and must be very thoroughly greased with clarified butter; salt would make it stick. A thick coat of butter, not a smear, is intended. Then room must be left for rising, and there should be a band of paper, also buttered well, tied round the tin to support the soufflé as it rises. This should be stout, and stand nearly three inches above the tin. The oven should be sharp, but not hot enough to darken the soufflé too early, and the heat may be slackened after a short time. The average time is from twenty-five to fifty minutes, according to size and depth.

Two medium-sized dishes are always to be preferred to a large one. When done, the soufflé will be firm to the touch. There is always more or less collapse as soon as it is taken from the oven, owing to the action of the cold air; but there is less shrinkage in a soufflé well done in a steady oven than one that has been cooked at a fiercer heat, and has been removed a trifle too soon. When a plain tin is used pin a napkin round; it should be ready warmed, and loose enough to slip over the tin without delay. Some cooks hold a heated shovel over until the dining-room door is reached, and others put a hot band of flannel outside the tin. The fire-

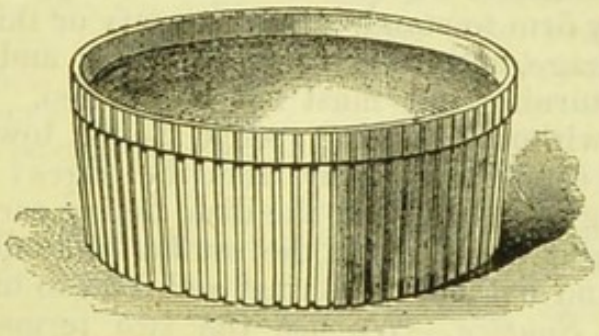


Fig. 140.—White China Soufflé Case.

proof china cases (Fig. 140) are strongly recommended for soufflés; they are sent to table without further treatment, so there is no waste of time—besides which, the dishes retain the heat well, and are often used by those who could afford a silver or plated one. The latter are of course not put in the oven, but used as an outer case for the soufflé tins used in baking. The case is made hot, and the baking-tin slipped into it. Failing a case, a napkin or an ornamental paper must be used. The most certain way to spoil a soufflé is to open the oven door too soon; another is to shut it with a bang. The small paper or china cases are useful for making soufflés to serve one to each person; these may have greater heat than the large ones, and are done on an average in from twelve to twenty minutes.

Steamed Soufflés.—Either of the cases described may be used for these; but they are always turned out and sent to table like a pudding.

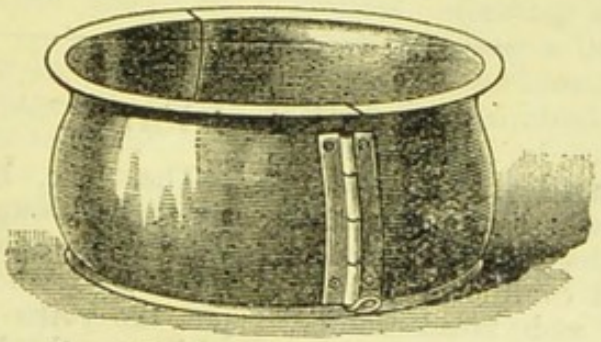


Fig. 141.—Soufflé Case Hinged.

Or a hinged case (Fig. 141) may be used; these have loose bottoms, and turning out is thus facilitated. They may be had round or oval.

The tin should be prepared as before, and the band of paper used. This must not come low enough to draw the water into the soufflé, and the water should be kept at a steady simmer all the time. A sheet of buttered paper must be put over the soufflé before the lid of the saucepan is put on. The lid must be removed only when necessary. In about ten minutes the soufflé may be cautiously looked at by raising the lid slowly, and if gradually rising it is going on all right, but if risen far up the paper it is cooking too quickly. A soufflé round which the water boils fast, or irregularly, will be crumpled in appearance, holey, and tough. When done, the top should be firm and smooth. The time required is just enough to make the mixture sufficiently firm to stand. From twenty or thirty, to forty or fifty minutes is the average, according to depth of tin and the composition of the soufflé. The turning out must not be hurried. Cut the string and remove the paper without dragging; slope the tin towards you, turning it round so that the soufflé falls away from the edges; do not use a knife or it will look raggy. Turn it on the dish, taking care that the tin does not fall, or its weight would crush the soufflé. Should sauce or gravy be served, pour it round without splashing, and send to table instantly.

Cold, or Iced, Soufflés.—We use the two terms, because, although most cold soufflés are iced, and improved by the treatment, the use of ice is not always necessary, and is often dispensed with. The iced sweet soufflés are given in ICES, as they may be served in place of an iced pudding. The savoury ones are given here. The cold salmon soufflé, p. 895, illustrated by the coloured Frontispiece, gives a representative dish of the kind. For ordinary occasions it could be served with less garnish; then, when ice is at hand for other purposes, these dishes are not always very costly. It is not possible always to give the exact proportions of the various ingredients, owing to changes in the weather and other causes; therefore it is well to prepare the mixture over ice, that the proper consistence may be more accurately determined. The mixture should only be stiff enough to retain its shape. There is ample scope for pretty garnish here, on the dish if not the soufflé. Many, especially the small ones, are made in little cases and dished on salad. They are suitable for ball suppers and all sorts of outdoor festivities as well as dinners. These should always stand up above the cases to imitate the cooked specimens, which, with regard to composition, they resemble in name only.

SAVOURY DISHES.

Asparagus and Cauliflower Soufflé.—Required: a tablespoonful of cooked asparagus points, twice the measure of cooked cauliflower in tiny sprigs, seasoning, and bread-crumbs, two ounces each of flour and butter, a gill of milk, the same of nice white stock, the yolks of two eggs and the whites of three. Cost, about 9d. to 1s., according to season.

The flour, butter, milk, and stock are to be brought to the boil, and the vegetables added, with enough seasoning to make the mixture tasty. Then put the yolks in when cool, and the whites at the last as usual. Time to bake, about thirty to forty minutes. The top should be dredged with bread-crumbs lightly browned, and a few bits of butter put on.

Another way.—Reduce the cauliflower by half, and add the same measure of pounded chicken; reduce the flour by a fourth. This is a good dish.

Asparagus and Tomato Soufflé.—Substitute tomatoes in dice for the cauliflower above. The hard part should be taken from the centre. Another way is to use a tablespoonful of tomato purée, and colour the soufflé mixture with a few drops of carmine.

NOTE.—For another dish, green peas, or cut-up French beans, may replace the asparagus points, in this or the foregoing recipe.

Bacon Omelet, German.—Required: two cooked potatoes, sieved, two eggs, two tablespoonfuls of milk, salt and pepper, and some powdered mixed herbs, a little chopped onion or chives, two ounces of bacon in dice, and about an ounce of butter. Cost, about 5d.

The bacon should be first fried with the onion and then the herbs added; when cooked, the butter should be melted, and the eggs, milk, and potatoes all added after they have been very well beaten up, and the omelet cooked steadily. The mixture should be stirred until the browning commences, then it must be left to finish, the usual precautions against burning being taken.

Bacon Pancakes, German.—Required: herbs, bacon, seasoning and pancakes, as below. Cost, about 2d. each.

The pancakes are to be made and fried in the usual way (page 911). Supposing half a dozen, take some spinach, parsley, thyme, a little butter and seasoning, and stir until hot; the spinach may be left from a previous dish; then add a few tablespoonfuls of cooked bacon in dice, and heat; the proportions are immaterial, as there may be enough to flavour the pancakes only, or to spread over the entire surface. After the mixture is put on, the pancakes are to be rolled up, and laid in a stewpan with enough broth or stock to keep them from burning, then steamed for about twenty minutes.

NOTE.—Any green purée can replace the spinach.

Batters for Fritters, &c.—*No.* 1.—Required: half a pound of flour, one egg, a good pinch of salt, and half a pint of milk, or a mixture of milk and water. Cost, about 3d.

The flour should be sieved and mixed with the salt, and the milk and egg beaten together, then added to the flour by degrees, so as to produce a smooth thick mixture. (*See* remarks on page 884.) This is useful for fish frying, and for coating vegetables, &c., for plain fritters. If for sweet fritters, any spice or other flavouring may be added, and for savoury ones a dash of white pepper is an improvement.

No. 2.—Required: a mixture of white and brown flour in proportions to taste, half of each being recommended; and to half a pound the materials above named, together with half an ounce of melted butter, or any vegetable fat, or oil. This is used for vegetarian dishes. The cost is a trifle more than the above, and the difference in mixing consists in adding the fat to the liquid, which should be tepid, unless water entirely be used, then the fat should be poured in the centre of the flour with the egg yolk, and the water be added a little at a time while the mixing proceeds. For a plainer batter the egg may be omitted. Another variation of this is made by using a little chestnut flour in place of the brown.

No. 3.—Required: two ounces of butter, a gill of boiling water, three gills of cold milk, the whites of two eggs, a pinch of salt, and twelve ounces of fine dry flour. Cost, about 6d.

This is a French batter and a good one, generally useful for sweets and savouries. (*See* remarks above concerning the seasoning, &c.) The butter should be melted in the water, and the milk added, so that the whole is scarcely

tepid. This is then to be mixed with the flour, as above described, and the batter put by for a few hours, the whites being whipped to a stiff froth and added at the last moment. This should be tested; owing to the variation in flour a little more liquid or flour may be necessary; these are the average proportions. This may also be made with any vegetarian fat.

No. 4.—Required: half a pound of fine flour, which must be very dry and carefully sifted, two tablespoonfuls of pure olive oil, half a pint of tepid water—*i.e.* two-thirds cold and one-third boiling—a little salt, and the whites of four eggs, or three if large ones. Cost, about 5d.

This is the rich frying batter, French, mentioned in many of our recipes; it is excellent for all sorts of fritters, and very useful for frying fish. The flour should be put in a basin with the salt, the quantity being increased if for savoury dishes, and a little pepper is an improvement. The oil is then dropped in, and the water added by degrees, after a little flour has been worked into the oil. The mixing should be very thorough, and the batter beaten well. The whites of the eggs cannot be too stiff, and they must be added in the usual careful manner. For sweet fritters a batter is made similarly, but with half water and half sweet wine. Half the above quantities will make a small dish of fritters.

No. 5.—This is very plain. Required: flour, with enough liquid, either beer, or water or milk, to make a thick batter. Cost, variable.

The flour need not be the finest, but it should be sieved. The liquid should be put to it carefully. Add salt and pepper if liked, and a little sugar with a pinch of salt only for sweet dishes. A tablespoonful of very clean snow to half a pint will be found an improvement. The white of an egg may be used when a rather richer batter is wanted. The main point in a cheap batter, when no eggs are added, or when they are used in small proportion only, is the mixing of the batter in advance, that the starch grains may swell to the fullest extent, and plenty of air be incorporated. Good results should not be looked for if the batter is mixed and used at once.

No. 6.—This is a good English batter. Required: six ounces of fine flour, a pinch of salt, the yolks and whites of three eggs, a tablespoonful of salad oil and a gill and a half of cold water. Cost, about 5d.

The flour is mixed with the salt, and the yolks of eggs and oil dropped in. The mixing is then proceeded with as detailed in No. 3. There is some difference of opinion as to the respective merits of cold and warm water, and the above recipe and No. 3 furnish good examples of the two modes of mixing.

No. 7.—This is an Italian batter for the frying of sweet dishes. Required: Vienna flour, wine, water and egg whites. Cost, variable, according to the wine.

Take as much flour as may be wanted, and add to it any light wine, with about the same measure of water, and enough to make a batter of the right consistence. It should be as thick as double cream. The whites of two eggs beaten stiffly should be used for a pint to a pint and a half of the batter. This is sometimes spiced or otherwise flavoured.

NOTE.—The use of Vienna flour is recommended for all the best batters, or a mixture of Vienna and good English.

Batter Flakes or Sparrows is a German dish, the national name for which is *Spatzen*. The batter is made with water or milk and flour, nothing else for the plainest dishes, but for the best it is enriched with eggs; therefore either of the recipes may be followed, so long as the batter is thick enough, and this should be tested, as it is easy to add more flour or liquid as required. The cooking is simple, the batter being "flaked" from the point of a knife into a pot of

boiling water. The plate containing the batter should be held near the pot, and as the flakes swim on the top (as they should when done), they are skimmed out and kept hot. A small quantity of batter will make a good dish of flakes. The knife must be dipped from time to time in the hot water. A very favourite batter is composed of sour cream, flour and eggs, or flour only. The mixture is boiled to a stiff paste, and is then put by to cool, the egg yolks (when used) are then added, and the mass cooked in little lumps as before. There are various ways of finishing off the flakes. They are sometimes browned in a little hot fat; while another is to put a little butter on the top of each, but then the flakes are first cooked in milk instead of water.

As to the ways of serving, they are legion, and they are good in all. With preserves they form a nice sweet. They are excellent with a salad. A little gravy or sauce makes the dish both tasty and satisfying; and they may be added to all sorts of soup and broth. They also go well with a roast as a substitute for a Yorkshire pudding.

Brain Fritters. — Required: brains, batter, seasoning, &c., as below. Cost, variable, brains being usually sold with the heads.

After the brains have been blanched and boiled until tender, they should be left to get cold, then cut in convenient sized pieces and well floured. Either of the frying batters on page 889 may be used to coat them. The seasoning may be herbs, or cayenne with a little curry; or a few drops of store sauce may be added to the batter, or the herbs used may be made more savoury by the addition of chopped and scalded onion; for some palates, a little grated lemon peel and chopped parsley, with a dust of white pepper, will prove the most acceptable seasoning. Fry as directed on page 884, and serve with a garnish of fried parsley and cut lemon.

Another way.—The brains may be prepared as for brain cakes, then coated with the batter, and finished as above. To blanch brains or make cakes, *see* INDEX. *See* also other recipes for cooking brains, as by partly cooking them by stewing in a little stock after blanching, they may be converted into fritters when cold, and any nice sauce or gravy served with them. The recipes under SWEETBREADS will afford suggestions.

A very delicious form of fritter, which requires great care to avoid breaking, is made by beating up some boiled brains with any rich sauce strong enough to jelly when cold, and then coating with batter as above. The mass should be set but not hard, and portions taken up in a teaspoon; the batter must be thick, and should be rich (page 890).

Carrot Soufflé.—A vegetarian dish. Required: half a pint of carrot purée, a large baked potato, the yolks of three eggs and the whites of four, an ounce of flour, half an ounce of butter or other fat or oil, and some seasoning, &c., as below. Cost, about 8d.

The carrots should be steamed and sieved; then add the potato, also sieved, while hot; the butter goes next, and the flour, which should be mixed with a spoonful of milk or vegetable stock. The seasoning may be salt and pepper only, or some herbs added, chopped parsley being very nice. Then beat in the yolks of eggs when the mixture is quite cool, and the stiff whites when cold. The latter must be added in the usual manner. Take a dish or tin and grease it, and strew in a few fine crumbs, shaking the loose ones out; pour in the mixture, and put a few bits of butter over, and shake more crumbs on, then bake at a moderate heat. This is nice without sauce, but better with. There are various ways of altering it; a little tomato sauce or purée is a good flavourer, the carrot being reduced a little. For a cheaper dish, two eggs,

with the white of a third will do if the potato is increased, or a tablespoonful of bread-crumbs added. Should boiled carrots be used it is necessary to squeeze out any moisture in a cloth before sieving, as if watery the dish is a failure.

Note.—This may be made into a very good dish for meat eaters, by taking either of the rich carrot purées, and adding a morsel of glaze to the other materials, the flour being mixed with a little good stock or gravy.

Cheese Fritters. — Required: cheese and frying batter. Cost, about 1s. per dozen.

Take some good cheese, rich, but not too soft, and cut it in fingers about two inches by one, and half an inch thick. Sprinkle a little pepper over, and celery or plain salt should it require it, also a little dissolved butter or oil. Then coat with good frying batter, and fry in hot fat to a pale brown. Sprinkle with grated cheese or garnish with fried parsley. Dish in a ring and serve.

Another way.—Required: a couple of ounces of grated Parmesan cheese, and the same of good English, an ounce of butter or a little cream, a seasoning of mustard, pepper and salt, with a morsel of pounded ham if liked, and some beaten egg and frying batter. Cost, about 10d. for a dish of a dozen.

The cheese and butter are to be pounded and then moistened with the egg yolk after the mixture has been seasoned. Some bread-crumbs are also needed. The exact proportions are to be regulated according to the richness desired, the plainest fritters will, of course, contain the most crumbs. The result should be a paste that can be moulded into little balls, which are then to be flattened into thin cakes, the size of the top of an egg-cup to that of a tumbler. Then coat with batter, plain or rich to taste, and fry a good brown.

Another way.—Required: two ounces of bread-crumbs, the same of grated cheese, any dry kind, a little seasoning and milk and egg yolk, and a small quantity of celery purée. Cost, about 6d.

The cheese and bread are to be mixed with enough egg yolk to make a paste that can be rolled out on a floured board. Make little flat cakes, and on half put the celery purée; then moisten the edge of the cake, and lay another on the top, pressing the edges together well. Coat with batter and fry brown. These are very tasty, and when celery is out of season, a little celery salt may be added to the flavouring, and a purée of onion or any other kind used. A morsel of ham may be put in also.

Cheese Pancakes.—Required: a plain batter as for Yorkshire pudding (page 803), and to each pint about two tablespoonfuls of grated cheese, any sort that is too dry for table, and seasoning as below. Cost, about 1d. each.

Salt and pepper and a hint of cayenne are the usual seasonings for the batter, but celery salt may be added with advantage, and a hint of nutmeg is nice. The pancakes should be made in a small pan, and may be rolled or served plain. For a better dish, follow either of the recipes for richer pancakes, and let part of the cheese be Parmesan.

Cheese Soufflé.—Required: an ounce of butter, three-quarters of an ounce of flour, two ounces of any dry cheese, a gill of milk, a seasoning of salt, pepper and cayenne, and two eggs, with the white of a third. Cost, about 6d.

Mix the butter and flour in a stewpan over the fire, and add the milk and seasoning. Stir and give a good boil up, then stir the yolks in when the first heat has gone off; or to save waiting, it is a good plan to reserve a little of the milk and add it cold, which reduces the temperature. Beat in the cheese, also the stiffly whipped whites of eggs. The latter must be put in a little at a time. This may be made a little plainer by omitting an

egg, and putting in a tablespoonful of bread-crumbs. Prepare a pint soufflé tin (page 886), and pour in the mixture, and bake at once in a good oven. The surface should be sprinkled with browned bread-crumbs before baking, and a morsel of butter put here and there, and after baking a little grated cheese should be put over.

Cheese Soufflé, Good. — Required: two ounces and a quarter of flour, of which half should be Vienna and half potato-flour, two ounces and a half of butter, three gills of milk, one gill of cream, a little salt and cayenne, the yolks of two eggs and the whites of four, and four ounces of grated Parmesan cheese and one of good English. Cost, about 1s. 3d.

Proceed as directed in the recipe above, and if a more savoury dish is preferred, a morsel of mace may be infused in the milk, or a hint of chopped onion, either being removed. The mixture will be useful for small soufflés or one large one. Time, about a quarter of an hour for the small, and from forty to fifty minutes on an average for the large.

Chicken Fritters.—Required: cold chicken, butter, batter, seasoning, &c., as below. Cost, about 1s. to 1s. 6d. for a small dish.

Take the whitest meat, the breast if at hand, and cut the slices into any shape that may be convenient, but fingers are liked as a rule; small squares or rounds are used when there is plenty of meat at command, and the trimmings can be used for other purposes. Season the pieces with salt and pepper and a hint of nutmeg or mace, or grated lemon may be used with a few drops of the juice; or for more savoury fritters, a little chopped parsley is added, while to prevent insipidity, should the chicken be a boiled one, a marinade of chopped onion, with lemon juice or white wine, and any herbs to taste is employed. Sometimes, for the sake of additional flavour, a little ham is introduced; a wafer-like slice may be wrapped round the chicken, or the ham may be chopped and spread on the chicken slices, which are then cut thinner than usual, and placed two together to enclose the ham. Coat with batter and fry brown and crisp, and dish with a garnish of fried parsley and cut lemon.

Note.—For very superior fritters, a mince should be made from the chicken (*see* recipes in Entrées and Pastry). This must be thick, and enclosed in a thin slice of cooked ham, the latter being formed into a tiny roll or round cake as liked. These being juicy when cooked are much approved. To either kind, a gravy or sauce is a suitable addition, though they may be served plain.

Chicken Soufflés à la Cream.—Required: four ounces of cooked chicken, the yolks of four eggs, the whites of five, two tablespoonfuls of white mushroom purée, a seasoning of salt, pepper, lemon rind, and cayenne, with a hint of mace, a tablespoonful of any rich white sauce, a gill of whipped cream, half a gill each of milk and chicken stock, and a tablespoonful of fine flour. Cost, about 1s. 6d.

Free the white meat of the bird from skin and bone, and pound and sieve it, and if a more savoury dish is liked, use an ounce of ham or tongue, and reduce the chicken. Add the yolks of eggs and seasoning, and the milk and stock after they have been boiled up with the flour and cooled. The stiff whites go last. Then bake in paper cases that have been oiled, and dried on the outside, and slightly oiled inside. Or use china cases. Time, about ten to fifteen minutes. Serve a sauce, as used in the mixture, separately if liked. The cases should be not much more than half filled.

Cold Lobster Soufflés.—Required: a quarter of a pound of lobster, a tablespoonful of chopped shrimps, a little anchovy essence or shrimp essence, seasoning, sauce, jelly,

and garnish, as below. Cost, about 1s. 6d. to 1s. 9d.

The lobster should first be mixed with a tablespoonful of thick cream, and the same of good mayonnaise or other salad dressing of the thick kind, some cayenne, lemon juice, and a gill of nearly cold aspic jelly (*see* FISH ASPIC, page 977). The mixture should then be thoroughly whisked over ice. A couple of tablespoonfuls more of sauce, or cream, or mayonnaise, or one of each should then be added, also the shrimps, and a good spoonful of lobster butter or lobster coral. Should the butter be used, it is preferably added before the lobster is sieved. If no shrimps are at hand, some chopped lobster will do, or prawns (tinned ones) will answer. The addition of parsley or other green meat is optional. The mixture should be put from a bag and pipe into little paper or china soufflé cases, surrounded with paper as for the baked soufflés; the mixture should reach to the top of the paper, and be made level with a palette knife. Set the soufflés in an ice cave for half an hour or more, but they should be firm, and not hard; then remove the papers, and serve as they are, or with a garnish of sieved egg yolk or chopped white, or chopped parsley. The dish may also be garnished with little blocks of aspic jelly, or a nice salad. The above will make from six to nine. For elaborate service, the garnish of the COLD SALMON SOUFFLÉ (page 895), may be imitated.

Cold Meat Fritters. — Required: cold meat, batter, and seasoning, &c., as below. Cost, for a dish from half a pound of meat, about 8d.

Plain frying batter answers very well (page 889). The meat should be cut in strips of half an inch to an inch wide, and the third or fourth of an inch thick, and two inches or more in length, supposing the joint is such as will permit of these proportions, but if more convenient other sizes and shapes may be taken. Beef is very good, and may be seasoned with a few drops of any store sauce, and a little pepper or mustard, and salt, then dipped in the batter and fried a good brown in hot fat. A garnish of fried parsley looks nice, but for a plain dish may be dispensed with. For mutton, the slices may be spread with a morsel of onion purée, and put two together, or they may be made savoury by the addition of a little mint sauce, and, if liked, a pile of fried onion may be served in the centre of the fritters. Then tripe makes very good fritters if well seasoned, and here again fried onions or apples are a suitable adjunct. There are, in short, endless ways of giving savour to the dish; and so long as the meat is tender and not overdone success is assured.

NOTE.—A salad may be served, and gravy or sauce if liked.

Cold Meat Soufflé.—Required: a quarter of a pound of cold beef, a gill of plain gravy or stock, salt and pepper, and a little store sauce or ketchup, a teaspoonful of chopped onion, the yolks of two eggs, and the whites of three, a tablespoonful of browned bread-crumbs, and an ounce each of flour and butter. Cost, about 7d.

The meat is to be free from skin and gristle, and should be lean; weigh it after this preparation, then add it to the sauce, made by boiling the flour, butter, stock, and seasoning together. When this is cool, the yolks of eggs are to be very well beaten in. The whites are to be whipped and added as usual. Bake in a buttered china case or deep dish, and when done dredge the crumbs on. Should a pie-dish be used, a napkin must be pinned round.

NOTE.—Cold ham or tongue will make another dish of this sort. A stock of the plainest kind, if free from fat, and not too salt, will answer. These dishes are not intended to take the place of rich soufflés, but they are light, and a pleasant change from the ordinary modes of re-serving cold meat. It is important that the meat

be underdone, or the soufflé will be dry. A chopped mushroom, or a morsel of tomato may be used instead of onion, and any herbs are admissible. A little sauce or gravy is an improvement.

Cold Salmon Soufflé. — Required: for one good-sized soufflé, or six to eight small ones, half a pound of salmon, wine, eggs, seasoning, and sauce, as below. Cost, about 3s. to 3s. 6d., but varies much.

The fish should be freed from skin and bone, and cooked in a mixture of any light wine and lemon juice, sufficient to cover until it is done, and can be pounded readily. Add to it the yolks of two hard-boiled eggs, also the whites after they have been chopped and sieved; season well with French mustard, and salt and cayenne to taste, and some anchovy or shrimp essence, or a couple of boned anchovies; then moisten with a gill of stock made from the bones of the fish, and which has been stiffened with a quarter of an ounce of sheet gelatine; sieve the whole, and mix in half a pint of whipped cream, or for a more savoury dish, the same measure of anchovy cream (page 109). Should the latter be used, half the above quantity of gelatine will suffice. Take a paper or china case, and prepare as directed on page 888, and set the soufflé aside, on ice if possible, until quite cold and firm, then take the band of paper from it and dish. This may be served plain, or it can be ornamented in various ways. A round of green mayonnaise may be laid on, and a smaller round of cream aspic, white, on that (*see* GARNISHES). Cray-fish tails, or shrimps or prawns may be laid on, with tiny sprigs of chervil in between, and a sprig of tarragon put on the top; the dish should be similarly ornamented (*see* COLOURED PLATE, No. 1, for which cray-fish tails were used).

NOTE.—In preparing the mixture, it is well to whisk it over ice, as the exact consistence required can be more readily determined. The less gelatine used the better, as the soufflé will be more delicate. The mode of decorating above detailed will suggest many other varieties for other kinds of fish as well as salmon. Any small salad may be used for garnishing.

If an ice cave be handy, "set" the soufflé in that. (*See* next chapter.)

Curried Omelet. — Required: four eggs, two ounces of butter, a teaspoonful of chopped onion or shalot, a seasoning of pepper and salt, and a dash of cayenne with a few drops of lemon juice, and a curry mixture, as below. Cost, about 6d., exclusive of the curry.

The omelet is to be cooked as directed for savoury omelet (page 901), first recipe, and, just before doubling it over, either of the following, heated in readiness, should be put in the centre. A tablespoonful and a half or so of boiled rice, cooked as for curry, and moistened with the curry sauce of page 95; or some curried rice as given in the recipes under RICE; or the remains of any sort of curried fish, meat, or poultry, for which *see* INDEX. Should one of the latter be used, the meat should be cut up rather smaller than for ordinary curries. The omelet mixture should be well seasoned. It is almost needless to add that the above is a good way to use up the remains of curries, but should any be specially prepared for the omelet, a little good stock or gravy should be used as the base, and flavoured with curry paste or powder, enough cooked meat being added to bring it to the desired consistence. The onion is sometimes cooked in butter before it is added to the eggs for these omelets.

Frying Batter. — (*See* BATTER for FRITTERS, &c.)

Game Omelet.—Required: two to three ounces of cooked partridge or pheasant or other game, half an ounce of butter, a seasoning of salt and pepper, and a dust of cayenne and nutmeg, a little sauce and fumet of game. For the omelet, four eggs,

seasoning and a tablespoonful of cream are required, and two ounces more butter for the frying. Cost, about 8d., exclusive of the game.

The game should be pounded with the butter, and made into a thick well-flavoured mince with the other ingredients; heat in the *bain-marie*, and put it in the omelet just before serving. (*See* KIDNEY OMELET.)

For a richer omelet, truffles in dice, or truffle essence may be added.

Game Soufflés.—Required: four ounces of any cooked game, the yolks of four eggs, the whites of five, two tablespoonfuls of brown mushroom purée, salt and pepper with a little cayenne and nutmeg (or the latter may be omitted), a gill of good brown stock, a teaspoonful of brown roux, a tablespoonful of thick brown sauce, and an ounce of butter. Cost, about 10d., exclusive of the game.

The meat should be pounded and sieved, and, if liked, an ounce of ham may be used in place of an ounce of game. The stock should be boiled with the flour and butter, and when cool stirred to the yolks and seasoning. The sauce and purée are to be added, and the whites at last as usual. Finish as directed for the little chicken soufflés of page 893. When done, dredge with browned bread-crumbs. China cases may be used in place of paper, and one large dish may be made, but the mixture should be firmer; more flour, or a little glaze may be used, or the stock reduced a little. A thick sauce with truffles may take the place of the mushroom purée, and various other alterations will suggest themselves on reference to the recipes under GAME.

Gravy for Omelets or Soufflés should be made from the best stocks, and nicely flavoured, and always poured round, or served apart; never over the dish.

Haddock Omelet.—This is a tasty dish. Required: two eggs, a tablespoonful of dried haddock, the yolk and white of a hard-boiled egg, a tablespoonful of thick white sauce, an ounce of butter and some seasoning. Cost, about 6d.

The fish should be cooked and flaked (*see* recipes in FISH), then put to heat with the sauce, and the white of egg chopped and the yolk sieved; the mixture should be well seasoned with pepper, chopped parsley, lemon juice, and a few drops of anchovy or shrimp essence. The omelet is to be made in the usual way, and the fish mixture put in before folding. Salt must be used sparingly for all omelets, to which this or any other salt fish is added.

Haddock Soufflé.—Required: a gill of milk, an ounce of flour, the same of butter, half a gill of cream, the yolks of two eggs, the whites of three, half a dozen oysters, five ounces of dried haddock, and some bread-crumbs, butter and seasoning. Cost, about 1s. 2d. to 1s. 4d.

This is both inexpensive and good. The dried haddock should be put in warm milk to cover, and left for a time to soften, then dried and sieved. Boil the flour, butter, milk and cream, and season with salt and pepper, and a little lemon juice and anchovy essence; the salt depends upon the condition of the haddock, very little will probably be needed. Then boil the oyster liquor down to a tablespoonful, and add to the panada; beat the yolks of eggs in, and put in the oysters in quarters and the fish off the the fire. Then add the whites in the usual way. Have some little china cases, and coat them with bread-crumbs after brushing them out with oil or butter, and half-fill with the mixture. Bake in a quick oven for ten minutes or so. The above will make a dozen, or it can be used for one large dish, which will take about forty minutes. A few crumbs and a morsel of butter should be put on the tops before baking. When done, dust with a pinch of coralline pepper. Any nice sauce may be served with

the soufflés, but they are very good plain.

The cream may be omitted, and more milk used.

Ham Omelet, Rich. — Required: five eggs, two ounces of ham, seasoning, &c., as below, and two ounces of butter. Cost, about 9d. to 10d.

The ham should be chopped, and pounded with a little of the butter; enough rich sauce should then be added to make the mixture rather stiff. This may be brown or white; if the latter, béchamel or any similar is suitable. Or should more ham be liked, increase the quantity, and add enough rich gravy to moisten, and some glaze; season rather highly, and heat in the *bain-marie*. Finish as for KIDNEY OMELET. For a very savoury dish, moisten the ham with a mixture of sherry and truffle essence, and put in a morsel of roux and glaze, and a sprinkling of mixed herbs or a good ragoût powder. This may be served with gravy, but is good as it is.

Italian Fritters. — Required: some forcemeat, batter and parsley. Cost, variable.

These are very good, and the forcemeat that will be found best for them is the liver forcemeat for game (page 489). It should be spread on a dish and left to get cold, then be cut in rounds or ovals and dipped in the batter (page 889), and plunged into plenty of hot fat. The pan in which the forcemeat is made may be rubbed over with a morsel of garlic.

Another way.—Take some ordinary sausage meat of any kind, and add a good seasoning of herbs and a hint of garlic, and scrape in a small amount of calf's liver. Then proceed as above directed. Many things find their way into these fritters, and the remnants of potted meats, game, &c., or the fag ends of such dishes as brains, sweetbread, calf's head or feet may all go in. The mince should be well flavoured, and herbs can be freely used. Some ordinary sausage meat, with a little of any of the more savoury kinds, which may be cut up small and introduced, will give a tasty dish of this kind. (*See* the chapter on SAUSAGES, &c.)

Italian Omelet. — Required: three eggs, a teaspoonful of chopped parsley, the same of onion, minced to the finest degree, half an ounce of grated Parmesan cheese, a good seasoning of salt and pepper, the grated rind of a quarter of a lemon, a saltspoonful of grated nutmeg, butter, a teaspoonful of tomato conserve, and a tablespoonful of milk. Cost, about 8d.

The eggs should be beaten with the materials except the onion, and that is to be cooked in a morsel of butter for a few minutes without browning. More butter, to make a couple of ounces altogether, is then to be added, and the mixture stirred until the commencement of setting, when it should be shaped to half the pan, and held before the fire for the final browning after it has become quite set. It is best to mix the tomato conserve smoothly with the milk, and add to the other materials last.

Kidney Omelet.—This is a very tasty dish as here detailed, but variations may be made in the seasoning, &c., to suit the taste. Required: four eggs, seasoning as below, two mutton kidneys, or a proportionate amount of calf's kidney, a tablespoonful of sherry, the same of rich brown stock, a teaspoonful of good mushroom ketchup, and a few drops of any sharp store sauce, a morsel of brown roux and some butter. Cost, about 1s. to 1s. 2d.

The kidneys are to be minced after due preparation, then fried over a sharp fire in a little butter; drain the fat away, and add the other ingredients, stirring and cooking until done; a thick mince of good flavour should be the result. Some fine herbs should be put to the eggs, and when the omelet is done, the kidney mixture is to be put in, and the omelet finished like the spinach omelet of page 901, first recipe.

Another way. — This is plainer. Take one kidney for three eggs, and first cook the minced kidney until nearly done, then add more butter and the eggs, &c., and finish off as usual. A small onion, or a mushroom, may be chopped and cooked with the kidney before the eggs are added.

Lobster Soufflé, Cold.—(*See* Cold Lobster Soufflé.)

Mushroom Fritters. — Required: some mushroom forcemeat (*see* Forcemeats), frying batter, &c., as below. Cost, about 1s. for a medium sized dish.

When the forcemeat is first made it should be put on a dish and left to get cold, and should be smoothly spread about a third of an inch thick. It should then be cut in small rounds, or ovals if preferred, and coated with thick frying batter (page 889); they should be plunged at once into hot fat to cover, and in a short time will be brown and crisp on the outside, but when cut the inside will be moist. They should be drained and dished with a garnish of fried parsley.

Another way.—Take small mushrooms even in size, and cut the stems off close; wash and dry, and cook in any desired mode until almost done, then set by to get cool, when they may be finished as above. The stems may be used for other dishes, or, if liked, made into a purée or sauce, a little of which may be thinned with brown stock and served as gravy to the fritters. Should large mushrooms be used, they may be cut into quarters, and treated in the same way.

Mushroom and Tomato Fritters. — These are made by spreading out the mushroom forcemeat, and putting in the centre a small quantity of thick well-flavoured tomato purée; the forcemeat should be made to envelop it, and the fritters finished as above. A still better way is to use two rounds of very thin forcemeat, and put thin slices of semi-cooked tomato between, then cover with batter and fry.

Mushroom Omelet.—Required: four eggs, seasoning, and mushrooms, as below. Cost, about 7d. or 8d.

After making the omelet in the usual way, put in a tablespoonful and a half or so of good mushroom purée, brown or white, and finish as directed for Kidney Omelet.

Another way. — This is plainer. Chop enough mushrooms to fill a couple of tablespoons, and fry them in the butter until almost done, adding salt and pepper and some herbs, parsley or a mixture (*see* recipes for mushroom purées in Vegetables). Then add the eggs, &c., and finish as for an ordinary savoury omelet (page 900).

Omelet à la Parmesan.—Required: three eggs, a tablespoonful of cream, a dash of salt, pepper and cayenne, two ounces of grated Parmesan, and the same of butter. Cost, about 7d.

Beat the eggs up with a fourth the butter, and three-fourths the cheese, and the seasoning. The rest of the butter is to be heated in the pan, and the omelet cooked as described under Savoury Omelet, Plain. The rest of the cheese should be sprinkled over. For a plainer dish, a mixture of English and Parmesan cheese should be used. This is a very good dish, somewhat substantial of its kind; for a more delicate one, the amount of cheese may be reduced. A watercress or other salad goes well with this.

Another way.—Use half an ounce of cheese only in the omelet mixture, and serve a little good cheese sauce with it. (*See* page 94.)

Oyster Fritters. — Required: oysters, frying batter, seasoning, &c., as below. Cost, about 1s. 6d. per dozen.

The oysters should be bearded and put in a seasoning of lemon juice and cayenne, with a dash of anchovy essence and nutmeg; or they may be just seasoned with cayenne and a

pinch of salt, with a drop of lemon juice on each, then coated and fried at once. The oysters should be of medium size, and if very small two may be used for each fritter, but this way requires a skilful hand to coat them, and put them in the fat without dividing. (*See* page 889 for the BATTER.) They should be very crisp and well-drained, and served with a garnish of fried parsley; cut lemon may also be added. It improves the oysters to coat first with white sauce, and then with the frying batter.

Another way.—Make some oyster sauce rather thick, and, when it is cold, take up portions with a dessert-spoon, and cover with a very thin slice of cooked fat bacon, wrapping it well round the mixture; then cover with the batter, and cook as before. The sauce should be well seasoned. When the time for frying comes, should it be found a trifle too soft, add a small quantity of bread-crumbs soaked in milk or oyster liquor and squeezed dry, or a little bread panada. So long as it is stiff enough to take the shape of the spoon, it will do, but the softer the interior mixture, the greater the expedition needed in frying.

Oyster Soufflé. — Required: a dozen oysters, two ounces of butter, an ounce and a half of flour, a gill and a half of cream, seasoning, and the whites of three eggs and the yolks of two. Cost, about 1s. 9d. to 2s.

Blend the butter and flour in a stewpan, add the oyster liquor and cream, and stir to the boil; then take from the fire, and put in a teaspoonful of anchovy essence, the same of lemon juice and a dash of cayenne. When a full flavour of oyster is liked, the anchovy must be reduced; a hint of mace or nutmeg, or a little chopped parsley, is sometimes used. The beards should be stewed down in the oyster liquor as directed for sauce (page 98). Should the oysters be large, they must be cut in four, if small in two, and the quantity must be regulated by the size, a dozen medium ones being intended. They should not be chopped or pounded, and must be added with the yolks of eggs. Put the whites in at the last, then finish as directed on page 886. A few browned bread-crumbs and half an ounce of butter in little bits should be put over before baking. When done dredge with lobster coral or coralline pepper. If the latter, make due allowance in the seasoning.

NOTE.—The mixture may be baked in small cases if liked. For a plainer dish, use all milk, or a mixture of milk and cream.

Parsley Fritters.—Required: six ounces of stale bread without crust, four eggs, a tablespoonful of chopped parsley, salt and pepper, and stock and sauce, as below. Cost, about 6d. without sauce.

Take boiling stock of any plain kind, or vegetarian stock for a dish for vegetarians, and pour it over the bread to cover, then put a plate over, and when cold beat it up with a fork, pouring off any superfluous liquor. The eggs are then to be beaten and added with a good seasoning; a little nutmeg is often liked, and other herbs are sometimes used in this way. Fry in small fritters in hot fat. The vegetarian brown sauce of page 91 is very good with these, but other kinds may be used to taste.

Salmon Omelet. — Required: four eggs, two tablespoonfuls of cooked salmon, two ounces of butter, seasoning, and a little sauce. Cost, about 10d. to 1s. when fish is in full season.

Free the fish from bone and skin, and flake it, or, if liked, sieve it; then heat it in any sauce that may have been served with it, should a little be left; if not, a small quantity should be made purposely. The omelet is then to be cooked as directed in recipes below for SAVOURY OMELETS, and the hot salmon ragôut put in the middle before folding over; or the ragôut may be laid at the edge, and the omelet rolled up.

For a better dish, a pat of *maitre d'hôtel* butter is to be laid on a hot dish, and the omelet put on the top of it. In this case, a little good parsley sauce is the most suitable for mixing with the salmon. The salmon may be cooked in a plain or piquant way, just as preferred.

Another way.—Take half the quantity of kippered salmon named above, and mix it with the eggs, &c., then fry in the usual way. No salt will be wanted. The butter, as before, will be found very good with this, or either of the fish butters given in the INDEX may be used, or a little rich white sauce may be poured round the omelet.

NOTE.—Shrimps, prawns, crab, lobster, &c., may be made into a ragôut, and used as directed in the first recipe above.

Salmon Soufflé, Cold. — (*See* COLD SALMON SOUFFLÉ.)

Salmon Soufflé, Hot. — Required: two ounces of butter, the same of flour, a pinch of cayenne, a few drops of carmine colouring, two anchovies boned and sieved, the yolks of two and the whites of three eggs, a teaspoonful of tarragon vinegar and lime juice, three and a half ounces of cooked salmon weighed after bone and skin have been removed, half a gill of cream, and a gill and a half of milk, or more cream if convenient. Cost, about 1s. 6d.

Blend the flour and butter over the fire in a saucepan; add the cream and milk, and, after the mixture has boiled up well, the yolks of eggs. Add the fish, sieved, after the first heat has gone off, and then put in the stiff whites with the usual care. The colour should be uniform, and a good pink, or it will look muddy when baked. Put into a prepared tin, leaving plenty of room for rising. Dredge the top with crumbs, and put a few bits of butter about it. Bake for about thirty minutes. Chopped parsley or lobster coral may be sprinkled over, or it may be served plain. The mixture is very suitable for small soufflés; then a spoonful or two more milk may be used. A spoonful or two of any fish sauce, such as would be served with salmon, may be added by way of varying the flavour, the milk and flour being reduced in proportion. Fish that is over-cooked should be avoided, or the soufflé will eat dry. A morsel of shell-fish may be introduced; prawns or shrimps are as good as any. A mixture of white fish and salmon can be used, with extra seasoning.

Savoury Omelet. — Required: four eggs, a spring onion or shalot (chopped), salt, pepper, a teaspoonful of chopped parsley, and two and a half ounces of butter. Cost, about 6d.

Beat the eggs with the seasoning and herbs, using about a saltspoonful of salt and half as much pepper, and at the last add a little of the butter, about half an ounce. The rest of the butter should be put in the pan, and when hot pour in the eggs, &c., and stir until the mixture begins to set and present a lumpy appearance, using a wooden spoon; then cease the stirring, and slacken the heat a trifle, shaking the pan, and taking care that the omelet does not stick and burn. Slide it on to a very hot dish and double it over; if light and properly cooked, it will crack slightly in the turning; to remain whole is generally a sign of toughness. Serve at once.

This may be varied by adding a spoonful of grated ham or tongue to the mixture; or a little powdered mixed herbs may be used. Water or milk is optional. (*See* remarks on page 885.)

Another way.—Add to the eggs a teaspoonful and a half of grated cheese, and omit the herbs; slightly increase the amount of pepper or add a dash of cayenne; a pinch of celery salt is an improvement. A little more butter may be put in the mixture. Cook as above, and take care to use the palette knife occasionally to prevent sticking.

NOTE.—The eggs are to be beaten until they froth, and the butter heated only to the commencement of frizzling point.

Savoury Omelet, Plain.—In this the butter is decreased in proportion, and the eggs are only to be beaten a very little, so that the omelet when cooked presents a streaky appearance. Required: for a small dish, two eggs, an ounce of butter, a little salt and pepper, and a pinch of mixed herbs, or parsley and thyme. Cost, about 3d.

The whole of the butter should be melted in the pan as described above, and as soon as the eggs are beaten just to separate the yolks from the whites, and the seasoning added, they are to be poured in the pan, and the stirring continued until the omelet is about three-parts set; it should then be pushed up to form a semicircle, and held in front of the fire for a minute, and slid off on to a hot dish. A small pan should be used for an omelet made with two eggs. In stirring, be careful to scrape up the omelet at the edges.

NOTE.—The term semicircle is commonly employed, but the shape to aim at is, strictly speaking, that known as the "half moon," the mixture being pushed up with the knife when the centre of the pan is reached, and a half circle formed; this results in a pointed appearance at the ends, and is not difficult after a few trials.

Savoury Pancakes.—Required: batter and scraps as below. Cost, variable.

The batter for savoury puddings (page 791) may be used, and many nice little dishes may be indulged in at small cost. The remains of a joint of beef should be scraped from the bone, and if underdone all the better. Ham or bacon, with or without a seasoning of sage or mixed herbs, and a little finely chopped onion, will be found very satisfactory. These look nicer if rolled and sprinkled with brown crumbs.

Stuffed.—Required: plain batter and mince for filling. Cost, variable.

See PLAIN PANCAKES, page 911, and make as directed; then put in a mince of any savoury variety; a good selection will be found on reference to the INDEX. There is hardly one that may not be pressed into the service, from poultry or game to a vegetable purée, so long as it is thick enough to remain in the batter; it should be put in from a spoon, to form a roll nearly the width of the pancake, which should be rolled up. A suitable sauce or gravy is an improvement, but not a necessity. It is sometimes recommended that the pancakes be laid in gravy to heat after filling, but we think they are nicer as above. A vegetable sauce, as onion, celery, &c., goes well with them, and makes the dish more economical. A plain salad is a suitable addition.

Shell-fish Omelet. — (*See* SALMON OMELET.)

Spinach Omelet. — There are two ways of making this. Required: materials for a savoury omelet and a spinach purée. *See* page 900 for the omelet, and supposing it to be made of four eggs, add a couple of spoonfuls of the purée, and either double it over or fold the omelet round, after putting the purée in the middle, and turn it out upside down on a hot dish. The other way is to prepare six eggs, and add to them, after the usual seasoning, a heaping tablespoonful of spinach purée, with a little chopped chervil and tarragon; then fry, and serve with any nice sauce round it. Cost, from 6d. to 8d.

Spinach Soufflé.—Required: a spinach purée, eggs, seasoning, &c., as below. Cost, about 10d.

See the recipes for spinach purée in DRESSED VEGETABLES. Supposing a pound of spinach to have been used in making it, add the yolks of four eggs, two tablespoonfuls of cream, a little extra seasoning, and the stiff whites of five eggs. Butter the

case, and nearly three-parts fill it, pin the paper round as usual, and bake at a moderate heat. Dredge with crumbs, and put a few bits of butter on before baking. When done, have ready a little sieved egg yolk, and put it in the centre or round the edge of the soufflé; or serve it plain if preferred. The yolk of a hard egg sieved may be put in the spinach used for the soufflé.

For a spinach and ham soufflé, a few strips of cooked ham that have been coated with good sauce should be added; a couple of ounces or less will suffice.

Sweetbread Fritters. — Required: a cooked sweetbread, sauce, batter, and garnish, as below. Cost, about 2s. 6d., if calf's sweetbread, but a proportionate quantity of lamb's or sheep's may be used.

The sweetbread may be braised or stewed (*see* recipes); when cold, it should be sliced thinly, and spread with a little thick sauce of any kind that could be served with the sweetbread or other veal dishes; then put them two together sandwich fashion, on the spread side, and coat with the rich frying batter of page 890. Fry a delicate brown and quite crisp, and drain; garnish with parsley and lemon.

Sweetbread Fritters à la Parmesan.—Required: a mince as below, and some batter and sauce. Cost, variable.

Take any kind of sweetbread, ox excepted, and cook it nicely as above directed; or it may be boiled in good white stock. When cold, cut it in small dice, and to a quarter of a pound add the following: the hard-boiled yolk of an egg, half a teaspoonful of anchovy essence, an ounce of grated Parmesan cheese, a little white pepper and cayenne and grated lemon peel, a tablespoonful of rich white sauce, and an ounce of minced or chopped ham or tongue; blend and bind with the yolk of a raw egg and some fine bread-crumbs (about an ounce of the latter). A spoonful of cream may replace the sauce. Leave for a time in a cold place, and form into little balls even in size. Then roll them in fine flour, and brush them with white of egg, then finish as above.

NOTE.—By omitting the cheese, and adding some herbs, with a little more bread and ham or tongue, another dish is obtained, viz., SWEETBREAD FRITTERS, SAVOURY.

Tomato and Cheese Soufflé. —This is a tasty and cheap dish. Required: half a pint of fresh tomato pulp, two ounces of good cheese in dice, the same weight of butter, an ounce and a half of boiled macaroni in dice, the same weight of bread-crumbs, the yolks of two and the whites of three eggs, and a good seasoning of salt, pepper, mustard, and cayenne. A dash of mixed herbs may be added. Cost, about 1s.

The whole of the ingredients, except the eggs, should be put in a saucepan and well mixed, then stirred until the mixture boils; when cool, the yolks should be beaten in, and the whites put in as for other soufflés. Bake in a dish or tin that has been buttered and dredged with browned bread-crumbs. Serve very hot, and strew with grated cheese. This is improved by using a dash of grated Parmesan, in addition to the cheese above named. For a vegetarian dish, oil may be used in place of butter if liked; about an ounce will do.

Vegetable Omelets.—To detail the whole of the omelets that may receive the addition of vegetables would take much space. Those given should, therefore, be regarded as specimens only. There are, it will be noted, two ways of adding the vegetables: either by incorporation with the eggs, or in the form of a purée after the omelet is finished, and just before folding. Reference to the recipes under VEGETABLES will suggest many suitable ones, the main thing to remember being that the mass must always be thiek enough to remain in the omelet; generally speaking, if it

just falls from the spoon it is right. It is also important that it be hot. The purée may be white or brown; if the latter, a little glaze, dissolved in any gravy or sauce that may be used for it, will assist in binding as well as enriching it. A plain salad is always a tasty and suitable addition to this class of omelets, though not commonly met with, nor indispensable.

SWEET DISHES.

Ale Pancakes. — Required: a quarter of a pound of flour, a teaspoonful of brown sugar, a pinch of salt, and nearly half a pint of ale, with spice to taste. Cost, about 3d.

The dry materials are to be mixed and the ale added, and the batter well beaten. This is a favourite pancake mixture with some; the cakes are rather thick as a rule, and brown sugar is sprinkled between them. The above would make two or three only. A variation of these is made by adding the white of an egg to every half pint of ale used, and sometimes a mixture of milk and ale, with the yolk of an egg only, is preferred; a mixture of brown and white flour is liked by some, while others add a small proportion of barley-flour.

Apple Fritters. — Required: apples, sugar, frying batter, and plenty of hot fat. Cost, about 8d., for a dish made from half a pound of apples.

Peel the apples, and slice them the thickness of a shilling. Then take the cores out to leave rings of apple; these should be rolled in sugar and dipped in the thick batter of page 889; a strong iron skewer should be used for lifting them, and the fat must be very hot. As many as the pan will hold may go in at once, but they should not be allowed to touch, or they will join. When one side is done, turn them over; they should be quite a pale fawnish brown, and ought to puff up almost into balls if the fat is right. A dish should be near the fire, covered with a sheet of paper, and the fritters should be put in a single layer on it as soon as done. When all are ready, dish them in a ring, never in a pile, and sprinkle with sugar, and serve at once.

This a plain way, and a plain batter will serve so that it is thick, but for a good dish the rich frying batter should be used. A little care is needed to prevent the morsels of batter which fall off and soon burn, adhering to the fritters; therefore, a watchful eye must be kept on them, and they must be skimmed out as soon as noticed. It is also necessary to let the fat heat before the second lot of fritters go in. These remarks apply to all sorts of fritters that are cooked in this way. The addition of a little spice to the sugar in which the apples are rolled is quite optional. Grated lemon or orange rind is also used. The dish on which the fritters are served must be hot, and a serviette or paper should be placed under them. (*See* APRICOT FRITTERS.)

Pears may be quartered or sliced, and used similarly.

Apple Pancakes.—Required: a batter made from a pint of milk, a saltspoonful of powdered cinnamon and ginger mixed, and a pinch of grated nutmeg, half a pound of flour, a pinch of salt, four large or five small eggs, and apples, as below. Cost, about 10d.

The batter should be made in the usual way, and, after it has stood for a time, the apples are to be added. To prepare them, peel and core, and chop them in pieces the size of a coffee berry or thereabouts. They should be of good flavour, and a kind that will cook quickly. About four tablespoonfuls will suffice. A small pan should be used, and the batter poured in to

cover the bottom. They require care in turning. Time to fry, a few minutes. Dish in a pile, or roll up as preferred. Serve with sugar and lemon juice. For a better dish, spread the pancakes thinly with a little warm apple jelly, and send sugar to table. The same mixture may be dropped a spoonful at a time in the pan for apple fritters. The addition of currants is approved by some, and grated lemon may be substituted for the spice.

Apple Soufflé, German.—Required: four apples of medium size, sugar and spice, two and a half ounces of butter, two ounces of flour, the rind of half a lemon, four eggs, and half a gill of cream or milk. Cost, about 1s. to 1s. 3d.

The apples should be stewed with the lemon rind and spice, and passed through a sieve, then sweetened enough for the whole soufflé mixture. The creamed butter, yolks of eggs, flour, and milk or cream are then to be very well beaten, the stiff whites going in at the last. It will be noticed that the flour and butter are not cooked beforehand in this, therefore it takes less time to prepare. The apple pulp should go in before the whites of eggs. This is nice for small soufflés in paper or china cases. Bake to a pale brown only.

Apricot Fritters.—These may be made exactly like the apple fritters of page 903, so far as the coating and frying are concerned. The fruit requires to be halved and stoned, and if quite ripe may be used raw, but semi-ripe must be stewed a little first. The tinned or bottled fruit may be used with success if well drained from the syrup. For superior dishes, the fruit is soaked in wine or brandy for an hour, then drained and coated. Peaches and other stone fruit may be so used. Cost, very variable.

Apricot Soufflé. — Required: a dozen ripe apricots, three or four ounces of fine sugar, two or three tablespoonfuls of water, half a pint of milk and cream mixed, three ounces of fine rice-flour, or the same of potato-flour, or a trifle less of corn-flour or arrowroot, the yolks of five large eggs, the whites of six, and a little flavouring. Cost, about 2s. to 2s. 6d., according to the fruit and quantity of cream used. If all milk be used, add two ounces of butter.

The fruit should be simmered with the water and sugar, and passed through a sieve. The flour and milk are to be boiled as usual, and added to the hot fruit; when cool, put the yolks in, and when cold the whites, with a little brandy or almond essence; or for a better dish, a mixture of noyeau and brandy. This is a rich dish, and should not be spoilt in the flavouring. Time to bake, about forty minutes. This may be served plain, or with sauce, or a hot or cold purée of apricots.

NOTE.—This will serve as a guide for other soufflés made from stone fruit.

Banana Fritters. — Required: fruit, batter, and flavourings, &c., as below. Cost, about 3d. each, but variable.

Peel the fruit at the last moment, as exposure to the air darkens it; it should be just ripe, no more. Then cut each longwise in two, or four parts if large fruit. It may be simply sugared, or dipped for a second or two in rose-water, orange-flower water, sweetened sherry or rum; use either of the batters given for STRAWBERRY FRITTERS on page 915, and finish off in the same way. A more complicated fritter, but worth the trouble, is made by slicing the fruit and putting a layer of grated pine between two slices. A deft hand is wanted for coating. These are good plain, but a little dish of grated pine may go to table. For ordinary fritters that have not been flavoured in any way, a wine sauce may be served. Sweetened and heated claret is a popular sauce at some tables.

Brandy Soufflé. — Required: half a pint of milk, a strip of lemon

peel, two ounces of fine flour, a gill of cream, two ounces of butter, the yolks of four eggs, the whites of six, a tablespoonful of brandy, the same of pounded sugar, and a little jam and sauce. Cost, about 1s., exclusive of sauce.

The milk should be flavoured with the lemon, then strained and boiled, and the flour and cream mixed and stirred in, then cooked for a minute; the butter should then go in, and the yolks of eggs when cool. The brandy and the whipped whites go last. The jam is put at the bottom of the greased tin, and the soufflé baked for about thirty-five minutes. If jam is not liked, another ounce of sugar may be used; or if a very sweet sauce is selected, this addition will not be necessary. Sift sugar over before serving.

Note.—Sherry or Madeira may be used in the same way.

Brioche Fritters.—Required: brioche paste (page 1016), frying fat, sugar, jam, &c., as below. Cost, about 2d. each, or less if small.

Roll the prepared paste out when it is just ready for baking, and cut it in rounds, or ovals, or fingers, or fancy shapes, but it must be thin, or by the time the paste is brown the fritters will not be done. Then spread half the pieces with rich jam, and put another piece over, moistening the edges with egg or water, and pressing them well together. Then drop them at once into hot fat to cover, lard being usually employed. They should be well done, but kept pale, and this wants some little management. Drain and dust with sugar, or serve as they are.

Another way is to roll the paste in a ball, and insert a little stiff jam in, closing the space very securely. This is, we think, less likely to prove a success in the hands of the novice. In the opinion of many, brioche is at its best in the form of fritters.

Cake or Pudding Fritters.—The recipe for pound cake fritters on page 913 illustrates the principle of making these. Any cake, fruit or plain, and however stale, may be used in this way with advantage. The German Bread Fritters of page 907 show the various ways of treating it. The kinds of pudding that are suitable are rice or any of the class, either rich or plain, and with fruit or without, so long as it is firm enough when cold to cut in strips or other shapes. The adjuncts must depend on the richness and sweetness of the pudding; a very plain one will be improved by serving with fruit jelly or jam, while a rich one wants nothing more than a dust of powdered sugar to make the dish palatable. A custard sauce is sometimes served with these.

Note.—For a high-class variety of this dish, the cake or pudding is soaked in wine. One of the best is made from Madeira cake, put in a little wine of the same name, then coated with beaten egg, next with batter, and spread with hot apricot jam after frying.

Cherry Soufflé, German.—Required: two ounces of flour, three ounces of sugar, half a pint of milk, half a gill of cream, three eggs, two ounces of butter, half a pound of ripe black cherries, and a good pinch of powdered cinnamon, and a little clove or nutmeg flavouring. Cost, about 1s. 2d., when fruit is in full season.

The flour and milk are to be boiled until thick, then put by to cool. The butter, sugar, spice, and yolks of eggs are thoroughly beaten together, the butter being first creamed. The thick milk is then added, and the fruit and stiff whites of eggs at the last. The tin is buttered and coated with grated bread, and the soufflé baked in a good oven.

Cocoa-nut Soufflé.—Required: a quarter of a pound of plain rusks, the same of cocoa-nut, a gill of milk, the same of cream, two tablespoonfuls of rose-water, the yolks of three eggs, and the whites of four, two ounces of butter, half an ounce of arrowroot.

an ounce and a half of white sugar, and a little jam. Cost, about 1s. 6d.

Melt the butter, add the arrowroot mixed with a little of the milk, and stir to the boil; the rusks should be broken up, and put with the cocoa-nut and the rest of the milk, previously boiled, to soak in a covered vessel; add the arrowroot and sugar, and when cold the yolks of eggs, then the whites, beaten to the stiffest possible froth. Pour into a prepared tin, and steam for an hour or so. The rusks should be beaten very well with a fork. When done turn out, and pour the heated jam round (red currant or raspberry is recommended). Any sauce may be used in place of the jam.

Coffee Custard Fritters.—Required: a gill of milk, the same of cream, the yolks of five eggs, an ounce of flour, a teaspoonful of vanilla essence, two or three ounces of sugar, and a tablespoonful of coffee essence. Cost, about 1s.

The materials should be beaten together, and poured into a shallow tin or dish, and baked over water in a very gentle oven; then left to get cold, when it should be cut in strips about two inches long, an inch wide, and half an inch thick, and rolled in sugar, then dipped in frying batter, and fried in butter to a pale brown. These are nicest if sprinkled with cinnamon sugar. The proportions may be varied, but should more coffee essence be added, the milk should be reduced a little. A little chestnut or fine rice-flour may be used instead of plain flour. These require very careful handling to prevent breaking, and must first be cooked in a slow oven. (*See* directions for CUSTARDS in *Puddings*.)

NOTE. — Chocolate custard fritters are made in the same way, by using a tablespoonful of grated chocolate, or a little soluble chocolate, and omitting the coffee. Cook the chocolate in a little of the milk. In this case the flavouring may be cinnamon or vanilla.

Coralline Fritters.—Required: two eggs, three ounces of coralline, an ounce and a half of flour, a pint and a quarter of milk, a pinch of salt, and any flavouring to taste, with some lemon juice and castor sugar. Cost, about 6d.

The flour should be mixed with the eggs and some of the milk, and then added to the coralline, which should be soaked for an hour in a portion of the milk; then add the flavouring, and mix well. Fry in a small pan as directed for pancakes (page 911), dropping in a spoonful at a time. Use a little fat, and see that it is hot. Dust with sugar, and serve hot, and send lemon juice and more sugar to table. These are very nice with any of the other adjuncts named under pancakes. The flour may be reduced to half an ounce by adding two more eggs.

Coralline Frying Batter.—Required: a pint of warm water, the whites of two eggs, a good pinch of salt, a tablespoonful of pure salad-oil or dissolved butter, or any kind of vegetarian fat, and four ounces of coralline. Cost, about 3d.

The coralline should soak in the water, and when cold be mixed with the other ingredients, the whipped whites going in last. This may be used in the same way as ordinary frying batter for fruit fritters; or by seasoning the mixture with pepper and any dried herbs, it serves for savoury dishes of the same sort. (*See* recipes.)

Cream Pancakes. — Required: the yolks of four and the whites of three eggs, half a pint of single cream, a saltspoonful of salt, the same of ginger or other spice, or, instead of spice, a little grated lemon or orange rind, and a quarter of a pound of Vienna flour, and one ounce of rice-flour. Cost, about 1s. 2d.

The batter should be made in the ordinary way, the stiff whites of eggs being put in last. The pan should be very small, and the pancakes quite

thin; clarified butter is correct for frying, and only enough to keep the batter from sticking is wanted; it must be quite hot, and the frying quickly performed. They may be dredged with sugar after rolling; or spread with warm apricot or other jam; or dished in a pile, and any of the usual adjuncts sent to table. Very good pancakes may be made with a mixture of milk and cream.

Fig Fritters.—Required: figs, batter, frying fat, and sugar. Cost, about 1s.

Take a pound of good figs, and lay them in a potato steamer, and let them steam until they are well plumped and quite soft, but not broken. Then dry in a cloth, and roll them in powdered sugar when the first heat has gone off. Coat with FRYING BATTER, either rich or plain, and fry them well in fat enough to cover them. They should be brown and crisp. Let them drain, then dust with sugar, and serve at once. Should the figs be very large, split them, and roll them up so that the cut side does not come in contact with the batter.

NOTE.—For a very superior dish, a morsel of almond or cocoa-nut paste, as used for cakes, may be inserted in each fig; or the figs, after steaming until half done, may be put to soak in rum for an hour. In the latter case, the batter should be extra thick, as the moisture resulting from the soaking tends to thin it.

French Pancakes.—Required: four ounces of butter, four eggs, four and a half ounces of fine flour, three and a half ounces of sugar, milk, and a little flavouring. Cost, about 9d.

The butter should be creamed and mixed with the sugar; the yolks of eggs go next, and then the flour very lightly; the whites of eggs are to be beaten and added by degrees, and the milk poured in a spoonful at a time until the mixture is of the consistence of thick cream. If desired a little plainer, the butter may be reduced to two ounces, and the milk increased in proportion. Then bake on greased tin plates in a sharp oven, and spread with warm jam or jelly, and dish in a pile; or serve plainly with sugar and lemon juice, or any nice fruit syrup or a sweet pudding sauce. These are suitable for tea.

Another way of mixing is to cream the butter, and beat the eggs in whole with the other ingredients, a little of each until the whole are used up, and to continue the beating up to the moment of baking. A slow oven will spoil them whichever mode is followed.

German Bread Fritters.—Required: bread, batter, sugar, &c., as below. Cost, variable, according to the kind of bread and the adjuncts, but the dish is always an economical one.

The bread may be quite plain, though one of the lighter kinds given in a later chapter is preferable. Cut it in neat slices, free from crust, and soak for a few minutes in a little milk, or, for a better dish, a thin custard; then drain and coat with frying batter (page 889), and fry a delicate brown. The usual adjuncts are sugar and cream, jam, fruit jellies of various kinds, stewed fruit, honey, &c. The fritters are sometimes spread with jam before serving. When milk is used for the soaking, it may be flavoured to taste and sweetened a little, but too much sugar is a mistake. The fritters should be left for a time to dry, or they may be floured a little; another way is to brush them over with beaten egg. These are sometimes put quite plain into the fat, a small quantity being used as for pancakes; they are then turned about at a moderate heat until brown, and served at once. This is a quickly made and cheap dish, but very nice.

Ginger Omelet.—Required: four eggs, half an ounce of sugar, half a teaspoonful of grated lemon peel, a tablespoonful of preserved ginger in small dice, and two tablespoonfuls of the syrup, a tablespoonful of cream, and a fourth as much pale brandy. Cost, about 9d.

Proceed as for the jam omelets of page 908, and put the ginger in the centre after heating it, then fold over and glaze, and pour the hot syrup round it.

Another way.—The omelet mixture may be flavoured with ginger or ginger brandy, and a little ginger sauce (page 121) poured round.

NOTE.—Pineapple omelet is made as above, using preserved pine and syrup instead of ginger and syrup. The flavouring may be lemon, or the mixture may be left plain. Grated pine is very nice for this.

Indian Pancakes.—Required: a teacupful of rice, milk, six eggs, a flavouring of ground cinnamon and cloves, two ounces of sugar, and some butter. Cost, about 10d.

The rice should be boiled to a pulp in milk to cover it, then mixed with the eggs and sugar when cold. The whole should be well beaten. This mixture makes two pancakes. For each, an ounce of butter should be heated in the pan, and when the bottom is cooked, the pan should be held in front of the fire for the top to brown, as these are not to be turned. Have a hot dish ready, and slide the pancake off with care, then cut it in four. Place the second one in the same way, and dust with sugar. To cook the rice, see page 559.

Jam Omelet.—Required: materials as for a plain sweet omelet, with the addition of a teaspoonful of jam for every egg used in the omelet, and flavouring and sugar as below. Cost, according to size.

Supposing raspberry or currant jam to be used, the omelet may be flavoured with vanilla, and a teaspoonful of sugar added for two eggs, or this may be omitted, as it depends upon taste whether it is required. The jam should be sieved to keep the seeds back should raspberry be used, and either should be warmed so as to be ready by the time the omelet is nearly done. Keep the omelet round, and put the hot jam in the centre, and fold; glaze and serve.

Another way.—Use strawberry jam, and flavour the mixture with a little lemon rind.

Another way.—Take some nice apricot jam, and put it in the centre, after flavouring the mixture with a few drops of brandy or noyeau, or it may be left plain. When folded over, sift some sugar on; then take a hot iron skewer, and mark in any pattern, such as diamonds or stripes. This mode can be followed in all sorts of sweet omelets.

NOTE.—Marmalade of any kind may be introduced into omelets in the above way. Melted fruit jelly may be poured *round* sweet omelets.

Leipzig Pancakes.—Required: half a pound of flour, half a teaspoonful of salt, the yolks of four and the whites of two eggs, four ounces of white sugar, the same of butter, a tablespoonful of fresh yeast, and three gills of tepid milk. Cost, about 10d.

The batter should be mixed with care, the flour, sugar, salt, and butter being blended with the yolks of eggs; the whites should be stirred in, and the whole made into a batter with the milk, in which the yeast should be dissolved. The bowl containing this should be covered, and set in a warm place to rise. The pancakes should be quite small and thin, and served in pairs with jam between them. Marmalade or jelly may be used instead of jam.

NOTE.—Simply grease the pan in frying these.

Lemon Soufflé.—Required: the yolks of three eggs, the whites of four, a large lemon, half a pint of milk, an ounce and a half each of corn-flour, sugar, and butter. Cost, about 7d.

The lemon should be thinly peeled, and the peel put in the milk to steep in a warm place; or the whole of the yellow rind may be taken off with the lumps of sugar; the butter should be melted in a stewpan, and mixed with the corn-flour, the boiling milk being

added by degrees; cook for a minute, then beat the yolks in off the fire, and the whites when cool. This is nicest steamed. A nice hot sauce should be served with it—a custard is a favourite one; the lemon rind may be used a second time to flavour it if it has been steeped; if rasped, a second lemon will be wanted. Ordinary flour may be used, then two ounces should be taken.

An orange soufflé is made as above, the sugar being reduced a little. A grate of lemon rind improves it, orange alone being rather insipid.

Omelets on Fire.—An omelet surrounded by burning spirit is a general favourite, and rum is very popular. An omelet made of three or four eggs should be put on the dish for serving, and a little sugar sprinkled over; about half a gill of spirit is then to be poured round and lighted, and a beautifully browned and delicately flavoured dish will be the result. Care should be taken not to make the omelet too sweet at starting, and to add no flavouring that would clash with that of the spirit. Vanilla is perhaps the best that can be used if rum be the selected spirit; and a dash of almond or lemon for brandy.

Omelet Soufflé.—Required: two eggs, half an ounce of butter, half an ounce of sugar, half a tablespoonful of rose or orange flower-water, and a little flavoured sugar. Cost, about 3d. or 4d.

The butter should be melted in a pan about five inches in diameter, and the sugar and orange-water boiled in another pan to a syrup, and left until reduced to half; this is then to be beaten with the yolks of eggs, and the stiff whites are to be added very lightly. Pour into the pan, and stir for a few seconds, until the under-side is set, and see that the fire is rather slower than for an ordinary omelet. Then put the pan in a sharp oven, and when a delicate fawn colour remove it, and turn the omelet out upside down on the dish. A sharp fire will serve for finishing the omelet off should the oven not be hot enough. Less than a couple of minutes should do it. Loosen the edges with a knife, and, before turning out, fold in half, and dredge the flavoured sugar over, and serve at once. It will be noted that this dish is made with a small proportion of butter; for a richer one an ounce could be used, but as described it will be very light, and is often preferred to the rich ones. It is not essential that the sugar and flavoured water be boiled to a syrup; for a plainer dish, the sugar alone will suffice, or a grate of nutmeg may be added, or a few drops of flavouring essence.

Another way.—Required: four eggs, two and a half ounces of powdered sugar, a teaspoonful of vanilla essence, an ounce and a half of butter. Cost, about 6d.

The yolks of eggs are beaten up with the sugar and flavouring until quite light, and the whites are beaten to a stiff froth, then added as gently as possible. The butter should be heated in the pan, and the mixture poured in, and after it has been stirred for a minute, and the edges commence to set, they should be turned up with the knife, so as to make the omelet thick in the middle; it is then to be carefully slid on to a flat china or plated baking dish, which should be buttered, and transferred to a hot oven. It should be firm to the touch, and well risen in about ten minutes, and sugar should be sifted over. It may be marked with a skewer; or the salamander held over for a second. A tablespoonful of flour to four or six eggs is often put in the mixture for an omelet soufflé, for the purpose of giving firmness. We do not recommend it, but name it for the benefit of those who may like to try it. It renders the dish more substantial. Potato- or chestnut-flour is also used in the same way.

Another way.—This will be found very easy, and the dish can be strongly recommended. It goes by the name of "puffed omelet" sometimes.

Required: four eggs, two ounces of fine sugar, the rind of a small lemon, and an ounce of butter. Cost, about 6d.

The yolks and flavouring are to be beaten, and the stiff whites added as before; for this it is especially necessary that the whites be as firm as they can be beaten. Then put the butter in a baking dish, and pour the mixture in as soon as the butter is hot; bake about seven to ten minutes, according to size of eggs and depth of tin. Sugar it over, and send to table. Orange rind may be used, and a trifle less sugar.

Another way.—This is an excellent dish. Required: five eggs, two and a half ounces of fine sugar, a tablespoonful of sieved ratafias, a few drops of almond essence, an ounce of butter, and a tablespoonful of cream. Cost, about 8d.

The ingredients are mixed as above, the ratafias being put to soak in the cream, and added to the yolks; the mixture should be put in a china soufflé case, or a deep dish buttered and heated, and then baked in a good oven. Given a well-heated oven, these dishes are useful when a delicate hot sweet is wanted in an emergency. They are liked by some better than soufflés, and are less trouble. Care must be taken to prevent the top becoming too dark.

Orange Fritters. — Required: oranges, batter, sugar, &c., as below. Cost, about 9d., for a dish made from a couple of oranges.

The fruit should be peeled, and as much of the thick white pith as possible removed. It should then be divided into the natural sectional divisions and the pips removed. Then coat with sugar, and finish off as directed for apple fritters (page 903). This is the plain way, and a better dish results from soaking the fruit in a little sugar and water, flavoured with the grated rind of one of the oranges; or sugar and orange juice, with the rind, is better still. Should the fruit be of poor flavour, a little lemon juice is an improvement. For a first-class dish, the fruit is soaked in brandy, sugar, and orange rind.

Dry fruit is not worth converting into fritters.

Orange Soufflé. — (*See* LEMON SOUFFLÉ.)

Pancakes Plain.—(*See* PLAIN PANCAKES.) *See* INDEX for other sorts.

Pineapple Fritters. — Required: pineapple, sugar, batter, and a little rum or brandy. Cost, variable.

Should a fresh pine be used, peel it with little waste, and then slice and remove the hard part from the centre, so as to leave rings. Should it not be fully ripe, it is best to stew it a little first. Then sprinkle with sugar and spirit, and leave to soak. A small quantity of maraschino or other liqueur is used for a high-class dish. Then coat with batter, and finish off as APPLE FRITTERS (page 903).

Another way.—Grate the rind of a lemon over the slices, then moisten with a mixture of lemon juice and rum, and coat with sugar, then cover up for a few hours before frying. Tinned pine answers for either of these dishes.

Pineapple Omelet.—(*See* GINGER OMELET.)

Pineapple Soufflé.—Required: three ounces of pineapple (fresh or tinned), three ounces of flour, two and a half ounces of fresh butter, the same weight of sugar, half a pint of milk, two tablespoonfuls of thick cream, the yolks of three eggs, and the whites of four, and a little essence of pineapple. Cost, about 1s.

Blend the butter and flour in a stewpan over a gentle fire, and add the milk; put the cream and egg yolks in off the fire, also the pine; this should be in minute dice, or if grated pine is at hand it is very superior; add the essence and whipped whites at the last as usual. Prepare the mould (page 887), and steam for an hour and ten minutes. Turn out,

and serve with sauce made from pine-apple juice and a little wine and lemon juice, a gill of the first named to half a gill of the latter mixed together; this should be slightly sweetened and coloured with carmine. Other sweet sauces may be served with this soufflé.

Plain Pancakes. — Required: batter, frying fat, and other materials as below. Cost, from 1s. to 2s. per dozen, according to size and richness.

See the recipes for batter for YORKSHIRE PUDDINGS (page 803). The plainest will make very good family pancakes. (*See* also directions for BATTER, page 889.) The fire should be brisk, and the pan hot and clean. The pan generally gets worn in the middle, and especial care must be taken that the cakes do not burn in that place. Always stir the batter up just before beginning to fry. Put a piece of fat in the pan, about the size of a walnut, and let it melt and get hot, then put in the batter, about a quarter of a pint for a good-sized pancake of moderate thickness; the nicest are those made from batter in sufficient quantity to just cover the bottom of the pan. While frying, raise the edges now and again with a palette knife, and when the top has changed from its original milky condition to an opaque state, it is time to turn the cake. After once watching it is quite easy to tell the precise moment for turning. Then finish all in the same way, and place on a hot dish, which should be kept hot over a pot of boiling water, or in the oven. The pancakes may be kept flat, or sprinkled with sugar and rolled. The usual adjuncts are sugar and lemon or orange juice; either should be strained if served in a jug, or the fruit may be simply cut in quarters. Jam, stewed fruit, honey, treacle, and various sweet sauces are also suitable. Currants or chopped raisins, or whole sultanas, may be put in, the pancakes taking their name from the fruit.

NOTE.—Many people add more fat as required, by dropping in cold lumps at any stage during the frying. This is a mistake; and when more is put in the pan it should be allowed to become quite hot before more batter is added; but this takes time, and it is a very good plan to melt some fat in readiness, and keep it close to the pan in a jug or basin with a lip, from which it can be readily poured. Pancakes that are fried in semi-heated fat, or which are made too thick, and insufficiently cooked, are extremely indigestible.

Plain Sweet Soufflé. — Required: a gill of milk, an ounce of fine flour, the same of butter, three-quarters of an ounce to an ounce of sugar, the yolks of three eggs and the whites of four, and any flavouring that may be liked. Cost, about 6d.

Take a clean small saucepan, and just melt the butter in, then stir in the flour, which should be dry and sifted. When smooth, add the milk gradually, and stir until the mixture reaches boiling point, and for a minute after; if properly mixed, there will not be a single lump in it. Take from the fire, and beat in the sugar and flavouring, and the yolks of eggs one at a time, after the mass cools a little. The specks should be removed before adding, but the eggs are not to be beaten until they are in the saucepan, then the more the better. The whites should be beaten to a stiff froth (page 886), and must be added very carefully, being stirred in a spoonful at a time. Steam as directed on page 887. These quantities are quite enough for a trial dish, and the mode fully illustrates the principle of mixing. The foundation is often called "the panada," and the flavouring gives its name to the soufflé. Other flours that may be made in the same way and same proportions are—rice, potato and chestnut, the finer and drier the better; of corn-flour or arrowroot, on account of the starchy nature, about three-quarters of an ounce would suffice. Soufflés are dishes that are at

first sight rather costly, but this is more apparent than real, as the bulk, when done, is considerably greater than would be expected from the weight of materials. A soufflé cannot be made successfully with very few eggs. Imitations are to be had by using flour or other thickening in increased proportion, and reducing the eggs, but the dish then lacks the lightness of a true soufflé.

To re-heat the above, should any be left, set the dish or plate over a sauce-pan or oval pot of boiling water, covering the soufflé with a basin; or set the plate in a potato steamer. Do not attempt to re-heat it in the oven, unless the precaution of setting the basin containing it in a tin of hot water be observed. This is but a makeshift for either of the other ways given.

Polish Fritters. — Required: four eggs, half a pint of milk, a quarter of a pint of cream, an ounce of oiled butter, the rind of half a lemon, a few lumps of sugar, the fourth of a nutmeg, six ounces of warm flour, and some currants. Cost, about 1s. 2d.

The sugar should be rasped on the lemon rind, and then crushed to powder, and mixed with the grated nutmeg; the batter is then to be made in the ordinary way, and the mixture dropped a tablespoonful at a time into the hot fat, the currants being sprinkled over the top just as it is poured in the pan, and they should nearly cover the batter. Sprinkle with powdered sugar before serving. The same batter makes good pan-cakes, but they must be small and thin, dredged freely with sugar and rolled up.

Poor Knights' Fritters. — Required: some stale French rolls, milk and custard, butter and sugar. Cost, about 9d. for a medium-sized dish.

The bread should be cut in slices half an inch thick, and soaked in milk until soft but not broken. For the custard, allow four eggs to the quart of milk, and sweeten and flavour it; nutmeg is generally used for this dish. While raw, pour a little over the bread, then fry the slices to a good brown; thicken the rest of the custard in the usual way, and pour in the dish, either over or round the fritters. The butter and sugar should be served apart.

Another way.—Thicken the custard, and pour it over the slices at first instead of using any milk. When cold, coat them over with beaten egg, and fry as before; then serve with butter and sugar only. This is an old-fashioned dish that will be found very good. The bread, if fried and laid in a pie-dish, with boiled custard poured over, becomes Poor Knights' Pudding.

Potato Fritters. — Required: half a pound of potato pulp, two ounces of sugar, two tablespoonfuls of milk, a little spice or lemon or other essence, the yolks of two eggs and the white of one, and a few currants or a tablespoonful of chopped candied peel. Cost, about 4d. to 5d.

The potatoes should be roasted in the skins and sieved while warm, then added to the other materials gradually. The white of the egg should be beaten and added last, after the mixture has been well blended. Take the mixture up a spoonful at a time, and fry in plenty of hot fat to a good brown. Then dust with sugar and serve. These are very plain, and, if liked, they may be made in small balls by adding a larger proportion of potato, or made into little cakes, then flattened out quite thin and about the size of the top of a tumbler; in this way they are cooked quickly.

Another way. — These are richer. Add to the above materials another whole egg and a couple of ounces of butter and two tablespoonfuls of wine or brandy. Use the grated rind and strained juice of half a lemon to flavour, or a little vanilla essence. Take up with a dessertspoon, and fry as before. Cost, about 10d.

NOTE.—*See* recipes under POTATOES, and follow one for any of the small dishes in the matter of seasoning, then the above can be converted into a savoury dish. A frying-pan may be used for these, so that it is deep and there is enough fat to cover them. Should the potatoes be watery, the fritters will not be so light, and the exact amount of liquid to add in the form of milk or cream must always be regulated by their mealiness.

Potato Omelet, Sweet.—Required: an ounce and a half of cooked potato, three or four eggs, a tablespoonful of milk for each egg, half an ounce of sugar, a dash of grated nutmeg, the same of lemon rind and a few drops of juice, and an ounce and a half of butter. Cost, about 6d.

The milk should be put to the potato after the latter has been passed through a sieve (a baked potato is the best to use); bring to the boil, then leave to cool; then add the eggs, and sugar and flavouring, and cook as directed, keeping the mixture round or folded as liked. This may be varied by using less sugar, and spreading a little jam over just before serving, or orange marmalade is very nice. Should any jam containing stones be used, it should, of course, be sieved.

NOTE.—A *savoury* potato omelet is made by using pepper and salt in place of the sugar and flavouring. The addition of parsley, onion, or other flavouring is optional, but a hint of nutmeg, with a pinch each of parsley, thyme, and bay leaf in fine powder, may be recommended. (*See* also herb mixtures under SEASONINGS.)

Pound Cake Fritters.—Required: some pound cake, wine and jam, and some thick frying batter. Cost, about 1s. for a medium-sized dish.

Take half a pound of pound cake, and cut in thin fingers, allowing three for each fritter. Soak a third the number in a small quantity of any good home-made wine, as ginger or raisin, &c.; then spread the other slices with a little jam on the inner sides (about a quarter of a pound will be wanted; this should be raspberry or currant if handy); make the fritters by putting a soaked slice between two of the others and press together, then coat with thick frying batter (page 889), and fry in hot fat to a pale brown. Drain and coat with sugar, and serve hot. These are very nice, and the stalest cake may be used up thus, but should it be very dry the outer slices may be dipped for a few seconds in milk, and drained before putting the jam on. Some prefer them without jam. Fruit cakes of a plainer sort may be similarly treated.

Pudding or Cake Fritters.—(*See* CAKE OR PUDDING FRITTERS.)

Rhubarb Fritters.—Required: rhubarb, batter, sugar and brandy, with any approved flavouring. Cost, about 8d. for a dish made from half a pound of rhubarb.

Peel the rhubarb, and cut it in pieces of an inch or rather more; put the pieces in boiling water, and let them simmer for a few minutes until soft but not broken (no time can be given, the fruit varies much; it may be ready in three minutes, or may take ten). Then drop it in cold water. When cold, drain and dry in a cloth, and put the rhubarb on a dish, sprinkle castor sugar over (about an ounce to half a pound), then moisten with a tablespoonful or two of brandy, sprinkling it over, and leave for an hour, turning a few times. Then roll the pieces in more sugar, and coat with frying batter (page 889), the thickest being selected. Fry and drain, dust with sugar, and send more to table, with cream if liked. A little ginger is one of the best flavourings.

For a cheap dish, use lemon juice instead of brandy, with rather more sugar; or use semi-stewed rhubarb, and omit the sprinkling, coating and frying as soon as the rhubarb is cold. A little raspberry syrup, heated, is

an improvement to these dishes; it should be sent to table in a boat or jug, not poured over the fritters.

Rich Thin Pancakes. — Required: a gill and a half of milk, three eggs, three ounces of fine flour (or half may be rice or potato flour), a few drops of vanilla or other essence, butter and sugar as below. Cost, about 6d.

Take a very small pan, and make it hot by pouring in a little fat, and pouring it out again after heating it. Then brush the bottom of the pan with the fat, which should be kept ready heated, and pour in a couple or three tablespoonfuls of the batter, and run it quickly over the bottom of the pan, which it should only just cover; as soon as the bottom is done, turn and finish, then turn out on a hot dish and dredge with sugar, either plain or flavoured, and roll up; keep hot, and fry the rest as soon as possible. At the last, dust some icing sugar or the finest castor over the pancakes, and glaze with a salamander. Dish and serve with lemon and sugar. This will make ten to a dozen small ones, or six to eight medium, if made of wafer-like thickness, as they should be.

Rose Pancakes. — Required: four eggs, half a pint of milk, four ounces of flour and a little salt, and a couple of tablespoonfuls of beetroot pulp, made by boiling and sieving a nice red beet. Cost, about 7d.

The batter should be made in the ordinary way, and the beet added at the last. If a hair sieve is not handy (a wire one will not do), the beet can be thinly sliced and pounded in a mortar. Then fry the mixture in the usual way, and spread the pancakes with any bright jam. They are sometimes served with a compôte of pale coloured fruit by way of a contrast. Another way is to brush them with melted red currant jelly after rolling them.

Royal Fritters. — Required: half a pint of cream, half a gill of milk, an ounce of French potato-flour, two ounces of finely-powdered Savoy biscuits, the yolks of five eggs, and the whites of three, two ounces of sugar, a teaspoonful of vanilla essence, the same of brandy, and an ounce of crystallised cherries or pink pears. Cost, about 1s. 6d. to 1s. 8d.

Mix the potato-flour with the milk, add the cream and stir to the boil; have the biscuits ready grated, and as soon as the cream boils add them with the sugar; take the pan from the fire, and beat in the eggs singly, and the other materials (the whites need not be beaten separately; the fruit should be very finely cut); pour on a large plate or a round tin with turned-up edges, and place over boiling water until firm, then put by to get cold. Stamp out small portions with a cutter of any shape preferred, or cut in little squares; then fry a golden brown in hot fat. Pile on a dish covered with a warm lace paper. The mixture should be half an inch or more in thickness, or the fritters are with difficulty kept from breaking.

Note.—Before frying, the fritters should be brushed over with white of egg, and then coated with fine crumbs, either of bread, biscuits as above, or crushed ratafias.

Sauces for Omelets and Soufflés should be poured round the former, or served separately for the latter, such as are used with puddings or other sweets are suitable.

Semolina Fritters.—This is a recipe that may be followed in making hominy and other cereal fritters. The dish is of Italian origin, and the fritters are eaten during Lent. Required; semolina, sugar, wine, and oil as below. Cost, about 6d. to 8d.

Take half a pound of semolina for a good dish, and cook it in water as if for porridge until quite thick. A double pan must be used, as, being thick, it is likely to burn, and should it burn it is spoiled. A couple of tablespoonfuls of any light

wine should be added, or any spirit or fruit liquor may be used. Sweeten very little, then turn out on a greased slab, and work in some good olive oil drop by drop until the mixture is smooth, and can be moulded into shape. Tiny rings, balls, or rolls may be made. Fry a good brown in hot oil, and dust with sugar before serving. Drain well.

NOTE.—For a plain kind of semolina or hominy fritter, take portions of porridge and fry, then serve with sugar, &c. (*See* also recipe for FRITTERS from cakes and puddings, page 905.)

Strawberry Fritters.—These must be made from fruit that is only just at the proper stage of ripeness to be a success. There are two ways of making, one with whole and one with sliced fruit. For the first, the berries should be of moderate size; for the latter, the larger the better, and if the rest of the fruit can be used for other dishes, it is well to take centre slices for the fritters. Some toss the fruit, whether whole or cut, in wine or lemon juice, or maraschino, and a few use rum, but we do not recommend it; others prefer sugar only, and slices require a rather thick coating of it to make the batter adhere to them, but it should be used at the last moment, or the juice will be drawn. A plain batter is often liked, but those who flavour the fruit itself generally flavour the batter in the same way. The French or Italian batter may be used (*see* page 889). *See* APPLE FRITTERS for the cooking and serving. For these and all superior fritters a little of the fruit forms a fitting garnish.

Another form of fritter, old-fashioned but very nice, is made by putting a layer of strawberry purée, sweetened and flavoured to taste, between two thin strips of bread and butter or sponge cake; custard or wine is used to moisten, and after a coating of batter the fritters are fried as usual, and dusted with sugar. Those made as above may be sprinkled with vanilla sugar after dishing.

Strawberry Soufflé. — Required: half a pint of the pulp of fresh, fully ripe strawberries, measured after sieving, an ounce and a half of butter, half a gill of cream, two and a half tablespoonfuls of milk, seven and a half ounces of sugar, an ounce of flour, half an ounce of arrowroot, the yolks of three eggs, and the whites of five, a teaspoonful of lemon juice, a tablespoonful of maraschino syrup, and six to eight ounces of strawberries in dice. Cost, about 1s. 8d. to 2s.

The pulp of the fruit should be put on with the yolks of eggs, sugar, and butter, and the cream and milk, mixed with the flour and arrowroot, and the whole thickened like a custard. The flavouring and the whites of eggs go in when cool, and also the cut-up fruit. Colour nicely with carmine. Then bake for half an hour or so, and when nearly done dredge with fine sugar. A fancy paper or a napkin may be put round, and a good sauce served, or a purée of fruit, either hot or cold. Cream and sugar are liked by some; or frozen cream (*see* ICES) may be served.

For a cheaper dish, omit the cut-up strawberries and maraschino.

Sweet Omelet, Plain.—Required: two eggs, a teaspoonful or rather more of castor sugar, a few drops of flavouring essence, and not quite an ounce of butter. Cost, about 3d.

The eggs are to be beaten with the sugar and flavouring, and poured into the pan after the butter has been heated in it. This may be kept half-moon shape, or flat and folded over, but the latter is more suitable for an omelet made with a larger number of eggs. (*See* recipes for SAVOURY OMELETS, page 900.) To glaze, and so improve the appearance, a little sugar should be shaken over, and the salamander used for a second or two.

NOTE.—It should be remembered that, although the amount of sugar is a matter of taste, the less used the lighter the omelet. A teaspoonful of

cream or a tablespoonful of milk may be added to the above. (*See* remarks on page 885.) Half a teaspoonful of grated lemon peel is a very nice flavourer; or the sugar may be rasped on the fruit, and added to the eggs after crushing it to powder.

Sweet Omelet, Rich. — Required: four eggs, an ounce of sugar, two ounces of butter, a teaspoonful of brandy, wine or rum, and half a tablespoonful of cream if liked. Cost, about 7d.

This may be cooked as above, and kept flat, then folded over; or if in a "saucer" shaped pan, it should be turned out upside down on the dish and glazed. The colour should be light, and the centre plump and moist.

Another way.—The difference consists in the shaping of the omelet. After it has begun to set it should be turned up with the knife at the sides nearest and farthest from the handle; this leaves the omelet almost oblong in shape, and, like the above-named, should be turned out bottom upwards. Various kinds of liqueur are used for flavouring, maraschino being a favourite.

For a large omelet made with six eggs, half an ounce more butter would be enough.

Wine Pancakes. — Required: flour, a glass of sherry or other wine, four eggs, half a pint of milk and cream mixed, a saltspoonful of grated nutmeg, the same of lemon peel, an ounce of dissolved butter, and the same of pounded sugar. Cost, about 1s. 2d.

The whole of the materials, except the flour, are to be well beaten. The flour is to be sieved, and should be put in a little at a time until the mixture looks like very thick cream. Then follow the directions for Cream Pancakes (page 906).

Another way.—Take the materials named above, but mix a couple of ounces of flour with a portion of the milk, and blend the whole, then stir in as much more flour as may be needed. This is the better way of mixing.

SWEETS, JELLIES, CREAMS, AND ICES.

SWEETS.

PERHAPS no department of cooking gives such a range for skilful and artistic display as that which comes under the general head of SWEETS. We are not referring to the erections of gum paste and other materials that figure at balls and banquets of many kinds, which are for the most part useless, and quite beyond the skill of the ordinary cook. We confine ourselves to the practical details of how to make sweets look and taste nice, and some general advice as to their service. Many sweets are in themselves so ornamental as to need no addition in the shape of garnish; while others of a plainer kind may be considerably improved by a little attention to this point. Again, in preparing a number of dishes for a party, some consideration is needed to vary the colours, flavours, and general appearance; otherwise, given the best of materials, the result will be a poor show. The finishing touches will often make or mar the whole, and the plainest garnish should be neatly added, while the dish must be spotless. We cannot all have a silver or even a cut glass dish for our jelly or cream; but the cheapest dish can be clean, and should earthen dishes have to be pressed into service, they may be almost hidden by a lace paper, or some natural or artificial leaves; and forethought will always prevent glaring errors in the way of colour combinations.

With regard to sweets served at dinner, these are at the present time fewer than of old. Should two be served, it may be taken as a general rule that one should be hot and the other cold, and that the two should be as dissimilar as circumstances permit.

This chapter does not exhaust the recipes in the book; the term "sweet" is now so all-embracing, that many of the dishes given in the chapter on CAKES could fittingly be included in the sweet course; while some of the cold puddings will be just as acceptable at a ball supper as at the dinner table. When a good variety is required, the INDEX should be referred to. Again, almost every recipe may be taken as illustrative of that particular kind of dish, and illustrative only. Imagine, for example, the variations which a skilled cook can make in such a dish as a trifle; the different wines, spirits, liqueurs, or syrups that may be used for the soaking of the biscuits, and the hundred and one ways in which it can be finished off.

The materials for sweets are so numerous that where full details are not given in the recipe under consultation, they should be looked for in the INDEX. All the articles used should be good; it is false economy to use a doubtful egg, or stale milk, or anything that is likely to spoil the flavour or appearance. Essences and colourings must be employed with a steady hand, otherwise a delicate dish may easily become a common-

place or vulgar one. The following hints are applicable to all sorts of sweets.

Wines, Spirits, and Liqueurs.—Taking wines, the most generally used are perhaps sherry and Madeira; a pale dry sherry is not so suitable as a sweet one, and while it is not necessary that a choice brand should be used, the wine should be good and sound. It is better to use a good rich raisin wine, than some of the horrible compounds sold as sherry. In fact, raisin or cowslip wine answers well for many sweets. When the wine is known to be first-class it may be used for jellies after straining, otherwise it will cloud the jelly. Port is more used for invalid cookery, and then it cannot be too good, as it is in such cases more a food than a flavourer. Brandy for the most delicate sweets should be good and pale, but as a flavourer, rum goes further, or many prefer the two mixed to either alone. As to liqueurs, the quality must regulate the quantity. They should be added when the heat has gone off the custard or cream, or what not, that the flavour may not be lost, and must not be added over the fire to any dish. The syrups flavoured with liqueur are a good substitute for the real thing, but of the latter, although the first cost is greater, a little goes a long way. Many sweets owe their excellence and distinctive character almost entirely to the employment of good liqueurs in their concoction. Our recipes include but few of such dishes, as they are too costly for the majority of housekeepers to employ.

Apple and Potato Gâteau.—This is to be served hot and is an excellent dish. Required: two pounds of apples, half a pound of sugar, a glass of sherry, the rind and juice of a lemon, the pulp of some potatoes, three eggs, a tablespoonful of brandy, and sauce as below. Cost, about 1s. 9d.

The apples are to be cooked to pulp with the sugar and grated lemon rind and juice; the other liquids are to be added when cold, with the beaten eggs and the pulp of three or four good-sized potatoes that have been roasted in their skins and sieved. The whites of the eggs should be added separately. Bake in a greased mould in a steady oven; turn out, and pour over a mixture of rich hot custard and melted apple jelly, about a gill of each. The custard should be very thick, and no sugar must be added, as the jelly will sweeten it. At the last, add a tablespoonful of brandy. Then serve at once. A teaspoonful of chopped pistachios sprinkled over the top will improve the appearance of the dish.

NOTE.—A shallow mould should be used to ensure the turning out, and the gâteau should be a delicate brown only.

Apple Charlotte, Cold.—Required: biscuits or cake, an apple purée, gelatine, &c., as below. Cost, about 1s. 3d. for a quart.

Line the mould with finger-biscuits or sponge-cake (*see* CHARLOTTES). Take an apple purée, and add as much gelatine only as is needed to set it; it should not be really stiff, but must stick to the biscuits and turn out firmly. The bottom of the mould may be coated with any bright jelly. Turn out, and serve plain or with a custard.

Apple Charlotte, Plain.—Required: two pounds of apples, half a pound of sugar, the rind and juice of a lemon, and some bread and butter. Cost, about 10d.

The fruit should be peeled, and



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cooked with the sugar and lemon rind and juice to a pulp. The bread is to be free from crust, and a piece cut to fit the bottom of the mould—a cake tin does very well—then put more strips of bread round the side, each overlapping the other. The tin should be well buttered, and the bread soaked in the butter, melted. Then cover with a piece of bread to fit the top. Bake in a moderate oven until the bread is crisp and brown. A tin or plate is used to cover during the first part of the baking, or some put the apple peelings over, removing them for the top to brown. Turn out and serve hot.

Apple Charlotte, Rich.—Use a Charlotte mould and a better apple purée. About a quarter of a pint of melted apple jelly should be added to each pint of the purée; brandy is sometimes used to give additional flavour. This may be made as above, or sliced bread and apples may be used alternately to fill the mould. A nice sweet sauce should be served with this.

Another way.—Add a small quantity of apricot marmalade or jam to the apple mixture.

Apple Chartreuse.—Required: a little lemon jelly, coloured a pale pink, a few shredded pistachios, some apples in slices, and an apple purée, some cream, &c., as below. Cost, about 1s. 9d. to 2s.

Line a mould with the jelly, put the pistachios in a pattern at the bottom and set with more jelly. Take slices of apples cut from quarters, to resemble the sections of an orange, and cook them in sugar and water until soft, but unbroken. Drain and use for the sides of the mould, placing them overlapping, each row in a contrary direction, then set with more jelly. Take either of the apple purées given in FRUITS, and, to each half pint used, mix half a gill of cream or custard, and nearly half an ounce of sheet gelatine. Stir, and fill the mould. When turned out, pour cream or custard round, whichever has been used for the interior of the mould. Sweeten and flavour the cream or custard to taste.

Apple Custard, to serve in Glasses.—Take as many apples as may be required and stew them, without any sugar or flavouring, to a perfect pulp, which should be passed through a hair sieve; or the pulp of some apples baked in the usual way will serve. Required: a pint of apple pulp thus obtained, an ounce of butter, the rind of a lemon and the strained juice, a quarter of a pound, or from that to half a pound, of sugar, a morsel of any spice to taste, such as ginger, or nutmeg, or cloves, and six eggs. Cost, about 1s. 3d.

The pulp should be put with the butter while hot, and well beaten; the spice and sugar are to be added next, then the eggs, after they have been whisked and strained; then thicken in the usual way, being careful that the custard does not quite boil. When cool, fill the custard glasses and sift sugar over them. The effect is prettier if some of the sugar be coloured. The custard is richer if the yolks of eggs only are used; ten yolks to the pint for a very good custard, or eight for a plainer one. The apples should be well-flavoured and juicy.

A gill of cream may be added, to the improvement of the custard.

Apple Custards, Moulded.—Required: apples, sugar, water, eggs, and flavouring as below. Cost, about 1s. 3d. for a dish of a dozen.

Allow an egg for every apple about the size of an orange; a quarter of a pound of sugar to five or six apples, and a tablespoonful of water and the rind and juice of a lemon to the same number. Peel and core the fruit, and put it in a saucepan after grating it finely; add the water and strained lemon juice with the grated peel, and then cook for a few minutes; add the sugar and finish the cooking, and allow enough gelatine dissolved in hot water to set it; about half an ounce will do for three-quarters of a pint of the mixture. Stir for a minute;

remove and beat in the yolks of the eggs after straining them; continue the beating for a few minutes, pour into little moulds, and turn out when set. A much nicer dish is made by lining the moulds with any bright-coloured cream mixture, and putting the apple mixture in when on the point of setting; in this way very little gelatine is wanted. Then pour over a little more of the cream, and turn out when ready. The garnish may be fruit or flowers, or chopped jelly, or little piles of whipped cream. When made very small these little custards are useful for garnishing large sweet dishes. They have a pretty effect if stuck with almonds or pistachios to resemble miniature tipsy cakes.

Apricots à l'Empress.—Required: jelly, an apricot purée, and a cream mixture as below. Cost, about 2s. 3d. to 2s. 6d. on an average.

For the purée, cook a pound of apricots with sugar to sweeten, and a little water, then pass through a sieve, and mix in half an ounce of sheet gelatine that has been dissolved in a tablespoonful of hot water. Flavour with almond essence, and add the blanched kernels cut in small pieces, together with a tablespoonful of brandy. Pour in a thin layer on a flat dish, and, when set, stamp out in shapes with a fancy cutter. Take a plain mould (first lined with jelly), and cover with the shapes, setting them with a little strong pale jelly. For the centre, take any nice jelly that has been flavoured with maraschino or other liqueur, and reduce it to half the quantity by boiling, then add to half a pint two or three tablespoonfuls of whipped cream, or the same of rich custard and an equal measure of apricot pulp; some of the purée, minus the gelatine, will answer. This is to be put in the mould when cool, and the whole set in a cold place until stiff enough to turn out. Any remnants of the purée can be cut out for garnishing the dish. The effect is prettier if some of the purée be coloured pink and green, and some left yellow. When this is done, each colour should be a different shape.

NOTE.—In cold weather, tinned apricots can be used; then a trifle less gelatine may suffice.

American Meringues with Icing.—These are very delicious, and a pretty sweet for ball suppers, &c. Required: some almond paste (*see* CAKES), some meringue mixture (page 930), and some glacé icing of various flavours and colours (*see* CAKES). Cost, about 2d. to 3d. each.

Take a small tablespoonful of the almond paste for each meringue, and shape it in the form of a cone; then put the meringue mixture round and round from a bag with a small plain pipe, commencing at the bottom. Then put them in the oven for the meringue to dry and let them cool, and finally ice them. The greater the variety of colours, the prettier the dish; one only may be used for each, or two or more can be put on in rings. A plain or fancy pipe may be used, and the meringue may be entirely coated or not, according to choice. For small meringues, a dessertspoonful of the almond paste will be enough, and these are really more dainty-looking than the larger ones. Before the icing goes on, the meringues will keep some time in a tin box, although they are nicer fresh; but after icing, they should be used quickly. They should be dished on a lace paper, and garnished with leaves and flowers, or with any nice dried fruits or sweetmeats, but the colour of the meringues must be considered; some may be coated with glacé chocolate icing and orange icing in alternate rows, and dished on a gold paper if more than one dish is made; mauve and pale green look pretty on a white or silver paper; and if a third dish should be preferred without the icing (and they are sometimes better liked in this way), dish on a green or pink paper.

Apple Miroton.—Required: a compôte of two pounds of good apples in quarters, flavoured with mixed spice,

or cinnamon and cloves only, and other materials as below. Cost, about 1s. 8d. to 1s. 10d.

Pour the syrup over after reducing it, and pile in a dish for serving. Then put in a stewpan a gill and a half of water, the grated rind and juice of a lemon, an ounce of butter, the same of flour, and a few ounces of sugar and a little spice, and boil up; stir in a tablespoonful of brandy, the yolks of four eggs and the white of one, and let this cool a little; then pour it over the apples. Over all lay sponge cake in the thinnest slices, to cover the apples completely, and pour over a few spoonfuls of cream to moisten the cake. Whip up the remaining whites of eggs, and add a couple of ounces of sugar and more spice; then pile it on in rough heaps, and set in a gentle oven to brown. The whole should be dredged with vanilla sugar before serving, and if it can be put on ice for a short time, is much improved.

Apple Snow. — Required: an equal number of egg whites and apples of good size and sharp flavour, flavouring and garnishing as below. Cost, about 1s. for a snow of six apples.

The apples are to be cooked to pulp without water; baked apples answer very well; then sieved and sweetened, and flavoured with liquid spice or ground mace, grated lemon peel, or almond essence, or as preferred; but unless well flavoured, the preparation is insipid. Then beat the whites of eggs to a firm froth, and add three tablespoonfuls of powdered sugar to every six; the apple mixture is then to be added, and the whole well whisked. This may be piled in a glass dish and served as it is, with a garnish of bright jelly, and a sprig of myrtle on top, and biscuits or sponge cake as an accompaniment; or it can be used for garnishing plain trifles and other sweets. To be white, the apple pulp must be most thoroughly beaten before the eggs are added.

Another way.—This is more substantial and much nicer than the above. Required: a quart or so of the snow as described, half a dozen penny sponge cakes, a glass of wine, a gill of cream, and some coloured sugar. Cost, about 2s.

The cakes should be sliced and put in the dish, and soaked in the wine; the cream should be whipped and half of it added, then the snow put over, and the rest of the cream coloured a little and dotted about the snow. Or all the cream may be used on the tops of the cakes; or it can be left white, and put as a ring round the snow. Some crushed white sugar candy may be sprinkled over with good effect, when served by gas light.

Cream (Cereal) to serve with Stewed Fruit.—This is a very useful and readily made dish, and answers both for fresh and bottled or tinned fruits. Required: two ounces of French tapioca, or other cereal that may be preferred, an ounce and a half of lump sugar, half a pint of milk, the same of cream, and any flavouring to taste. Cost, about 1s.

The tapioca and milk should be put in a saucepan with a morsel of butter spread over the bottom, and cooked until done. The cream should be whipped and mixed in off the fire with the sugar and flavouring. When a little cool, pour into a deep glass dish, and leave in a cold place until stiff. The top should be made smooth while warm. This is sometimes liked soft, more like a custard in consistence; then from a third to a fourth less of the cereal should be used. If desired soft enough to pour over the fruit, use an ounce only of tapioca. For a cheaper dish, three gills of milk to one of cream will answer.

Another way.—Prepare as above; but reserve a little of the cream, which should be coloured and dotted about the top. The fruit may be put in the dish under the cereal, or served in a separate dish, as liked. A very nice sweet is to be had by putting the fruit in the dish, then pouring a thick plain custard over, then the cereal, and, if

at hand, a little whipped cream on the top. This is a kind of trifle of a very wholesome sort, suitable for children's parties, &c.

Charlottes.—These are made by lining a tin with finger biscuits or sponge cake, or, for more elaborate ones, with ratafias or macaroons, and filling up with a custard or cream mixture. Finger biscuits are most commonly chosen. They should be rather soft—the kind sold by confectioners; grocers' biscuits are too crisp, and break in the trimming. The ends should be levelled and the biscuits put close together, so that the cream shall not work through. The ends must be cut to just come to the edge of the tin, and a round one is best. The crumbs, if any, are to be shaken out. Sometimes the biscuits are put in the form of a star, &c., at the bottom. The mould may, if liked, be left plain, or, for a CHARLOTTE RUSSE, it is often garnished with dried mixed fruits. To line a tin with sponge cake is very easy, and it may be round or square, or as preferred, as it is easy to cut the cake to fit it. Madeira and all similar cakes can be thus used up to advantage. The tin should never be wetted, or the cake or biscuits will stick to it, and the result is a very messy-looking dish. Some use a little salad oil to coat the tin, and others butter it; many use a buttered paper; but it answers without any preparation. Plainer Charlottes are made by lining a tin or dish with bread and butter. (*See* APPLE CHARLOTTE.)

Charlotte Russe.—Required: finger biscuits, cream, garnish, &c., as below. Cost, about 1s. 9d. for a pint mould.

(*See* CHARLOTTES.) Prepare the mould by lining it with finger biscuits, and place some fruits at the bottom, then fill up with whipped cream, to which a little melted gelatine or isinglass has been added, and sugar and flavouring to taste. When the cream is thick and the weather cold, half an ounce of gelatine to the pint should be enough, as the biscuits serve as a support; but the state of the weather and goodness of the cream must always be considered. For a cheaper dish, a cream of a plainer kind can be used. A medium custard, with a flavouring of liqueur, and gelatine to set it, is very nice used in the same way.

Charlotte Russe à la Moreton.—Required: some ratafias, three sorts of preserve, and three of cream as below. Cost, about 2s. for a pint mould.

Take a round tin and place at the bottom a round of sponge cake, then round the sides, to a third the depth, some ratafias; the inner side should be coated with jam, say raspberry, then fill with a semi-liquid blancmange or cream mixture. Go on with ratafias and jam, and another layer of cream, of another colour and flavour; then finish, again changing the jam and cream. A pink vanilla for the top, then a coffee, and next a green cream may be recommended. When turned out this is very pretty, as the ratafias should be so arranged that the cream shows between them.

Claret Jelly.—Required: a quarter of a pound of loaf sugar, a gill of water, a gill of brandy, three gills of claret of good sound quality, not a sour wine, and three-quarters of an ounce of sheet gelatine. Cost, about 1s. 9d.

Melt the sugar in the hot water, then put the gelatine in, and stir until melted; add the other materials after it has been taken from the fire and cooled a little. Then put in a few drops of carmine colouring, and pour into the mould to set. This may be made softer if for a border mould; in cold weather half an ounce, or rather more, of gelatine would do; this should be filled up with fruit or cream, according to taste and the season. A fruit compôte of a contrasting colour goes well with it, and cream may be put round the jelly.

Another way.—Instead of sugar, add enough red currant jelly to sweeten

pleasantly. This produces both good flavour and colour; the latter will be very rich. This is a nice jelly for cutting up and filling jelly glasses, with another of a pale tint.

Clotted Cream.—(*See* Devonshire Clotted Cream.) A good deal of first-rate cream is now similarly prepared in many counties, and sold in jars by grocers everywhere.

Cochineal Colouring.—Those who prefer this to the carmine referred to in our recipes, may make their own as follows:—Take half a pint of water, half an ounce of cochineal, bruised, the same weight of rock alum and salts of wormwood, and an ounce and a half of cream of tartar.

Bring the water to the boil, then add the salts of wormwood and the cochineal; in five minutes take the pan from the fire and stir in the other ingredients. This is important, for if they were added while on the fire the whole would boil over. When quite cold strain through muslin and bottle for use. Cork well and use small bottles.

Note.—This should not be used for sweets that are moulded in tin, or the colour will be changed to a dingy sort of purple, instead of remaining red.

Cocoa-nut Milk.—This is very delicious, and may be used in the composition of blancmanges, custards, biscuits, cakes, puddings, &c. Many persons cannot digest the nut, who are partial to the flavour of it, and in these cases this is especially useful. Take a fresh nut, and grate the white part, and cover with three pints to two quarts of cold milk, according to the size of the nut; let it stand for an hour, then simmer as gently as possible to extract the flavour of the nut, and strain for use. The milk of the nut should be added if quite sweet, but if the least rancid it will spoil the whole. It is best to simmer the nut in a double saucepan or *bain-marie*. Or use a jar set in a saucepan of boiling water. Keep covered all the time.

Compôte of Fruit à la Genoese.—The mode of serving fruits in a case of Genoese pastry is not very general, but may be recommended for several reasons. The appearance is good, and one gets two dishes in one, as it may be served as a cold sweet in the ordinary course, or as a dessert dish. It is handy for all sorts of outdoor parties as well as for ball suppers. Then it makes a first-rate dish for high tea. All kinds of fruit are available, according to the time of the year. Fresh or preserved fruit may be used, and for the modes of preparation *see* Index. The case may be any desired shape so long as there is enough room left in the centre to contain the fruit. Supposing an ordinary cake tin to have been used. The bottom should be cut from the cake after it is baked and cooled, and then set on the dish for serving, and the rest hollowed by means of a cutter. This is supposing the cake to be sliced; if left solid, a knife may be used. Whether it need be sliced or not depends a good deal on the garnish. The idea is to make the outside of the cake ornamental, and to see that the colours contrast well with the fruits used. (*See* Coloured Plate, No. 12.) For the dish there represented a compôte of oranges was used, and a cake cut in slices with an hexagonal cutter, a smaller one being employed for the centre. (These centre pieces always come in handy for other sweets.) They were then masked over with glacé icing and sprinkled with green and mauve sugar, and built up as shown. Either of these colours alone could be used if the slicing of the cake be omitted; or yellow might be added for a more elaborate dish. The cost of these is no more than serving a dish of fruit and one of biscuits or cake with it, and the trouble is not great. Those accustomed to such work may make many pretty dishes on this principle. A cake in stripes of green and pink goes well with a compôte of green fruit, as gooseberries; or mauve and green, mauve and white, or yellow and

mauve would answer. For almost any yellow fruit the colours shown look well. For dark fruits, as French plums, there is a wide choice; and for such pale fruits as peaches vivid colours are best. Brown may often be introduced with success. As to the kind of icing, that must be varied according to the fruit, but when a liqueur has been used for the fruit, it should be also used for the icing. The fruit should be a little less sweet than for serving in the ordinary way. The case should be set in a cold place and filled just before sending to table. The fruit must never be sloppy, but the syrup well reduced. The top may be left plain, as shown, or ornamented with cream in spots of colour to match the case.

NOTE.—The fruit is preferably iced, whatever the kind.

Coralline and Fruit Trifles. —These are cheap sweets which may be prepared very quickly, and will be found nice in hot weather. Required: half a pound of coralline, a tin of apricots, peaches, or pears, or a similar quantity of bottled fruit of any kind to taste. Cost, about 1s. without cream.

The coralline should be soaked for a time in the syrup from the fruit, heated and sweetened to taste; it should then be allowed to simmer for a few minutes, and should be arranged in a ring on a dish, the fruit being put in the centre; or the coralline may be spread on the dish, and the fruit piled on the top. A little cream may be used to garnish the dish, or a plain custard may be sent to table. The coralline must be cold before the trifle is arranged.

Another way.—Add to the fruit some of the syrup, with a little gelatine in, about half an ounce to half a pint, then put this in a border or other mould to set, and turn out, piling the coralline in the middle if a border, or round the mould if a plain one. A little coloured sugar, or green fruit, may be used for garnishing.

Rizine, shredded maize, or other foods that will cook quickly may be used thus. (*See* recipes under CEREALS.)

Coralline and Jam Trifles. —Required: a pint and a half of milk, two eggs, two tablespoonfuls of sugar, some jam, and a few drops of flavouring essence. Cost, about 8d. to 10d.

The coralline should be put to soak in the milk; from two to two and a half ounces will be enough, unless a thicker preparation is liked, then three ounces may be used; it should be stirred over the fire to the boil, and simmered for four minutes. The eggs are then beaten in, the white of one being omitted; the flavouring and sugar go next when a little cool, and the whole is poured in a glass dish. When cold, spread with jam of any sort without stones, and whip the other white up, add an ounce more sugar and more flavouring, and dot it about the top; brown it a little with a salamander or heated shovel, and in between the dots put a spot of whipped cream coloured, or a spoonful of thick plain custard as preferred. For a better dish, whipped cream may replace the meringue on the top, then the two whites may go in the coralline mixture.

Cornish Junket. — Required: two quarts of fresh milk, two tablespoonfuls of essence of rennet, and a flavouring of spice if liked. Cost, about 1s.

Put the milk in a saucepan, and set it near the fire until a trifle warmer than blood heat. Put it in a deep glass dish and stir the rennet in, then leave it to get cool. If served as soon as set, it will be found smooth and solid, but if left to stand it becomes watery. It should be served with well-sweetened stewed fruit. Scalded cream is a favourite adjunct to junket in Cornwall, and a rich dish is the result, as the cream is very delicious.

Croquant of Oranges with Cream. — Required: four sweet

oranges, a syrup as below, half a pint of cream, half an ounce of sheet gelatine, a tablespoonful of milk, sugar and flavouring, and a little of the finest salad oil. Cost, about 1s. 2d.

Take the rind and white pith from the oranges, then remove the pips without breaking the skin, divide into sections, and put them in a syrup made by boiling half a pound of lump sugar and half a pint of water together until reduced to half the quantity; it should be well skimmed. Take the fruit out and drain by holding it on the point of a wooden skewer; have a shallow mould ready oiled, and arrange the pieces round it, then fill up with the cream that has been whipped and mixed with the gelatine dissolved in the hot milk. Any spirit or liqueur may be used for flavouring, and a tablespoonful of sugar is needed. If half the cream is coloured, the dish is prettier. Set the mould on ice until firm enough to turn out.

NOTE.—The fruit should overlap in the mould.

Cumberland Butter.—This is an old-fashioned dish that is made in some parts of Cumberland, and served with oat and other cakes on festive occasions. There are various ways of making it, so far as the proportions of the ingredients are concerned, but the following may be regarded as average specimens. Required: half a pound of fresh butter, the same weight of brown sugar, a small nutmeg, and a glass of any sort of spirit or wine that may be liked. Cost, about 1s. 2d. to 1s. 4d.

The butter is to be melted by gentle heat and the sugar and spice added, and well stirred in; the wine goes in last; the mixture should be stirred until cool, then poured into a glass dish, and served when cold.

Another way.—Allow four ounces of sugar to six or seven of butter, a tablespoonful each of rum and brandy, and a good pinch of ginger and nutmeg. This is a favourite blend. In adding the butter to the sugar it should be skimmed and poured off quite free from any sediment. Some recipes direct that a larger proportion of sugar than butter be used, but that is not generally agreeable.

Currant Custard (to be served in glasses).—Required: a pint of clear currant juice, ten ounces of sugar, eight eggs, and half a pint of cream. Cost, about 1s. 8d. to 2s., on an average.

The juice and sugar are to be boiled for two minutes, and the scum removed, then added to the eggs, first beaten and strained, and thickened like a custard of the usual sort; stir until nearly cold, then add the cream a spoonful at a time, and last of all put in a tablespoonful of lemon juice. When the fruit is very ripe, a little of the sugar may be omitted, and for a plainer custard the cream may be reduced, and six eggs made to answer. For a better one, use the yolks only of a dozen eggs. The juice of raspberries or strawberries, cherries, &c., may be thus used, and the custards will be excellent. They may be used for tipsy cakes, or trifles, and other dishes, as a change from other custards.

They may also be moulded by adding sufficient gelatine or isinglass.

Custards.—A custard is a mixture of milk, eggs, sugar, and flavouring, with the addition of cream for the richest kinds. Certain rules are common to all, which we here detail. The sugar should be loaf; there is then no fear of impurities spoiling the appearance of the dish. The eggs must be fresh, and strained after beating; and the milk and cream should be free from the least taint. The flavouring used, if of a volatile kind, should be put in after the custard is removed from the fire and when it has cooled; lemon peel, bay leaves, and anything else of the kind must be infused in the milk. The yolks of eggs only are used for the best custards, but for medium ones the whites can go in;

should the yolks be pale, a little colouring may be added. The *thickening* process must be performed with care, or the custard will curdle, and this is most likely to happen when a good number of eggs are used; boiling-point should never be quite reached. The following are the ways generally adopted:—No. 1: Set the jug or other vessel containing the materials in a saucepan of warm water over the fire, and stir one way while the water heats and the mixture thickens; it should coat the spoon. In this way the custard cannot reach the boil, so there is little fear of curdling. The water may be hot at starting, if time be short, but the custard will not be so rich. The materials should be put together in the cold state. No. 2: Follow the above mode, but use a double saucepan. The under saucepan should contain warm water. No. 3: Boil the milk and add it to the beaten eggs, then sweeten and thicken as in the first recipe. This plan is considered the best by many; certainly, time is saved in the stirring, but we think the custard loses in richness. Always stir from time to time while the custard is cooling, and set it in a cool place. No. 4: This is a way of thickening not very generally adopted. Beat the eggs and cream and add the boiling milk, beating well; then put the whole in a saucepan, and stir over a slow fire until the thickening begins; then set it on a cool part of the stove, and leave it below simmering-point for a time. It will then become thick and taste rich; and it is a useful method, as it improves a plain custard. A copper pan is the best to use. When milk is poor, or the supply of cream runs short, a little condensed milk is useful to give body. For the thickening of custards from corn-flour, &c., *see* recipes. As to flavourings, regard must be had to the nature of the dish which the custard is to accompany. In some cases an unflavoured custard is the best. The custards given below may, by varying the flavours, be adapted to sweets of every description. (*See* remarks on WINES, &c, page 918.)

No. 1.—This is a cream custard, and the richest of the class. Required: from four to six ounces of sugar, a pint and a half of cream, the yolks of nine eggs, and flavouring to taste. Cost, about 2s. 3d. to 2s. 6d. The cream and other materials may be put together, or the cream first heated. (*See* methods of thickening above.) If for ices that are to be flavoured, omit any flavouring here. This is suitable for the richest iced puddings.

NOTE.—The eggs should be beaten with a few tablespoonfuls of milk before mixing with the cream.

No. 2.—The same as the above, except that half a pint of milk is substituted for half a pint of the cream. This is a very good custard. Cost, about 1s. 8d.

No. 3.—Required: half a pint of milk, the same of cream, the yolks of four eggs, and sugar and flavouring to taste. This is a good medium custard, either for ices or tipsy cakes and other sweets. Cost, about 1s.

No. 4.—Required: a pint of milk, a quarter of a pint of cream, the yolks of four or five eggs, and sugar and flavouring to taste. This is a useful ordinary custard. Cost, about 9d.

No. 5.—Required: a pint of milk, two or three eggs, a little flavouring, three ounces of sugar, and a few sheets of leaf gelatine. Cost, about 7d. The custard should be thickened in the usual way, and the gelatine stirred in off the fire. When the gelatine is dissolved, the whole should be strained through a fine sieve or tammy. This has good body, and is useful, when eggs are very dear, for all sorts of purposes.

No. 6.—Required: a pint and a half of milk, an ounce and a half of corn-flour or arrowroot, the whole of four eggs, or the yolks of six to eight, and sugar and flavouring to taste. A bay leaf and a strip of lemon rind combined will be found nice. Cost, about 9d. or 10d. The corn-flour should be mixed with a little of the cold milk, and the

rest added, boiling, with the sugar; then stir and boil for a few minutes, and pour on to the beaten and strained eggs; return to the pan and thicken, but do not boil again. This is a custard with good body at comparatively small cost. Fine rice flour can be used in the same way. This goes well with fruit pies and fruit dishes generally, and is a good base for economical ices; the corn-flour, for the latter purpose, may be slightly increased.

No. 7. Corn-flour Custard. — This answers very well for family use. Required: a pint of milk, an ounce or more of sugar, the whole of one egg, and a tablespoonful of corn-flour. Cost, about 4d. The directions given in the above should be followed. Any flavouring to taste may be added; a very good and simple one is spice essence. For fruit dishes some like it plain; the thing to do is to boil it for at least five minutes before the egg goes in, and it then tastes smooth and good. For a very plain dish the egg can be omitted, and a tablespoonful of cream or Swiss milk added, but it is not then custard, strictly speaking.

NOTE.—Should the milk be the least sour, there is as much danger of curdling as if the eggs were boiled. This applies to all custards.

Custard, Moulded, or Custard for Moulding.—This is referred to in some recipes under both names. Required: a pint of milk, a quarter of a pint of double and the same measure of single cream, an ounce and a half of sheet gelatine, the yolks of six eggs, flavouring, and two or three ounces of sugar: the smaller quantity is the better. Cost, about 1s. 6d. The single cream and part of the milk should be mixed with the eggs and sugar, and thickened in the usual way; the gelatine is to be dissolved in the rest of the milk, and the two mixed when they have cooled a little. The double cream is then to be whipped; and when the custard is cool, but quite liquid, it should be carefully added a little at a time, and the mixture turned into a mould prepared as for jellies and creams; it may be left plain or garnished with fruits; or a little coloured jelly may be used for the top of the mould, if a fancy one; but this is not unfrequently poured into a border mould, and the centre filled with a compôte of fruits. Another way is to add the requisite amount of ordinary gelatine, after dissolving it, to any custard, either rich or plain, remembering that the richest custards will need less gelatine than those with few eggs. This is very good, but great care is needed in blending the ingredients; for should the custard be too cool when it is put to the cream, it will not mix, while if too warm the lightness of the cream is destroyed. If used for small moulds, less gelatine will answer, and the custard is more delicate.

Custard, The Duke's (to be served in glasses).—Required: brandied cherries, custard and garnish as below. Cost, about 1s. 9d., exclusive of the cherries, for a quart.

Take the custard cups or glasses, and put in as many brandied cherries as are preferred; not less than a fourth of the glass should be thus filled, and sometimes double that quantity will be used. They should be first drained from their juice and be rolled in sifted sugar. Then fill up with a rich custard (page 926), and on the top put a spot of rose-coloured whipped cream, or white cream garnished with cherries in dice.

Another way.—Pour brandy over the fruit, and fill up as before, then cover the top of the custard with ratafias soaked in the same spirit. With either of these hand biscuits of a rather plain kind.

Damson Charlotte.—Required: fruit, gelatine, cream, cake, &c., as below. Cost, about 1s. 6d.

Make a compôte of damsons (a pound and a half will make a good-sized dish). Pass through a sieve, reduce the syrup by quick boiling, then add to the sieved fruit, together with half a pint of whipped and sweetened cream. Dissolve the gelatine

in the fruit, about an ounce. The fruit should be cool before mixing with the cream. Line the mould with strips of cake, and put a slice at the bottom, and fill with the damsons, &c.; make the top smooth, cover with sliced cake, press, and turn out when set. Other stone fruits may be used thus. A little liqueur improves the flavour.

Devonshire Clotted Cream.—The highly esteemed clotted cream of Devonshire is procured by straining the milk, as it comes fresh from the cow, into large metal pans, which are placed in a cool dairy, and kept unmoved for twenty-four hours in winter, and half that time in summer. It is then scalded over a charcoal fire, the time for scalding depending on the heat of the fire and the quantity of milk to be scalded; the slower it is done, the better and the thicker will be the cream. It is skimmed the following day. A great quantity of this cream is sent to the London market, where it fetches a high price.

Devonshire Junket.—Mix half a teaspoonful of powdered cinnamon with a heaped tablespoonful of pounded sugar. Pour over these a wineglassful of brandy, and stir until the sugar is dissolved. Add one quart of quite new milk with a dessertspoonful of rennet. If the milk cannot be procured fresh from the cow, heat it until it is new-milk warm. Stir it well, and let it remain until it is set, then spread some clotted cream on the top, and strew sifted sugar over. Time, about two hours to set the milk. Probable cost, 6d., exclusive of the brandy and cream.

Fruit Charlotte.—(*See* DAMSON CHARLOTTE.)

Fruit Custard.—(*See* CURRANT CUSTARD.)

Fruit Meringues, or Fruit in Surprise.—Hosts of dainty dishes may be made on this principle. The dish that is going to table is first half filled with a good custard, or some whipped cream; on that a good layer of fruit is placed, and it should be iced. Various recipes will be found under FRUITS. Then a meringue mixture is put on the top in a thin layer; say the dish holds a quart altogether, a meringue of two or three eggs would do. It should be dropped from a spoon just to cover the fruit, not piled up. Then take a salamander and lightly brown the meringue, and set the dish on ice for a short time before serving. Sometimes a thin layer of sliced cake is put over the cream or custard, and another over the fruit. To be worth eating, this must be served cold. (*See* MERINGUE TARTS page 860.)

Fruit Sponges.—These dishes are generally liked, and are more wholesome than some other sweets of a more costly and complicated kind. To ensure success, it is necessary that only as much gelatine or isinglass as is really necessary be used, for they are unpleasant when too stiff. The eggs must be fresh, and no yolk must get mixed with the whites. The whipping should be commenced after the gelatine mixture has cooled, and is on the point of setting, the whites of eggs being first beaten. To attempt to whisk to a sponge while the mixture is liquid is sheer waste of time, and the operation becomes tedious. A cool place should be chosen for the whisking, and a little ice is a help. (*See* recipes for LEMON SPONGE, ORANGE SPONGE, PINE APPLE SPONGE, and RASPBERRY SPONGE.) (*See* also remarks under PINE APPLE SPONGE.)

Gooseberry Cream.—This is a very nice dish. Required: a quart of green gooseberries, half a pound or so of loaf sugar, a little water, a pint of whipped cream, half a glass of brandy, and a few drops of green colouring. Cost, about 2s.

Top and tail, and rinse the fruit, then put it in a china jar with the water and sugar, and stew for as long as may be necessary until the pulp can be passed through a hair sieve. Add the other materials, and when cold,

put the bowl containing the mixture in a pan of ice for an hour, or set it in an ice cave for half the time. Serve rusks and Savoy or other biscuits with it, or any nice cake without fruit, and send a basin of sugar to table, with more cream if convenient. This may be moulded, by adding sheet gelatine in the proportion of three-quarters of an ounce to a pint of the mixture.

Green Caps.—Required: for a nice dish, about nine young green codlin apples; sugar and garnish as below, some vine leaves and custard. Cost, varying with the custard.

Take the fruit, as even in size as convenient, and wipe it, then take the cores out, and put the apples in a preserving pan with cold water to cover, and some vine leaves over and under. Cover and simmer until quite tender, but not broken. Take up with a perforated spoon, and wipe the fruit, then sift some sugar over, after brushing the apples with the white of an egg; put them in the oven to frost, then take them out and put them in a glass dish, and pour a pint or so of custard round. This may be plain or rich as required. Sprinkle the tops with green sugar, and put a green sprig in the top of each. Instead of using sugar, a few pieces of any candied green fruit may be cut in shapes to taste, and laid on.

Imperial Tipsy Cake.—Required: a cake (as for the TIPSY CAKE of page 936), some fruit as below, pistachios, French plums, and pink custard. Cost, variable, about 5s. to 7s. for a medium-sized cake.

This is a very nice dish. Proceed as for tipsy cake, using pistachios in place of almonds. The fruit for the top decoration should be pink and yellow, glacé or crystallised, and a pink pear should be placed at the top; or an orange or an apricot may be used. Some of the plums should be cut up and mixed amongst the fruit, and about a pound of plums must be made into a compôte (*see* FRUITS), and put in the dish in place of custard, the pink custard being used in small quantity only. In place of the latter any nice pink sauce may be used, or some whipped cream coloured delicately. Some of the pistachios are to be put here and there on the custard. As this is a good dish, a wine of good quality should be used for soaking, with a gill of brandy to each half bottle. The plums for the top should be soaked in a spoonful of the wine. (*See* COLOURED PLATE, No. 11.)

Indian Trifle.—This is a pretty and cheap sweet. Required: a quart of milk, four ounces of ground rice, from half a pint to a pint of boiled custard, four ounces of sugar, a quarter of a pound of any fruit jelly. Cost, about 1s. to 1s. 3d., according to custard.

The ground rice and milk are to be mixed and boiled together just as for cheesecakes or puddings, and sweetened and flavoured, then poured, when a little cool, into a deep glass dish; a mould should be put in the centre and the rice put round, and when the rice is set a little warm water should be put in the mould, which is to be removed and its space filled by the custard, the quantity of which depends upon the mould used, and the more fanciful the shape the prettier is the trifle. The common way is to pour the rice all over the mould and cut out a space for the custard when cold; but this is more trouble and reduces the quantity of rice. The jelly is to be put about the rice in little heaps. Damson cheese and all such preparations are equally suitable, or fresh or preserved fruit may be used. The custard may be left plain, or sprinkled over with coloured sugar, or a few spots of any preserve to contrast in colour with that used on the rice. This is a good dish for a children's party, being plain. A corn-flour custard will do for the centre, though a better one is generally used.

Lemon Sponge.—Required: an ounce of gelatine, the rind and juice of two large, or three moderate-sized, lemons, the whites of two eggs, a pint

of water, and three ounces of lump or pounded sugar. Cost, about 8d.

Melt the gelatine in the water, and, if pounded sugar is used, infuse the thin rinds of the lemons for some time in the water; if lump, rasp the fruit which gives a better dish. Strain the lemon juice and add to the rest; beat the whites of eggs, and when the gelatine mixture is cool whisk the whole until stiff enough for a spoon to stand in it. This being a warm weather dish as a rule, the maximum quantity of gelatine is given. (*See* FRUIT SPONGES.) The mixture may be moulded. In either case it is improved by setting on ice. The amount of lemon juice may be increased if liked, the sugar being decreased in proportion. Many will like a sweeter sponge than the above. A little citric acid may be used when lemons are scarce. Unless half be coloured pink, a common mode of serving, it looks better with bright garnish.

Lemon Cream Sponge.—A very good dish is made by flavouring a pint of cream with the rasped rind of a lemon, with sugar to taste; it should not boil, but be set in a warm corner of the stove for a time. The isinglass, about half to three-quarters of an ounce is to be separately dissolved in a little milk, and added, and the mixture set by to get cold, when the strained juice of a lemon and a half may be added, or more if liked, and the whole whisked as above. The white of an egg is not essential, but it will considerably increase the bulk.

Macaroon Baskets.—(*See* MERINGUE BASKETS.)

Meringues. — Required: whites of eggs and sugar as below.

Take castor sugar in the proportion of two ounces for each white of egg used; or should the eggs be small, ten whites may be allowed to the pound of sugar. Expert confectioners sometimes use more egg than this, but then the moulding is more difficult. The whites are to be whisked to the stiffest possible froth; this is of the first importance, and the sugar should be stirred in until mixed only; the less the whole is worked afterwards the better. The mass is then to be laid out, either on boards covered with sheets of paper or on baking-sheets of copper or steel, that have been *slightly* warmed, and rubbed with a little pure white wax. A spoon may be used for the laying out of the mixture, and a second spoon is required to dislodge it from the first, or in place of a spoon, a piping bag with a plain tube is employed, and the mass pressed out in rounds or egg shapes, with a little space between each. The meringues are then put in a very cool oven for some hours, to dry and acquire a pale fawn shade; they are then removed with a palette knife and again put in the oven after the soft inner part has been scooped out, and this should then be the upper side. When crisp they are ready for use, or may be stored in tins. They are improved if some icing sugar is dusted over before putting in the oven, any surplus being blown off, and they must go in the oven instantly. This gives a smooth, glazed look.

To serve, place a little whipped cream in, and put two halves together. For variety they are sometimes filled with jelly or rich preserve, or one side cream and the other jam, and chopped almonds are sometimes added to the egg and sugar. Meringues are often coloured—green, pink, &c.—and by using some grated chocolate and a little brown colouring another variety is obtained. They should always be filled just before they go to table, or they lose their crispness. If liked very pale, the oven must be still cooler and the drying will take longer. Iced cream is sometimes served in meringues.

Italian Meringues. — Required: a pound of sugar, half a pint of water, the whites of six eggs, and an ounce of almonds. Cost, about 10d.

The sugar should be the best lump, and must be boiled in the water until it whitens and becomes flaky as it is

dropped from the spoon. Then stir the eggs in after whisking to a froth as usual; this must be done gradually but briskly, that the mass may be smooth. Then add the almonds, which should be blanched and chopped small. When the mixture is firm enough to take the shape of a spoon, it is ready for drying; the oven must be gentle, that the whiteness is retained. A pale fawn tint is preferred by some. These are thought to be better than meringues made in the common way. These meringues should be made very small, as they are chiefly employed for garnish to various sweets.

If stored, use a tin box with a tight-fitting lid, and put in a warm place.

Meringue Baskets.—These are often seen on ball supper tables and on other occasions when sweets are made on a large scale. There are several ways of making them; we give the simplest. If a proper "basket mould" is not at hand, take a mould that shall, when finished, give the dish some right to the title. Make a little stiff white icing, or coloured if coloured meringues are used, and stick the edges together, using as little icing as possible, so that the result shall not be messy. (*See* the recipes in the chapter on CAKES, &c.) The mould is used simply as a support while building up, and it is sometimes necessary to reverse the meringues, putting some longwise and some upright. As soon as firm remove the mould. It is often a great improvement to pipe in between the meringues with a little more icing. The basket is in some cases put on the dish and filled with whipped cream, or a bottom of cake or pastry may be cut to fit it; should fruit or other materials be used, it is best to line the basket first with whipped cream, and that cannot be too stiff. For other hints, *see* MERINGUES above. The meringues are often smeared over the insides with a little rich jam before the cream goes in. It facilitates the building up, to use the most evenly shaped meringues for this purpose.

NOTE.—A macaroon basket may be made in this way.

Nougat.—This is a kind of paste, made of almonds and sugar, and used as the base of a number of sweet dishes. It is not very easy to make nougat single handed in anything like a quantity, for it wants working off quickly. The process is as follows: take some almonds, either Valencia or Jordan, and blanch them, and cut them in quarters lengthwise. Some use equal weights of sugar and almonds, and others half as many almonds only; it is quite optional which. The nuts should be put on a baking sheet in the oven and made quite hot and lightly browned; they want turning now and again. The sugar should be put in a copper pan, and melted with a couple of tablespoonfuls of lemon juice to the pound; and when it begins to turn colour after boiling, the hot almonds are to be stirred in without breaking them. The nougat should then be turned out on to an oiled slab, if it is to be used for lining little moulds. The moulds should be ready oiled, and the paste spread over them quickly. This is the difficult part of the operation, as the paste hardens very soon. A cut lemon dipped in oil is often used to press the paste, and is a great assistance. The pan containing the nougat should be set in a warm place, that it may not stiffen before the moulds are finished. Sometimes separate pieces are cut for the bottoms and sides of a large mould, but care is required to make them stick closely together. When the nougat is firm, turn it out, and fill with whipped cream, and garnish with fruits. When fancy moulds are used, the edges of the nougat are often decorated with icing of various colours. When the paste is intended for very small moulds, the almonds are to be chopped or finely shredded, instead of quartered. It must be well pressed into the corners of the moulds. Should it harden, it must be remelted by setting the pan

in another of boiling water. The nougat is softer on the second day, and is the better liked by some, though as a rule it is liked crisp. Some melt the sugar without the lemon juice, but this needs much care. Others use more juice than given above.

NOTE.—Some succeed better in beating out the nougat with a palette knife. The cases are sometimes filled with a compôte of fruit, and masked with custard. They must always be filled last thing before dishing.

Orange Sponge.—Required: a pint of orange juice, or, when strict economy must be studied, use equal measures of juice and water, sugar to taste, half an ounce or more of gelatine, and the whites of two eggs. Cost, about 9d. when fruit is cheap.

Melt the gelatine in a little water, and add to the juice with the sugar; place it over the fire, and stir until melted, then cool and beat in to the egg whites. This is nicer if the rind of one or two oranges is rasped with some of the lumps of sugar. The rind and juice of half a lemon will further improve the dish. This may be moulded, or put in a dish. (*See* LEMON SPONGE.)

Another way.—This is very nice. Put a few slices of stale sponge cake in a dish, and pour over them a hot custard of medium richness (*see* CUSTARDS), then grate the rind of one orange over, and pile the sponge on the top. This may be garnished with a fresh orange in sections, or a crystallised one in slices, and a little green fruit or some leaves. The sponge may be put in the middle of the dish, and the cake and custard round it if preferred.

Pine Apple Sponge. — Required: half a pint of grated pine apple, half an ounce of sheet gelatine, the white of an egg, a tablespoonful of lemon juice, and the same of sherry, and about two ounces of sugar, or to taste, with garnish as below. Cost, about 1s. 6d., exclusive of garnish.

The pine should be put in a saucepan with the gelatine, first dissolved in the lemon juice and a little water, and the sugar, and stirred until well mixed and the sugar melted; the sherry should be added, and the mixture left to cool a little. The white of egg is to be whipped to a froth, then put to the pine, &c., and the whole whisked to a firm consistence. It should be spongy, and may be put in a mould, or piled in a glass dish. If the first, turn out when set, and garnish the dish with a little whipped cream, sweetened and flavoured with pine apple essence, or lemon if liked. Colour part of it pink, and stick a little green fruit in strips to divide the white from the pink.

Another way is to pour a nice custard round, about half a pint, flavoured with sherry or brandy, and sprinkle tiny heaps of chopped pistachios about it; about a dessertspoonful will do. If put in a dish, the base looks pretty garnished with pink whipped cream and green fruit. Or, for either dish, some pieces of crystallised or fresh pine may be used, and green leaves may replace the cream or custard. Chopped jelly of a contrasting colour affords a suitable garnish for sponges of all sorts, with here and there a green leaf or spot of cream if convenient. As ordinarily served, without garnish, they present rather an insipid appearance.

Pine Apple Trifle.—Required: a tin of grated pine apple, a pint of medium custard, a glass of sherry, half a glass of rum, a gill of whipped cream, and six or seven penny sponge cakes, or a proportionate quantity from a large cake, and garnish as below. Cost, about 2s. 9d. to 3s.

The cakes should be cut through in four, and spread with the pine, then put together and laid flat in a deep glass dish. The rum and wine should be poured over, a little lemon juice being an improvement. The custard should be sweetened and flavoured either with rum or pine essence, and goes next, and the cream on the top; part may be pink or green. The

garnish may be crystallised pine apple round the edge, and a little pile of chopped pistachios on the top; or some strips of citron or angelica may be used, or any kind of pink fruit. The cream may be all white, and dusted over with coloured sugar for a simpler dish. It is only intended for the centre; the custard should show round it. Another way of serving that is much liked, is to omit the cream, and sprinkle some fresh or tinned pine apple that has been cut up small freely over the custard, with here and there a little green fruit. When the tinned pine is not to be had, some pine apple jam or marmalade must replace it, but is not so nice.

Note.—The tinned pine in slices may be cut very thinly, and used in the same way.

Raspberry Sponge.—Required: a pint of juice from fresh raspberries, with sugar to taste, the whites of two eggs, and half an ounce of sheet gelatine. Cost, about 10d. to 1s.

The gelatine should be dissolved in a little water, and added to the fruit juice and sugar, and stirred over the fire until the sugar is dissolved. Then remove the pan, and add a little lemon juice, and, when nearly cold, pour over the whipped whites, and whisk the whole to a sponge. Then pile in a deep dish, and serve cold with a garnish of fresh fruit, or cream, or custard. (*See* Pine Apple Sponge.) This looks nice moulded in a "border," or other mould with a pipe, and the centre filled with whipped cream.

Another way.—In place of fresh fruit juice, use the syrup sold in bottles, or dissolve some raspberry jelly and dilute it with water; or some jam, sieved and heated, may be so prepared. That this dish may retain the flavour of the fruit, sugar should be used very sparingly.

Another way.—This is very simple and cheap. Take a pint packet of raspberry jelly; dissolve as directed, in water, and when nearly set, add the white of an egg, and whisk the whole. If put in a cold place for a time, these are much improved. Many other sponges, as strawberry, currant, and cherry, are made similarly.

Red Sago.—This is a dish of German origin, and is much liked by most people, as it is both wholesome and delicious. Required: fruit juice, sago, and sugar, as below. Cost, variable.

Take some juice drawn from currants or raspberries, or a mixture of the two, or strawberries and currants will be found as good; measure it, and allow two ounces of sago to the pint, then put the two together and cook as long as necessary, and add a little sugar; the fruit flavour should be very pronounced. Sometimes wine is used in place of some of the juice, the proportions being regulated by taste. When it is ready, pour into a damp mould, and turn out when set. Serve as it is, or, for a superior dish, with cream or custard. All sorts of cereals may be prepared exactly in the same way.

Note.—Any spare syrup from preserved fruit, both tinned and bottled, may be used in the same way, and many nice dishes made at a nominal cost. A little colouring is generally an improvement to the appearance.

Rice à la Trinidad.—Required: four ounces of rice, a gill of cream, milk, jelly, cocoa-nut, sugar, &c., as below. Cost, about 1s. 6d. to 1s. 9d.

Boil the milk and rice together until the rice is soft—allow a pint and a half of milk—then sweeten to taste, and add two ounces of grated cocoa-nut, fresh or dried; stir in the cream, then pour into a plain border mould, and set by to stiffen. Turn out when set, and garnish the top of the border with Claret Jelly. This may be either chopped or put into tiny fancy moulds; if the latter, leave a space between in putting them round. Fill the centre with Whipped Cream, coloured pink; this looks pretty if brought to a point a couple of inches

higher than the border; on the top sprinkle a little more cocoa-nut, with a pinch of chopped pistachios; garnish the base with pink and green candied fruits, or with the green only and some more jelly. The cream should be flavoured with a few drops of vanilla. This is a very pretty dish. If liked, vanilla jelly can be used instead of claret; it should be coloured a good pink.

NOTE.—In hot weather, dissolve a few sheets of gelatine in the rice, &c.

Rose Meringue. — Required: meringues, rose leaves, and garnish, as below. Cost, if made with nine meringues, about 3s. 6d. to 4s.

The meringues are to be pale (page 930), and must be as even in size and shape as possible. Any uneven parts must be taken from the edges. Mix a little sieved icing sugar to a soft paste with white of egg, and dip the edges in, and build up the meringues as shown in COLOURED PLATE, No. 10. Then put on the rose leaves —the crystallised are, of course, referred to—and about an ounce will be wanted. A little of the icing should be used for sticking them on. At the moment of sending to table, fill the centre with whipped cream, flavoured as preferred. This should be done from a bag with a small plain pipe, and before the last meringue and little pile of rose leaves are put on the top. If plenty of cream be liked, some may be put round the meringue. This way of serving meringues is newer than filling them with the cream. Garnish with natural rose leaves or other foliage unless the cream be put round, then chopped pistachios should be used.

NOTE.—Violets may be used in this way, but the dish is more effective if a little green be introduced; a few tiny leaves cut from any crystallised fruit and stuck on with the sugar round each little cluster of violets is pretty, or the sugar may be dredged with green sugar before the violets are stuck on.

Savoy Trifle.—Required: fifteen Savoy biscuits, the juice and rind of a small lemon, a glass of sherry, some custard and cream, as below, a little raspberry jam and lemon curd (*see* page 856). Cost, about 2s.

Split the biscuits, and spread half with the jam and the rest with the lemon curd, then put them together. Pile them in a dish, beginning with five and ending with one. Mix the wine with the lemon juice and rind and pour it over. Use a medium custard and pour it over, so as to coat the biscuits. Whip a gill of thick cream, and colour half of it pink, and put spots of that and the white alternately, on the top, and round the base of the trifle. This is a simple, pretty, and easily-made sweet.

NOTE.—For a juvenile party, a plainer dish may be made by soaking the biscuits in a little fruit syrup of any sort, or lemon or orange juice well sweetened; a plainer custard will do, and the dish may be strewn with coloured sugar, or some little heaps of jam or jelly may be dotted about it.

St. Honoré Trifle.—This is a very pretty and easily-made sweet. Required: a slice of sponge cake, or a richer kind if liked, the size of a pudding plate, and nearly an inch thick, a couple of glasses of wine, sherry or Madeira, the rind of an orange, half a pint of cream, and some meringue mixture and garnish as below. Cost, from 1s. 6d. to 2s. according to the garnish.

The cake forms the foundation. The meringue mixture is put on from a plain pipe, in small heaps the size of a walnut, to form the border. This is then to be baked in a moderate oven to a pale brown, and when done the wine is poured over while warm. Care should be taken that it goes over the cake only, as should the meringues become wet they would lose their crispness and be spoilt. The cream should be whipped, flavoured with the grated rind, and sweetened to taste, and put in the centre when the cake is

quite cold. Should a richer dish be required, take a gill of good custard and put it on the cake before the cream. Any fresh fruit in season may be used as garnish, or dried fruit that has been soaked in a little wine. A pretty effect is produced by placing the fruit in small heaps between the heaps of meringue, a little space being left for the purpose before baking. Small lumps of fruit jelly or rich jam may be used in place of fruit. Sometimes a layer of ratafias soaked in boiling custard is placed under the cream; this enriches the dish and is generally liked.

NOTE.—Put the cream in at the instant of sending to table.

Strawberry Chartreuse.—Required: fruit, garnish, jelly, and a cream mixture as below. Cost, about 1s. 6d. to 2s. for a pint mould.

Take a charlotte mould and line it with lemon jelly, or green jelly, flavoured with any liqueur; then slice some fine strawberries, and put them in a pattern, or cover the jelly entirely, or as preferred. Any dried fruit of another colour may be used in addition if liked. Set the garnish with more jelly. Then fill the centre with a cream made in the following proportions:—To each half-pint of double cream allow a quarter of an ounce of gelatine, and a gill of lemon jelly, and about a quarter of a pound of strawberries cut up and sweetened a little; they are further improved by soaking in a little maraschino or other liqueur before adding them. The whole should be mixed over ice, and then put in the mould when beginning to set. Set in an ice cave, or on ice, and turn out when firm.

Another way.—Prepare the cream for the centre without any fruit, and arrange it round the mould, then put the fruit in the centre. A little cream should be reserved for covering the fruit, or some more jelly can be used.

Strawberry Snow Cream.—Required: four penny sponge cakes, half a pint of custard, fruit, cream, and flavouring as below. Cost, about 2s.

The cakes should be cut in thin slices and put thinly over the bottom of a good-sized dish. The rind of a lemon is then to be grated over, and a little of the juice used to moisten them. Pour a glass of maraschino syrup over next, then put a pound of strawberries that have been made into a compôte without boiling the fruit. (*See* recipes in FRUITS.) Half a pint of cream should then be whipped with the white of an egg; an ounce of sugar is to be stirred in with a tablespoonful of maraschino syrup, and piled up over the fruit. This is a very nice dish. When fresh fruit is not to be had, use bottled fruit after draining from the syrup. The latter can be used up for other dishes.

Syllabubs.—These are served alone, as well as used for garnishing other sweets. There is considerable difference in the manner of making them.

No. 1.—Required: the rind of a lemon or orange, a pint of sherry or other sweet wine, the white of an egg, and the juice of a lemon, and sugar. Cost, varies with the wine. The rind of the fruit is soaked in the wine for some hours, the other materials are added, and the process is the same as for whipped cream. The froth should be left long enough to get firm. A little melted currant jelly is used in place of some of the wine for a cheaper dish, while brandy is added for the best kinds. In cold weather these are made the day before they are wanted.

No. 2.—Required: two ounces of sugar, spice, wine, milk, and other ingredients as below. Cost, about 1s. Put the sugar in a bowl with the grated lemon rind, half a grated nutmeg, half a pint of raisin wine, then pour in from a teapot or jug a pint or a pint and a half of warm milk. Set by to get cold. Clotted cream is sometimes used as garnish, and pounded cinnamon or other spice sprinkled over.

No. 3.—*Devonshire Syllabub.*—In the county, where milk is to be had pure and direct from its source, syllabubs are to be seen on every table, varied with the far-famed Devonshire junket. The quantity of wine intended to be used for the syllabub is first put into a large china bowl with sugar to taste. It is then milked on till the bowl is full, and afterwards, when cold, it is covered with clotted cream. A little grated nutmeg, or pounded cinnamon (or both may be used) is sprinkled over the top when served. A pint of port and one of sherry will make a large and excellent syllabub.

Tipsy Bread. — This is an imitation of tipsy cake, and answers for a juvenile party very well. Required : some thin slices of nice white bread (free from crust), jam, almonds, and custard. Cost, variable.

The bread should be spread with the jam, and piled up ; it is very easy to imitate a cake by cutting the round slices smaller as they reach the top, or it may be made square if liked. A little wine of any plain kind may be used, and it is not necessary to thoroughly soak the bread; it may be moistened only. The almonds are to be used as for a cake, but less plentifully. The custard may be quite plain ; a corn-flour or rice custard does excellently. The custard in the dish may be sprinkled with coloured sugar to add to the effect.

Another way.—Instead of pouring the custard over, build the bread up in rings, and soak as before : spread the outside with jam, stick almonds in or not, and fill the centre with thick, plain custard, dredged with coloured sugar. This is wholesome, cheap, and pretty.

Tipsy Cake.—Required : a Savoy sponge cake, some wine, or a mixture of wine and brandy, a custard, and some almonds. Cost, from 3s. 6d. to 5s. for a good-sized cake, varying in proportion to the richness of the custard, and the kind of wine.

The cake should be a few days old ; one of a pound and a half will make a handsome dish ; this would require nearly a bottle of wine, and a pint and a half to a quart of custard. About half a pound of almonds should be provided. The cake should be well pierced at the bottom with a skewer, and put in a deep glass dish in which it will be served, and soaked with the wine, which must be put over by degrees from a spoon. A day should be allowed for the soaking. The wine may be a medium sherry or Madeira, or raisin or cowslip for a plainer dish. The cake should be soaked from the top, and as long as any portion remains dry the liquor should be poured over. Any surplus moisture should be poured out of the dish. The almonds are best inserted before the cake is soaked. They should be blanched and cut in thin strips, and if they can be afforded, Jordan almonds should be used. Make the holes first with a skewer. After cutting, they should be put in a cool oven to dry a little, but not to take colour. The pattern of the cake should be followed, and the almonds put close together. Recipes for the custards are on page 925. A plain or medium one is suitable for a cake soaked with a plain wine, but for one with good wine a rich one is best. A glass of brandy poured over the cake just before the custard goes over it is a great improvement. A very usual flavouring for the custard is almond, but it is sometimes left plain.

Another way.—Take a round sponge cake and slice it, then spread the slices with nice jam ; build the cake up, and stick with almonds, and finish as above. Various liqueurs are used in these. In pouring the custard over either of these cakes, a spoon should be used, so as not to displace the almonds, and plenty of custard should be put in the dish. (*See* IMPERIAL TIPSY CAKE, and SAVOY CAKES.)

Tipsy Cake à la Lawson.—Required : a sponge cake, syrup, and

custard as below. Cost, about 1s. 4d., exclusive of garnish.

The cake should be about three-quarters of a pound in weight, and be baked in a round tin, and not more than an inch and a half deep. While hot, cut it in three slices with a warm knife, and soak the pieces in a syrup made by boiling a gill of water with a quarter of a pound of sugar for a few minutes, after which it is to be coloured pink, and flavoured with raspberry or currant syrup; or should no syrup be at hand, with essence of either kind named, or with raspberry vinegar. Pour a little of the custard over each slice, then build the cake up in its original form, and pour the rest of the custard over. About half a pint, or rather more, will be wanted; No. 3 or 4 is suitable. A little fresh or dried fruit should be used as garnish.

Another way.—After building the cake up, and before putting the custard on, make a meringue with the whites of two eggs, and two ounces, or rather less, of sugar and pile on the top, then put the cake in the oven to brown, and serve with the custard round. (*See* page 930 for the meringue.)

Trifle in Surprise, à la Martell.—Required: a cake, jam, wine, biscuits, custard, cream, &c., as below. Cost, about 4s. 6d., but variable.

Take a round Madeira cake of a pound and half in weight, and scoop the middle out, leaving the bottom and sides three-quarters of an inch thick. The top should first be cut straight off. Then crumble a third of the centre cake, and soak in three gills of hot custard, flavoured to taste, and when cold mix in a gill of whipped cream, sweetened and flavoured. The outer wall of cake is to be moistened with a little sherry or Madeira. Then spread the inner part of it with any nice stoneless jam or fruit purée. Soak a few ounces of ratafias and broken macaroons in wine, and fill the cake, using the biscuits and the soaked part of the cake in alternate layers. The top is to be replaced, and may be coated with jam, or a little bright jelly of any sort, or with coloured whipped cream; and the base of the cake should be similarly ornamented. This is a very nice dish that may be served at high tea, or as a supper sweet for any occasion.

Trifle, or Macaroon Trifle.—Required: macaroons, ratafias, sponge cakes, wine and brandy, and some jam, custard, and whipped cream. Cost, about 4s. for a medium-sized dish.

This is a very nice, old-fashioned sweet, which is much liked as a rule. The first thing is to take a deep glass dish and put in some thin slices of sponge cake, and spread them with a good layer of jam, raspberry being a favourite. The cake should be soaked with a little sherry. Then put some of the cakes named above, allowing about two to four ounces of ratafias to half a pound of macaroons, but the proportions are a matter of taste. They should be soaked in wine with a little brandy; the ratafias are left whole, but the macaroons are often broken in halves or quarters. Then cover them with a thick layer of good custard; if should be quite an inch thick. Sometimes a little more jam is put over this, but as a rule it will be better liked with the one layer. The dish looks prettier if the jam be put in the dish first, and the cake on the top, but this causes a little waste in serving. Allow a good quantity of cream for the top; it should be sweetened and flavoured to taste, and some may be coloured pink and used for dotting about the rest; or some coloured sugar may be strewn over. Either of the recipes for Whipped Cream may be followed, but we recommend the first as the richer. Arrange this high in the centre, and keep the trifle in a cold place until ready to serve.

Note.—For a richer dish, various kinds of glacé fruits are cut up and mixed amongst the other ingredients.

Some may be used on the cream if liked, then it should be left white. Or a border of pink cream, decorated with green fruits, with a centre of white cream, garnished with pink fruits has a nice effect.

Another way.—The dish is first to be spread at the sides as well as the bottom with the jam, then covered with the sliced sponge cake. Proceed as directed above for the completion of the dish. This has a good effect at night when a dish on a stand is used. When a very large dish is wanted, there should be a second layer of biscuits, &c., after the custard, then more custard, and finally the cream.

Whim Wham. — Required: a pint of thick cream, a glass of sherry, the rind of half a lemon, half a pound of red currant jelly, sugar to taste (about two or three ounces), a dozen Savoy biscuits, and some strips of candied peel, mixed (about two ounces). Cost, about 2s. 8d. to 2s. 10d.

The cream is to be sweetened and mixed with the wine and grated lemon rind, then whipped, and the froth put on a sieve to drain; the biscuits are to be cut through and put in a dish in alternate layers with the froth and some jelly in little heaps. The froth should form the first and last layers. The cream that is left over from the whipping should be sweetened and poured round the biscuits, &c., which must be kept in the middle of the dish; garnish with the candied peel. This is an old-fashioned form of sweet, and there are other ways of preparing it.

JELLIES, CREAMS, AND BLANCMANGES.

THESE are amongst the most popular of the dishes that come under the head of "sweets." For the most part they are light and digestible, and at the same time afford every facility for the concoction of most artistic and inviting dishes, the brilliancy and rich colouring of which tend in no small degree to set off a table to advantage, and on this score alone jellies are not likely to be easily dislodged from their place in public favour.

JELLIES.

Jellies vary greatly in richness and the modes of preparation, but the old-fashioned jelly, from calves' feet stock, has, in the majority of cases, given place to those made from gelatine or isinglass, except in the making of invalid dishes.

Gelatine is of several kinds. The most largely used is the packet gelatine, of a yellowish colour and of opaque appearance, which is sold at fourpence per ounce on an average. As a rule, an ounce of this will produce from a pint and a half to a quart of jelly, according to the strength of the gelatine, the state of the weather, and the depth of the mould used. Some makers over-rate the strength of their goods, and the best thing is to test the gelatine, making due allowance so far as the weather and the mould are concerned, and to keep as far as possible to the one brand, should it prove satisfactory. The best makes of English gelatine, such as Cox's Sparkling Gelatine, bear the name of the maker, and have been long in the market.

Opaque gelatine, or "soup-strengthener," to which reference is made on page 27, is a cheaper form of gelatine, and is sold by the pound. It is not of much use in the making of table jellies, but it answers very well for cheap forms of creams, dealt with a little later on.



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ROSE MERINGUE.

Sheet gelatine is not so strong as the opaque, but it varies a good deal. Of some brands two ounces or more to the quart must be used, and as before, it should be tested for strength. This is very pale sometimes, but for those who prefer it there is a pink gelatine, which obviates the necessity of colouring the jelly. When various colours are to be imparted the palest should be chosen, as such a jelly will take the colours better. A point that should always be borne in mind in regulating the amount of gelatine to use is the garnish of the mould. Supposing this to consist of fresh fruits, the jelly must be stiffer than if no garnish be used; in other words, consider whether the jelly has to bear any weight.

Isinglass is more expensive than gelatine, but is preferred by many. It dissolves readily, and is delicate in flavour. Speaking generally, we think that the directions for use given on the packets are reliable as to the quantity of liquid to be added, and any deviation, such as the substitution of wine for water, or lemon juice, &c., should be evenly balanced. Then the sugar. Always, in adding more than the average quantity, deduct from the liquids. This applies to jellies from gelatine equally, and is a point often overlooked, so many forget that sugar becomes liquid.

Cleanliness is of paramount importance. A greasy spoon, a half-washed mould, or any traces of dust, will affect both flavour and brilliancy. Very fair jellies may be made for family use without the trouble of clearing, but when real brightness is desired this process is necessary, and is known as

Clarification.—This consists in removing all insoluble matter that rises to the surface in the form of scum. The usual materials for causing the scum to rise are the whites and shells of eggs. On an average two eggs are wanted for a quart of jelly, but with thoroughly refined gelatine, such as that mentioned above, one egg will be found quite sufficient. Stiff jellies are more difficult to clear than those only just firm enough, and a very firm jelly is not nearly so nice. Supposing a quart of jelly made from a mixture of sugar, lemon rind and juice, and gelatine—the precise proportions are detailed hereafter—proceed as follows:—

Take a very clean stewpan of copper or steel, and see that it is well tinned, or use a very delicate enamelled one (an iron one will *not* do), then put in the gelatine that has been soaked in some of the water until quite soft; add more water to make up the quantity, the thin rinds of the lemons, and the strained juice and the sugar. The water may be cold, or, to save time, the sugar may be melted in a little boiling water, but that for the soaking of the gelatine must be cold. The whites of two eggs should then be added, and the shells, after they have been washed and crushed up in the hand. The separate whisking of the whites with a teaspoonful of cold water is advised by some cooks. Then place the pan over a clear, steady fire, and with a whisk of wicker or wire, as shown on page 600, whisk the whole until there is a good froth on, and the jelly is just on the point of boiling. Then stop the whisking, and either strain at once or let it stand for ten or twenty minutes. The first plan is very general, and for ourselves we prefer it, as the liquid, being hot, passes more readily through the bag or other straining medium. Those who allow the jelly to stand argue that it is all the time increasing in clearness.

It is a simple matter to try both ways. There is this to be said with certainty, that the slower the process of bringing the jelly from the cold to the nearly boiling stage the clearer it will be. It must never be stirred after boiling-point is reached. It is also very important that the crust on the top remain intact. The absurdity of any instructions to "remove the scum" is apparent, when we remember that the scum acts as the filter, and therefore aids the clearing. When sheet gelatine is used the water may be hot, though cold is preferable. When wine is added it is well, unless one can be quite sure that it will not cloud the jelly, to pass it through the strainer with the rest, although there is a certain amount of loss of flavour by the treatment. With brandy this is not necessary. The amount to be added should be deducted from the water and put in after straining. We must mention another method that finds favour with some cooks, viz., to whisk the jelly until it boils up well, then to let it boil for a couple of minutes, then stand for a few minutes before clearing. This brings us to the straining-bag, or cloth.

Jelly bags are of felt, or of stout flannel, and may be bought or made at home. "Double mill," or ironing-blanket flannel, is generally used. The seam should be double-sewn, to guard against unequal filtration. The shape is shown in Fig. 142. A stand is very useful, but may be dispensed with, the bag being tied to two chairs, or one turned upside down, by attaching tapes of the required length to the loops. The best felt bags are seamless. Some use a clean linen cloth, or a diaper or damask napkin, or a square of tammy or ordinary flannel. Either of these will answer perfectly, supposing the jelly to be clear when poured through, and if it is not properly cleared in the pan the bag is of no avail. Whatever is used must be free from soap and quite clean, and moistened by pouring hot water through before the jelly; squeeze out any water. Keep near the fire, and if not clear after the first straining pour through again until it is. Should the first spoonful or two look watery, put it away. Pour all the jelly through together, and let it run naturally; never use pressure.

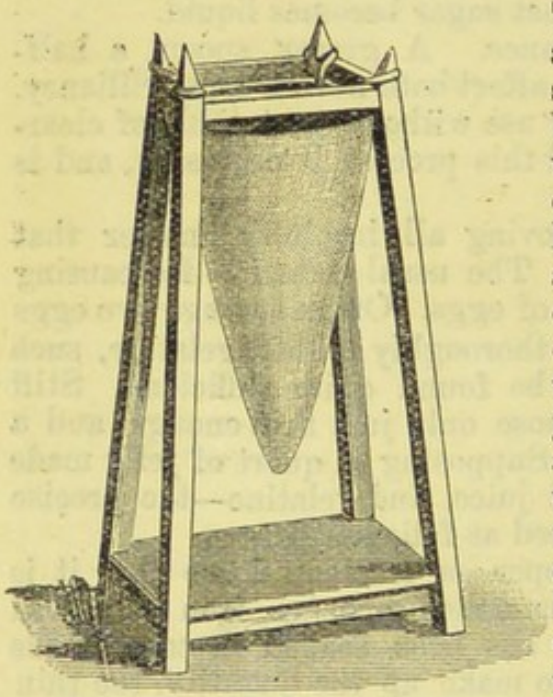


Fig. 142—Jelly Bag and Stand.

To wash a jelly bag, empty it as soon as used and put it in hot water, as nearly boiling as possible, then stir with a stick or spoon; renew the water a time or two, then add cold water, so that the bag may be wrung out by hand; rinse a time or two in clear water and pull into shape, dry in the open, and fold up when dry in a sheet of paper. If put away damp or dirty the next jelly will suffer. Should a cloth be used apply the same treatment. Some of the clearest jellies we have ever seen have been strained through a fine damask napkin.

Bottled Jellies.—These are to be had of many flavours and very bright

in appearance. Sometimes wine is required to be added, but if much extra liquid be put in there is fear that the jelly may not set. The safest plan is to use a shallow mould, and a good deal may be done by the aid of ice. Should at any time a jelly be found too soft to turn out, it can either be cut up and put in glasses for the table, or whipped and served in the same form, or a glass dish. In moulding these jellies set the bottle in hot water after drawing the cork, and let the jelly be on the point of setting before putting in the mould. They are particularly handy when a small quantity is required for lining a mould, and time does not allow for its home manufacture.

Packet Jellies.—There is a good deal of difference in these, for while some are but little inferior to bottled jellies in flavour and brilliancy, others are rather thick and of poor flavour. But, cost considered, they are for the most part excellent, and decidedly useful. A nice way of serving is to mould with fresh fruit in layers. The water can be reduced a little in hot weather, or wine may take the place of some of the water at any

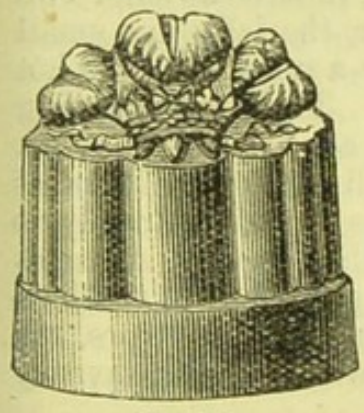


Fig. 143.
Prince's Feathers Mould.

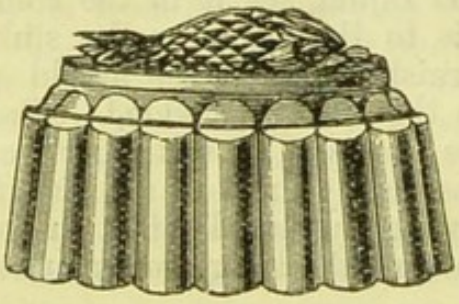


Fig. 144.
Pine Apple Mould.

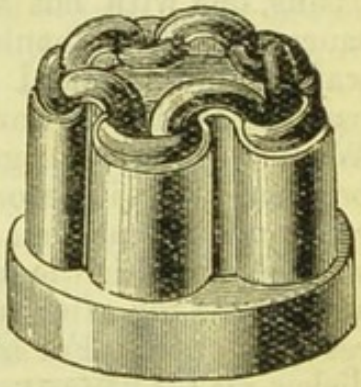


Fig. 145.
Fancy Mould.

time. Average cost, 4d. per pint packet. By using a packet of jelly, and one of blancmange powder of a contrasting colour, and moulding the two in layers, a very pretty dish can be had at trifling cost. It is safest if only such as bear the makers' names be employed.

Moulding Jellies.—The mould should be very clean, first washed in warm, then in cold water, then put in cold water and drained, and the jelly poured in when on the point of setting. Cool, and only just liquid when put in, is the condition most favourable for turning out. It is a further advantage to cool the mould in ice first, but this is not a necessity. The mould is to be placed on ice on a cold place until the jelly is firm. Where layers of jelly are being put into the same mould ice is necessary, or the process takes many hours. A basin of ice mixed with a little salt is required, and the mould should be bedded in, care being taken that the ice does not reach the top of the mould, or, as it melts, it will run in and spoil the jelly. When the time comes for turning out the jelly the edge may be "eased" by means of the fingers, but no knife used, or it will probably look ragged. Then put it for a second into hot water—warm is no good—and, placing the dish on the top, turn the mould over with a sharp jerk, and it will probably slip out. If not, hold the mould a little above

the dish, and tap from side to side and on the top. Should this fail, renew the water treatment. The immersion in the water must be of a second's duration only, or (particularly in the case of a mould with projecting points) the jelly would run. What is wanted is just enough heat to make the jelly leave the mould. Take a clean cloth and wipe any spots of jelly that may run into the dish. Some cooks, after the hot water treatment, have a little cold water, iced if possible, at hand, to pour over the jelly on the dish, should it show any tendency to run. The cold water is then drained off, and the dish dried.

The moulds shown in Figs. 143, 144, 145 are very good patterns, and all suitable for fancy jellies or creams.

Lining Jelly Moulds.—This operation requires a little care, then it is easy. To line a mould thinly with jelly so that every part is coated, take the mould in the hand and put in the jelly a little at a time, turning the mould round and round in a basin of ice, broken up and mixed with a little salt. Line the top first, and work down to the edge. The jelly should be just liquid, then it will set very quickly. It is well to have at hand two basins, one with hot and the other with cold water, the jelly in a small saucepan; then, should it cool too soon, place it for a moment in the hot water, while if found too liquid, set it in the cold. This saves running backwards and forwards to the stove or the sink, as the case may be. When fruit or other garnish is put in the mould a little more jelly must be used, to set it before the filling is added. These directions apply to cold puddings as well as sweets of all sorts that are thus served. A basin-shaped mould is the most easily lined of all, and if garnished at the base and on the top after turning out, as detailed in some of the recipes, the result is good. For hints on the linings of moulds with jelly for savoury dishes *see* GARNISHES.

Another way.—This is easier, but the lining of jelly being thicker, the effect is not so good. Take, say, two plain moulds of the desired shape, and coat the bottom of the larger one with jelly, then, when it is set, put the other mould in, and fill up the vacant space between with jelly. When firm pour a little hot water in the inner mould, then take it out carefully. Supposing the difference in diameter between the two moulds to be an inch, there will be a lining half an inch thick. The mould is then to be filled with the cream, or pudding mixture, or whatever else may be intended to show through the jelly, and for comparatively plain dishes the mode answers very well.

CREAMS.

These are of various kinds, some very simple and others elaborate. The foundation of most sorts of moulded cream consists of milk or cream, or a mixture, gelatine or isinglass, sugar and flavouring, with sometimes the addition of fruit *purée* or syrup, jam, &c. Whatever the kind of cream, whenever gelatine is used as a base certain rules must be remembered, and an important one is not to boil the gelatine in the milk. Dissolve it only, at a temperature just below boiling point. If ordinary packet gelatine be used this is easily done by soaking it in some of the cold milk until it is soft and thoroughly swollen, then add it to the rest of the milk, and stir till it is quite melted, the milk in the saucepan having been first

brought to the boil, or perhaps simmered with the flavouring medium for some little time. In the case of sheet gelatine or isinglass the soaking is a small matter, and can often be dispensed with altogether. Another method adopted by some cooks, and a good one, is to soak the gelatine as described, in cold milk, and to set the cup or basin containing it into a saucepan of water over the fire, and stir until dissolved, then to add it to the other materials. It may be asked, why not boil the gelatine? Simply because some kinds cause the milk to curdle; others do not, but it is well to be on the safe side, and the extra trouble involved is very trifling. The cream used is sometimes boiled with the milk, but it is a better plan to whip it if thick and good, and add it when the milk mixture has cooled a little; this adds to the quantity, and the cream tastes richer. But the term "cream" is often a misapplied one, and many dishes that are entirely innocent of cream come to table under that name.

We will run through a few of the usual additions, and detail the right method, as it will save repetition in the recipes. Supposing jam: the milk mixture should cool a little, and the jam be heated, if necessary, and rubbed through a sieve, then added by degrees, the whole being beaten well; the whipped cream goes in after. If fruit jelly is used—and most delicious creams are made from it—no sieving is required. Then there are fruit syrups: these should be added with caution, lest curdling result, and only the best brands used. When any of these additions are made the sugar must be sparingly used; little or none will be wanted. When a cream is flavoured with anything of a volatile nature, that should be added as short a time as possible before pouring into the mould. The preparation and garnishing of the mould is the same as for jellies generally, but some prefer to coat the inside of the mould with a little pure salad oil, as it gives the cream a shiny look when turned out: when this is done the mould is not to be first wetted. The remarks on the FANCY or MIXED JELLIES apply equally to fancy creams; *see* also the general directions for SWEETS (page 917). For WHIPPED CREAM, *see* page 954.

Colouring for creams may be either liquid, as for jellies, or paste colouring; of the latter a greater variety may be had, including coffee-brown, cherry-red, and damson-blue.

When fresh fruit is in season very delicious creams may be made, and the method depends somewhat upon the kind and ripeness of the fruit. Details are given under the various headings, but it should be regarded as a general principle that the flavour is nicer when the fruit can be employed without cooking, whether in the form of a *purée* or the juice only be used.

Almond Blancmange, French.—Required: four ounces of sugar, ten ounces of sweet and half an ounce of bitter almonds, an ounce and a half of isinglass, and water to make up a quart. Cost, about 1s. 6d.

Blanch and pound the almonds to paste, the sugar being added a little at a time. Add the boiling water, then cover, and leave the mixture for some hours. Wring through a tammy, and add the melted isinglass; then mould the mixture, using a plain or garnished mould, as preferred. This is semi-opaque and very delicious in flavour, but too costly for general use. It may

be cheapened considerably by using gelatine—the best sheet for choice.

Apricot Solid.—Required: a pound of apricots, half as much sugar, the juice of a lemon, gelatine, &c., as below. Cost, about 1s. 9d. without cream.

Cook the fruit with the sugar and lemon juice to a thick marmalade, and add some of the kernels, blanched and chopped. Beat in (after sieving the fruit) half an ounce of gelatine, melted in a gill of water. Add a glass of noyeau and mould; set on ice until firm, then turn out, and pour cream or custard over. The mould should be shallow, or more gelatine will be wanted.

Arrowroot Cream.—Required: an ounce and a half of arrowroot, a pint of milk, an ounce or more of sugar, half a pint of cream, and flavouring. Cost, about 1s.

A bay leaf or stick cinnamon is often used to flavour this. Either should be boiled with the milk, then strain it over the arrowroot, first mixed with cold milk taken from the pint. Add the cream and stir to the boil; sweeten to taste, then turn out to cool; stir often, and serve in a glass dish or custard cups. Those with whom eggs disagree will find this a pleasant substitute for custard with fruit, &c. By altering the proportions of milk and cream, the dish can be made richer or plainer, as required. For a moulded cream, use two and a half ounces of arrowroot, or rather more in warm weather.

Aspic Jelly.—(*See* GARNISHES.)

Bavarois.—This is another name for a sweet that might be called "moulded custard." Various flavourings are used. The following are familiar examples:—

No. 1.—Make a pint and a half of rich custard, flavour with vanilla and brandy, add gelatine to set it, and pour into a mould garnished with various coloured dried fruits. Ginger brandy could be used to flavour, and the mould garnished with ginger and a little angelica.

No. 2.—Make a custard, but reduce the milk, adding some good fruit syrup, when cool, in proportion to the milk omitted. Colour if liked. This takes its name from the syrup used.

Blancmange.—Properly speaking, this title should only be applied to white dishes; if coloured yellow, they become *jaune-mange*, and if pink, *rose-mange*; but it is but seldom that these distinctions are made. The old-fashioned dishes of this kind were usually flavoured with almond milk, prepared by pounding and expressing the milk from the almonds, or by simmering ground almonds in milk, and passing through a tammy. These modes of flavouring are sometimes resorted to now; but, for the most part, flavouring essences are used. Blancmanges may be made in almost endless variety. Cinnamon, nutmeg, and other spices are used, as well as rose or orange flower water, vanilla and other essences, bay leaves, brandy, wine, &c., and the rinds of oranges and lemons. The recipes given can be varied to any extent by altering the flavourings.

No. 1.—Required: an ounce of isinglass, a pint of boiling milk, half a pint of cream, two ounces of sweet and a couple of bitter almonds, a tablespoonful of brandy, and two ounces of sugar, or rather more. Cost, about 1s. 4d.

The almonds should be simmered in the milk, the gelatine added, and the cream just before taking from the fire; the brandy is optional, and, in place of almonds, essence may be used. Strain carefully into a clean jug, let it cool before moulding, and pour it in the mould free from any sediment. This may be varied by adding a glass of noyeau to the brandy, and using a little less milk. Should gelatine be used, regulate the quantity by the kind.

No. 2.—Required: a pint of cocoa-nut milk, half a pint of cream, a teaspoonful of vanilla essence, a quarter of a pound of sugar, a bit of lemon

peel, and an ounce of gelatine. Cost, about 1s. 4d.

The gelatine should be melted in the cocoa-nut milk, and the sugar and cream added, then brought again to the boil, and the essence stirred in when just on the point of setting. Prepare the moulds as for creams (page 942). This is very nice. It may be moulded in layers with a rose-coloured cream, or plainly. Orange flower water or rose water can be used to flavour in place of vanilla. For the milk, *see* page 923.

No. 3.—Required: three ounces of fine rice flour, a pint and a half of milk, a gill of cream, sugar and flavouring to taste, and half an ounce of sheet gelatine. Cost, about 1s. 3d.

The flour should be mixed with cold milk to a paste, and the rest boiled with the sugar, and the whole simmered, with frequent stirring, for a quarter of an hour; the cream may be boiled with the rest or added off the fire; if the latter, beat it in, but the cream for blancmanges is not often whipped. Flavour and mould. The gelatine gives smoothness; in cold weather, rather less will do. For a plainer dish, use another ounce of flour and omit the gelatine. Corn-flour can be used in the same way. For a plainer one, *see* the directions on the packets. (*See* Almond Blancmange, French.)

Blancmange Powders.—These are to be had of various flavours and colours, and are very handy for the quick preparation of a sweet, especially for hot weather. The powders of a few years ago were very inferior for the most part to those now offered. Directions for use always accompany the powders; but we may remark that, even where directed to blend the powder with boiling milk, we have generally found it a great improvement to give the whole a final stir over the fire, as it seems to give smoothness and a little more body, so that the mixture sets and turns out more successfully. Should time be short, the quantity of liquid should be reduced a little; a richer dish can be had by using a little cream in place of some of the milk. The same remarks apply to custard powder. We give recipes for the preparation of both; but we know that it is cheaper to buy them.

For blancmange powder, a pound of sago meal may be flavoured with a little ground mace or other spice, and a few drops of essence of lemon. Other flavourings may be used, and rice and corn-flour enter into the composition of many. Essences and colourings are, of course, used to give variety—the above being a plain or "foundation" powder.

Custard Powder is sometimes made from sago meal, with some other preparations—as corn or rice flour—and flavoured with ground bitter almonds, mace, and cassia, with enough turmeric to colour. Most chemists will supply these in bulk if requested. They should be stored in a dry place.

Calf's Foot Jelly.—(*See* Invalid Cookery.)

Calf's Foot Stock for Jellies.—This is a very easy recipe. The stock can be used for the foundation of all sorts of sweet jellies, in place of isinglass or gelatine. It will be stiff, and can be diluted with wine, &c., to the right consistence; or for a plain jelly, where not much of this sort of liquid is used, water or lemon juice must be employed. Reference to the other recipes will suggest the methods of using. For a simple dish, the stock may be diluted with any fruit juice. It is to be clarified in the ordinary way. Required: a quart of water to each foot. The feet are to be properly dressed and cleaned, and put on in the cold water, and boiled very gently until reduced to half. Then strain and set by until stiff. Take the grease from the top by pouring a little boiling water over, and remove any that may remain with a cloth dipped in boiling water, or use pieces of blotting paper. The stock must be taken free of sediment for the jelly. Allow from five to six hours for the feet to simmer.

Note.—Should, by any accident, the

stock be found too weak in consequence of too much liquid having been added, a little gelatine must be put in at the time of making the jelly. Test the strength by pouring a little in a saucer and setting on ice.

Chestnut Cream à la Craven.—Required: four ounces of French chestnut flour, milk, sugar, fruit, and flavouring as below. Cost, about 1s. 8d. to 2s.

Mix the flour to a smooth paste with a gill of cold milk; put this by degrees to a pint of boiling milk, and mix well; then cook for about ten minutes. Take from the fire and stir in the yolk of an egg, a tablespoonful of brandy, the same of maraschino, and a gill of thick cream well sweetened. When cool, colour half the preparation and put it in a deep dish in alternate layers; the top should be white, and this is to be decorated with a few ounces of preserved fruits of bright colours that have been soaked in a mixture of brandy and vanilla until soft and well flavoured. The liquor that runs from them should be used with a little more, sufficient to soak some ratafias or macaroons, and these should be put round the base of the cream; the bottom layer is best of the pink. This is a very nice sweet at a moderate cost. The arrangement may be varied by piling the cream up pyramid fashion in the two colours, then using the fruit and biscuits in alternate heaps for the garnishing of the base, reserving a little of the fruit for the top.

Chartreuse Jelly.—Use lemon jelly for the foundation, and flavour with green or yellow chartreuse.

Citric Acid Jelly.—Required: an ounce of citric acid, three-quarters of a pound of lump sugar, a pint and a half of water, a quarter of a pint of orange or cowslip wine, a few drops of essence of lemon, and an ounce and a half of gelatine. Cost, about 1s.

This requires no clearing. Soak the gelatine in half the water, cold, for a couple of hours, then add the acid and the rest of the water, boiling, with the sugar and essence. Stir very thoroughly before moulding. The effect of the acid is to make the jelly clear, and the proportion used should be according to clearness desired and taste. This is useful when lemons are not to be had, or a jelly is wanted in a hurry. It should not be given to invalids or others to whom acids are forbidden.

NOTE.—Those who have not tried jellies of this sort before should use less than the quantity of acid given, then taste it.

Clotted Cream.—(*See* p. 928.)

Coffee Creams in Cups.—Required: half a pint of strong clear coffee, half a pint of whipped cream, the yolk of an egg, an ounce of lump sugar and a teaspoonful of vanilla; in these proportions any quantity can be made. It should be served in china cups. Cost, about 1s. 2d.

The coffee should be very carefully strained and left to get cold, then mixed with the yolk of egg and thickened over the fire, custard fashion. When cold, add the cream a little at a time, and put over ice for a short time before serving. The flavouring and sugar should be put in with the cream. This is sometimes made in large quantities and kept in a freezer and served out like ices; or the cups may be filled and set in ice till wanted. Serve biscuits or wafers with it.

Coffee Cream, Moulded, Good.—Required: half a pint of thick cream, the same of milk, a gill of strong clear coffee, vanilla essence to taste, two eggs, two ounces of sugar, and three-quarters of an ounce of sheet gelatine, or more if required in warm weather. Cost, about 1s. 6d.

Thicken the eggs and milk over the fire like a custard, then put the gelatine in the coffee, and when dissolved and a little cool, mix the two preparations together after straining; add the cream after beating it, and blend the whole very thoroughly or the cream will separate. Mould and turn out

when cold. The top of the mould may be garnished with vanilla jelly or cream. A little pink jelly also looks pretty. This is a nice cream for out-door gatherings, and may be put in little china or paper cases and served one to each person. A morsel of whipped cream may be put on the top. Brandy is sometimes added.

Corn-flour Lemon Jelly.—This is not a clear jelly, but will be found of good flavour, and quite suitable for children; it is also useful for vegetarians and others who object to the use of gelatine in cookery. Required: four lemons, six ounces of sugar, three-quarters of a pint of water, and some corn-flour. Cost, about 6d.

The rind of the fruit may be rasped on the sugar, or grated; add the strained juice and the water, and bring all to the boil in an enamelled saucepan; then add the corn-flour mixed with cold water to a paste, and boil for a minute or two before pouring into a mould. An ounce and a half of corn-flour to a pint of liquid will be enough in cold weather and if the mould be shallow and plenty of time can be given for the setting; but if these conditions are reversed two ounces may be wanted. A far nicer dish is to be had by making the jelly softer and pouring it in a glass dish; then half as much corn-flour as would be required for moulding will suffice. Slices of lemon and a few green leaves may be used to garnish the dish when turned out.

Note.—Make orange jelly in the same way, using a lemon to every three or four oranges. The amount of sugar should be regulated by taste. All sorts of fruit juices, drawn off as for jelly for storing, may thus be made. A little fresh fruit and some of the leaves afford the most suitable garnish.

Cream à la Portland.—Required: half a pint of milk, the same of cream, a tablespoonful of grated ratafias, the same of grated fresh cocoa-nut, two tablespoonfuls of brandy, a drop or two of essence of spice, the same of essence of lemon, half an ounce of gelatine, two ounces of sugar, and a compôte of fruit. Cost, about 1s. 4d., without fruit.

The gelatine should be soaked and melted in the milk, the sugar and nut added, then the grated biscuits. The cream is to be whipped and added when the mixture is cool, together with the flavouring and other materials. A fancy border mould should be oiled, and the mixture poured in and set on ice, then turned out and the centre filled with an iced compôte of any fresh fruit in season. If pale fruit, a little garnish in the shape of coloured dried fruit or whipped cream should be used. Or the mould may be garnished with clear jelly.

Fruit Creams in Cases.—Required: a pint of small fresh fruit, as stoned cherries, picked currants, or raspberries, or strawberries, the same measure of milk and cream mixed, an ounce of gelatine, and four ounces of loaf sugar. Cost, about 1s. 6d., when fruit is plentiful.

Take some little china cases, and put in the fruit to half-fill them; mix the other materials, and stir until the gelatine is dissolved; then cool a little and fill up the cases with it, giving a stir to mix the fruit. Put in a cold place until firm, then serve one to each. There are few sweets nicer or more easily made than these. Sugar should be handed with them, and more may be put in, if liked; but the milk should then be reduced a little. When the weather is very hot, increase the gelatine a little.

Note.—The same method may be followed in making one large cream, for which a deep dish should be used.

Golden or Gold Leaf Jelly.—There are two ways of making this:—One is to take a pale jelly, as lemon, for the foundation, and flavour it with a little of the liqueur known as "gold-water Dantzic," in which little pieces of gold-leaf are found floating; and the other is to use any jelly, of one or two colours, and put in little specks of

gold leaf between the layers; or the top of a mould only may be so garnished. When the gold water is used, the jelly must be of extra stiffness, as about a third the quantity of gold water should be added. In using ordinary gold leaf, care is required to prevent it being wasted; it should be held over the jelly, and broken in in irregular pieces when the jelly is nearly setting. Silver leaf is used in the same way, and a mould of two colours, each with a layer of leaf of a contrasting colour, is very artistic. For instance, a green jelly may contain the gold, and a pink the silver leaf; or a deep yellow jelly with the silver, and a green or pink or claret jelly with the gold, is a good combination. A garnish of green glacé fruits is often put on the dish, but the jelly is so pretty that it is not really needed.

Grape Isinglass Jelly.—Required: grapes, sugar, an ounce of isinglass, and brandy. Cost, about 1s. 2d., exclusive of the grapes.

Pick a pound and a half of ripe purple grapes, and put them in a preserving-pan and bruise with the back of a wooden spoon until the juice flows freely over a steady, gentle heat. Strain without pressure through a hair-sieve, then through muslin; boil the juice with half a pound of lump sugar and the isinglass; the latter should be first soaked for a time in a gill of water. It will be ready in ten minutes; then add two tablespoonfuls of pale brandy, and pour in a mould to set. The top of the mould should be decorated with a few of the best of the grapes, together with a little green fruit, if liked.

Honeycomb Cream. — Required: the juice of two lemons and one Seville orange, sugar, and a pint and a half of cream. Cost, about 2s. or more.

The juice should be sweetened and put in a glass dish; then set it on a low table, and pour the cream, after boiling, from a teapot slowly, so as to froth it well. Then let it stand to get cold, and stir it well when served at table. This is an old-fashioned dish. Another way is to add the white of an egg and a little sugar to the cream, and whisk until froth rises; then to skim this off and lay it on the juice, proceeding thus until the cream be used up. The former is the richer and the least trouble.

Imperial Jelly.—Required: the juice of a lemon and a Seville orange, six ounces of sugar, half a pint of sherry, the same of champagne, a gill each of brandy and hock, a glass of yellow chartreuse, an ounce of isinglass, and two eggs. Cost, varies with the quality of the materials used.

The whole of the ingredients, except the champagne, hock, chartreuse, and brandy, are whisked over the fire in the usual way; the isinglass is to be first soaked in a gill of water; then dissolve, strain and add the rest, and mould plainly, or with a garnish of fruits or gold leaf at the bottom of the mould. Half may be coloured, if preferred. A shallow mould should be used, as this is a rather soft jelly. In hot weather increase the isinglass a trifle, or if fruits are used.

Italian Cream.—Required: half a pint each of milk and cream, two ounces of sugar, the rinds of two lemons and the juice of one, nearly an ounce of isinglass or sheet gelatine, and a glass of sherry, or, for a superior dish, any liqueur. Cost, about 1s. 6d. to 1s. 8d.

Take the rind off the lemon with the sugar; whip the cream and lemon juice and flavouring; add the gelatine melted in the milk; whisk all well together, and mould.

Another way.—The sugar can be omitted, and enough fruit syrup added to sweeten, the milk being reduced a little.

Another way. — This is a very superior dish. Required: a pint and a half of good custard, well sweetened, the grated rind of an orange, a morsel of stick cinnamon, three ounces of crushed ratafias, a glass of curaçoa,

and an ounce of isinglass. Cost, about 1s. 9d. to 2s.

The ratafias are to be grated into the hot custard, and the isinglass dissolved in a portion of the milk and added to it; the mixture should be whisked together and the curaçoa added last.

Jellies, Fancy or Mixed.—A great number of artistic dishes may be made from jelly and cream of various kinds and colours, and where there are moulds with linings at hand, the trouble is reduced to a minimum; but these are not to be found in many kitchens of everyday life, and where plain moulds only are available much must depend upon the taste and judgment of the cook. In all cases a good deal of time has to be expended, as each layer has to set before the next is poured in. Supposing a mould with hollow balls at the top. The balls may be filled in with a bright red jelly, or red and green alternately, the body of the mould with a pale yellow jelly, and the base with cream of the same or another colour. Or if the ornamental body of the mould be a golden yellow, a white base is effective, and green balls look nice. Or fill the balls with chocolate or coffee cream, alternated with pink jelly; fill up with a still paler pink jelly, or, if not objected to, with green, and let the base be brown, like the cream at the top. It should be remembered that by the assistance of liquid colouring it is easy to get several shades of one colour at a little increased trouble. Another good combination is made by filling the hollows with a rich coloured jelly, such as a claret, then filling the fancy part to half its depth with white cream or a pale green; a pink jelly goes next, and cream forms the base. Should a little gold or silver leaf be used in the claret jelly, the effect is better still. (*See* GOLD LEAF JELLY, page 947.) Bright fruits also go well in the hollow spaces at the top, and are useful if the jelly is all one colour; but even a band of cream near the top or to form the base is a relief and throws up the rich colour of the jelly. A rich golden yellow with white is always artistic, and so is a pale yellow with green, but the latter colour is often omitted by reason of prejudice, though there is no reason why it should be, now that it is easy to get harmless colourings.

Jelly Leaves.—These are pretty for garnishing many sorts of sweets. Green looks nice, though other colours may be employed. A clean baking tin should be used, or a baking sheet with turned-up edges; a thin layer of jelly poured on and set in a cold place becomes firm very soon, and all that is left to do is to cut the preparation with the leaf-cutters. The remnants can be used up by cutting a second time with a smaller cutter; or the jelly can be chopped or whipped.

Lemon Cream.—Required: a pint of cream, two lemons, four ounces of sugar, an ounce of sheet gelatine, and a little essence of lemon and colouring. Cost, about 1s. 8d. to 1s. 10d.

The lemons should be wiped, and peeled as thinly as possible; if thickly peeled the cream is spoilt. Put the peel in the cream and let it infuse by gentle heat in a covered stewpan for an hour, but it should heat very gradually, and must not reach boiling point. Then remove the peel, sweeten, and add the gelatine that has been melted in a little warm milk; stir together, and, when cool, strain the juice of one lemon in, and add the colouring and essence; or, in place of essence, the juice of the second lemon may be used with more sugar if liked. Then mould, and turn out when cold.

NOTE.—This is very good if moulded in layers with a strawberry cream. For a more economical dish use half milk and half cream.

Another way.—This is economical. Required: a custard and lemons, &c., as below. Cost, about 1s. 4d. for a quart mould.

Take a pint and three-quarters of

custard No. 4, and add to it the grated rind and strained juice of a lemon with a few drops of essence; this should be done when cool; then stir in an ounce of gelatine that has been melted in a gill of milk and allowed to cool a little. Mould as above. If sheet gelatine be used, increase the quantity to an ounce and a quarter, or more if the weather be warm.

Lemon Jelly.—Required: three lemons, seven or eight ounces of lump sugar, the whites and shells of two eggs, a couple of cloves or a morsel of cinnamon, enough water to make a quart, and an ounce and a half of sheet gelatine, or an ounce or rather more of packet gelatine; add colouring unless required pale. Cost, about 1s.

Take the rinds off the lemons very thinly, squeeze and strain the juice, add the sugar and other materials, and whisk all up, then put on the stove and follow the instructions given on page 939 for the clarification. This can be used as it is, or a flavour can be given by means of wine or spirit, such as sherry, rum or brandy; supposing a gill or nearly to be used, the water should be first reduced; if wine, pass it through the bag; if spirit, add it after straining.

Another way.—Required: the rinds of three lemons, the juice of six, half a pound of sugar, a glass of sherry, an ounce of gelatine, and a pint of water. Cost, about 1s. 2d.

The sugar should be used to rasp the lemon rinds, and added to the other ingredients as before. If a clear jelly is desired, the eggs and shells as above must be used, but it is very nice with no clarification, and the addition of the yolks of two eggs, beaten in after the jelly has been boiled up and strained through the bag or cloth. The whole is then to be returned to the pan and brought nearly to the boil. This is opaque, and a sort of go-between a jelly and a cream, but is more nourishing than ordinary jellies, and suitable for invalids.

Another way.—This is very full-flavoured, and acceptable to those who dislike sweet dishes. Required: a pint of water, half a pound of sugar, an ounce of gelatine, the rind of two or three lemons, and a gill and a half of the strained juice. Cost, about 1s.

Put the rinds into cold water and infuse for a time, then boil gently and mix with the sugar; add the strained juice and again bring to the point of boiling, then pour through a bag or cloth. This may be moulded as it is for family use, but for a clear jelly add whites and shells of eggs, as above. If well skimmed, and the gelatine be the best sheet, it will be fairly clear. This answers well for mixing with creams as directed in some of the recipes for sweets, as in such cases it is not necessary to use a transparent jelly.

Lime Jelly.—This is refreshing. Required: half a pint of lime juice, the same of water, three-quarters of an ounce of sheet gelatine, two to four ounces of sugar, and colouring if liked, but it is more suitable when pale for mixing with sweeter and brighter jellies. Cost, about 10d.

The ingredients are to be put together over the fire and melted, and then strained through muslin or a jelly bag; or the jelly may be cleared as usual with two eggs. Or a pinch of citric acid can be used if left uncleared.

Madeira Jelly, Superior.—(*See* the recipe for LEMON JELLY, No. 1.) Follow the directions, but for a quart mould use a gill and a half less water; and after straining, add a gill of Madeira and half a gill of brandy; or use all wine if preferred, and it is of good quality. A jelly of good colour and flavour is ensured by carrying out these directions. A flavour that is appreciated by many is obtained by adding a tablespoonful of good whisky to each glass of Madeira used.

Maraschino Jelly.—This may be made from a plain lemon jelly,

uncoloured; the flavouring may be maraschino liqueur or syrup, and the colouring to taste; pink is very general.

Mixed Fruit Jelly.—This is simple, wholesome, and inexpensive. Required: a pound of fruit, a gill of water, six to eight ounces of sugar, and an ounce of gelatine. Cost, varies with the fruit.

The fruit should be assorted in colours and flavours, and any stones must be removed; then put it to cook with the water and sugar, using more or less of either, according to the condition of the fruit. As soon as tender (and it should be cooked carefully), stir in the gelatine, and when dissolved, strain and pour in a shallow mould, and turn out when set. The jelly will break into lumps when turned out. It may be eaten as it is, or with cream or custard.

NOTE.—This is sometimes liked with iced cream (plain unflavoured) as an accompaniment.

Mixed Fruits in Jelly.—A simple recipe. Tinned or bottled fruit can be used, and the dish varied greatly according to the resources of the store cupboard. Supposing some apricots, pears, damsons, and greengage or other plums. Take the liquor from the apricots or pears, and to a pint add gelatine to set it, and sugar if required. Line a mould or basin, or a cake tin, if clean, will do, with a little clear jelly made from a packet, then place the fruit round in any pattern, so that the light and dark alternate. Each piece should be dipped in the semi-liquid jelly made from the syrup. The bottom of the mould should be covered first, and the fruit arranged from the bottom to the outer edge, the mould being placed on its side as each part is proceeded with. The centre may be filled with the fruit jelly only, or, if liked, any plain blancmange may be moulded with it in layers. This is a good way of using up the remains of several kinds of fruit. Another way of arranging is to fill the centre as described, but with a blancmange mixture only, and to chop up the jelly and use as a garnish. Or a plain custard may be poured round the mould.

Mosaic or Marble Jelly.—There are a great many ways of making these jellies, and the effect is often very good; they are some trouble at all times, less in winter than summer, and are sometimes called "winter jellies." Creams enter into the mould as well as jelly. A very common way of preparing them is to line the mould with any clear pale jelly, then to take irregular shaped lumps of jelly and creams, as many kinds and colours as possible, and to put them in the mould, filling up with the jelly. Another way is to use the mould in an unlined state, and put in, say, pieces of coloured cream to form the first layer, and set these with a pale jelly; the next row is composed of different coloured jellies, and they are set in like manner. The thing to remember is that unless the shapes are various, also the sizes, the sweet loses the right to the title. It is an improvement to introduce here and there a little cream that has been coloured in a mottled fashion by just mixing the colouring to give a streaky appearance. (*See* WHIPPED CREAM.) For a very plain mould of this description, take the remnants of any creams that may be left over from a previous meal, and use them up with a little jelly as described. A small quantity of brown cream, coffee, or chocolate is a help, and improves the looks. What is known as a "winter mosaic cream" is made with a good variety of creams set in a mould lined with a pale jelly; or if the creams are all light colours, a bright jelly, as claret, can be used for the lining.

Orange Cream, Superior.—The superiority of this consists in its being well flavoured with the fruit; those who find it too expensive can substitute milk for the cream, or use half of each. Required: an ounce of

gelatine, the juice of a lemon, enough orange juice to make up to a pint, two ounces of sugar, and half a pint of cream. Cost, about 1s. 6d., but varies with the fruit.

The sugar should be rubbed on the rinds of two or three oranges, after wiping them, and added to the melted gelatine, a little water being used for the latter purpose; the juice of the fruit is then to be added, and the mixture poured on to the cream and well beaten. Mould in the usual way. This may be garnished with crystallised oranges, both green and yellow if liked, both at the top and round the base of the mould; but this increases the cost.

Orange Jelly, Simple.—This is very little trouble, and is of a nice flavour. Required: half a pint of orange juice, and the same measure of water, the rinds of three oranges, two and a half ounces of loaf sugar, and from three-quarters of an ounce to an ounce of sheet gelatine. Cost, about 9d.

Mix the water with the rinds of the oranges, and let them infuse for a time; see that there is no pith on the rind, or the jelly will be spoilt. Then put in the other materials, and bring to the boil very gently; when the sugar is quite dissolved, take from the fire and strain through a clean linen cloth. The juice of half a lemon is an improvement; it should be put in off the fire. When on the point of setting, pour into a mould. If these directions are followed, the jelly, though not clarified, will not be thick. The fruit may be divided into sections and used for garnishing the top of the mould if liked; one orange will be sufficient for this, and all skin and pips should be carefully removed.

Oranges filled with Jelly.—This is an old-fashioned sweet which is favoured for juvenile parties. The oranges are cut across with a sharp knife in two places, so as to make a strip about half an inch wide, and the side pieces removed, so that the lower half of the orange forms the basket. To be quite plain, half the orange rind is removed, except the part that forms the handle. Then the pulp is scooped out, and the baskets filled with jelly, which should be of various colours. The edges of the rind are sometimes cut into spikes, and this adds to the effect. Another mode of decoration consists in cutting rounds out of the rind near the edge, but then the jelly must not reach the top. Another way is to stick strips of angelica, or other fruit, or shredded almonds into the jelly just before it sets. The fruit is to be nicely arranged, and garnished with green leaves, or according to taste. Creams of various colours are used in the same way, and give variety when a good number are being prepared.

Punch Jelly, Superior.—Required: the rinds of three lemons, and one orange, ten ounces of sugar, a quarter of a pint of good rum, the same of brandy, a pint of water, a quarter of a pint of lemon juice, and half as much orange juice, four cloves, a pinch of nutmeg, grated, half an inch of stick cinnamon, two ounces of sheet gelatine, and three eggs. Cost, varies with the quality of the spirits.

The spices should be infused in the water by gentle heat, and the sugar used for rasping the fruit rinds. Add the juice, and the gelatine soaked in some of the water, and the whites and shells of eggs, and clarify in the usual way (*see* page 939); add the spirit and mould as usual.

Note.—Essence of mixed spice may take the place of the spices here named.

Raspberry Solid.—Required: half a pint of whipped cream, half a pint of raspberry jelly, three-quarters of an ounce of sheet gelatine, and a tablespoonful or two of water. Cost, about 1s. 3d. to 1s. 6d.

The gelatine is to be melted in the water, and added to the jelly, previously dissolved. When cool, stir to the cream by degrees, and put in a mould to set, then turn out.

Another way.—Use the pulp of fresh fruit in place of the jelly, and sweeten to taste; add a squeeze of lemon juice; the gelatine may be increased to an ounce, or nearly.

Note.—Currant Solid is made in the same way, from black or red currants. A little raspberry juice should be added, or raspberry jelly.

Ratafia Cream.—This should be served in custard cups, as it may take the place of custard. Required: cream, eggs, and flavouring, &c., as below. Cost, about 1s. 9d. to 2s.

Boil three or four laurel, peach, or nectarine leaves in a gill of milk until flavoured, then strain it; add a pint of cream and the yolks of two eggs, and stir over the fire. When thick, remove, and when cool, half fill the glasses, then fill up with whipped cream that has been flavoured with a little almond essence and brandy, and sweetened to taste. A sprinkling of coloured sugar improves the appearance, or the cream may be tinted pink.

Another way.—Flavour a pint of cream with grated orange or lemon rind; add the juice, and sugar to taste, and a little brandy. Add half a glass of noyeau and whisk well; put in glasses and grate ratafias over the top.

Ratafia Cream, Moulded.—Required: the rind of a lemon and a Seville orange, or of two lemons, sugar, lemon juice, biscuits, milk, cream, wine and brandy as below. Cost, about 2s. 9d. to 3s.

Rasp the fruit with a few lumps of sugar, then put it in a basin and strain the juice of the fruit over, and stir until dissolved. Add a pint of good cream, a quarter of a pint of sherry, the eighth of a pint of brandy, a glass of curaçoa, an ounce of leaf gelatine that has been melted in a gill of milk and cooled a little, and a little more sugar to taste. Whisk the whole well, and pour into a mould that has been covered at the bottom with ratafias dipped in cream. The sides of the mould should be wetted as usual, but not the bottom. Set, and turn out, and just before serving cover the ratafias with a little whipped cream coloured pink. This is a very good dish, but requires careful mixing. Another way is to pound the ratafias, about two ounces, and mix in the cream.

Rice Borders for Hot Sweets.—*See* page 561 for directions for the border. The modes of using are many. A common one is to fill the centre with a compôte of any fruit in season. If the syrup be well reduced, so that only a little clings to the fruit, a sauce may be poured round the border; all the sorts used for puddings may be employed. A form of service, in accordance with the modern custom of blending hot and cold materials in the one dish, is to pour a fruit compôte round the border, and fill the middle with whipped cream, or a cold or iced sauce. In all these ways, by studying the colours employed, the dish may be very attractive. Tinned and bottled fruits of many sorts come in very handy. (*See* the chapter on Fruits, &c.)

Rice Cream, Moulded.—Required: four and a half ounces of good rice, a pint of milk, half a pint of cream, a quarter of a pound of sugar, half an ounce of gelatine, flavouring, and the white of an egg. Cost, about 1s. 2d.

Blanch the rice and cook it in the milk until it is quite soft; the sugar and flavouring are better added towards the end, unless a bay leaf or stick vanilla or cinnamon be used; when done the gelatine should be added, and the cream whipped with the white of egg; return to the fire for a minute, and stir, but do not boil again. Turn into a mould, oiled, and garnished as for creams, or left plain. Turn out and serve as it is, or with fruit, custard, &c.

Note.—For a shallow mould, or in cold weather, use less gelatine. A cream may be made of hominy or

semolina in the same way. (*See* CEREALS.)

Rose Cream.—Required: custard, cream, and garnish as below. Cost, about 2s. to 2s. 3d.

(*See* CUSTARD FOR MOULDING.) Make enough to fill a pint and a half border mould. It should be flavoured with essence of rose, and coloured pale pink. Fill the centre, after turning out, with whipped cream flavoured with rose brandy, or the same as the custard; strew a quarter of an ounce of crystallised rose-leaves over, and garnish the dish with green leaves. A very pretty dish.

Rum Cream.—Required: an ounce of gelatine, half a pint of milk, a pint of cream, a glass of rum, two ounces of sugar, and a lemon or an orange. Cost, about 1s. 9d.

The gelatine should be melted in the milk and added to the whipped cream and rum; the sugar should be rasped on the lemon, then crushed to powder and added. Colour rather deeply with saffron, and mould in a shallow mould, with a clear jelly as top garnish. Should the juice of the fruit be liked, reduce the milk in proportion; orange rind and juice may be substituted: a dash of Seville orange rind is thought by some an improvement. This moulds well in layers, with a clear jelly flavoured in the same way or with a good liqueur. Fruits may be put in, about two or three ounces, mixed, either glacé or crystallised. They should be soaked in a little of the spirit, then rolled in fine sugar, and stirred in just before the mixture sets.

Silver Jelly.—(*See* GOLDEN or GOLD LEAF JELLY.) Use silver leaf in the same way.

Surprise Blancmanges.—Take any little fancy moulds, and put a layer of blancmange mixture at the bottom, and when it is set place a mould of the same shape, but smaller, inside and fill up all round with more of the mixture. Then take the centre mould out and fill the cavity with a fruit compôte. Pour more of the mixture over, and set aside until firm enough to turn out. The fruit may be mixed with jelly for a better dish.

Vanilla Cream.—For a simple one, follow the recipe for either of the blancmanges, omitting any other flavouring and simmering a split vanilla pod in the milk, or using essence as preferred. For a better dish a good custard is generally employed, and well flavoured. A little brandy is often put in. (*See* CUSTARDS, MOULDED, page 927.) The vanilla is best tied in muslin, and should be taken out as soon as the milk tastes well of it; it should be squeezed dry and put by for future use. As it becomes weaker it will require to be left longer in the milk.

Vanilla Jelly.—(*See* MARASCHINO JELLY, page 950, and follow the recipe, using vanilla syrup in place of maraschino.)

Venetian Cream.—Required: the yolks of six eggs, a pint of milk, an ounce of isinglass, half a pint of cream, a quarter of a pound of sugar, a tablespoonful of sherry, the same of brandy, and a quarter of a pound of crystallised fruits, assorted. Cost about 2s. 9d. to 3s.

Sweeten the milk and boil it, then pour on to the yolks of eggs, and thicken as a custard; add the isinglass which has been soaking in a little milk, and when quite dissolved add the cream, first whipped. Then put in the sliced fruits, and stir until it begins to thicken and again when it is beginning to set, just before putting in the mould; add the wine and brandy last thing. The fruit will sink to the bottom of the mould if the stirring be omitted. There are various ways of making this cream. The fruit is sometimes used in larger quantity, and in addition a little fruit jelly is melted and added, or liqueur can be used for flavouring.

Whipped Cream.—*No.* 1.—This is rich and thick, and is the best, in our

opinion, for almost all the purposes for which whipped cream is used. When cost is an object, the white of an egg may be added to each pint; there is no other advantage in using it, except that the cream tastes a trifle less rich and is, therefore, better liked by some. Required: double cream, sugar, and flavouring. Take the cream, and put it in a good-sized bowl over ice, or in a very cold place, and whip it until thick and it looks like going to butter, then stop at once. Sweeten and flavour with any essence, or a little brandy or wine, liqueur or liqueur syrup, or fruit syrup; neither should be added until the cream is thick, and must be incorporated with a few turns of the whisk. Any colouring must also be added with care; some use carmine to give a mottled appearance; this is done by mixing it in partially instead of thoroughly. When to use from a forcing-bag, the cream may be put in in two parts, white on one side the bag and coloured on the other. This is very pretty if a rose or other fancy pipe be used.

No. 2.—Single cream does for this. Allow the white of an egg to a quart; rasp two ounces or more sugar on the rind of an orange or lemon, and crush it to powder; then flavour with wine, say a glass of sherry to a pint of cream; commence whipping, and take the froth off as it rises; lay it on a clean hair sieve, reversed, and put it in a cold place for some hours to stiffen before using it for any purpose. Go on whipping that that drains until all the froth has been obtained, and use up the remains for ordinary purposes. This is more trouble and is now less generally used than the above. Any coloured or flavoured sugar may be used for garnishing whipped creams. Should the cream be too thick to froth well, a little cold water may be added; indeed, many add it at the commencement. Double cream is always more expensive than single; the latter is the ordinary cream, while the former is cream that has stood for twenty-four hours.

Whipped Cream, Imitation.—Required: an ounce of sheet gelatine, a quart of milk, half a pint of cream, sugar, and flavouring. Cost, about 1s. 3d.

Boil the milk, and soak the gelatine in it; whip the cream, and add the sugar and flavouring; then whip the milk, &c., when cool, and stir the cream very gently to it. This is useful for filling meringues or for other purposes, for which true whipped cream may be considered too costly or too rich.

Whipped Jelly.—This is used for filling glasses, or as a garnish for sweets, in the same way as whipped cream. The jelly should be just beginning to set, and is then to be put in a good-sized bowl and whipped, preferably with a wicker whisk, until it is frothy. The remnants of jelly may be warmed to the right consistence and treated in the same way. Jelly may also be chopped very finely on a damp sheet of paper; the more it is chopped the lighter in colour it becomes, and it then answers the same purpose.

Wine Jelly.—This is an easy mode, and a sherry of medium quality or any good home-made wine may be used for it. Required: a pint of water, half a pint of wine, a quarter of a pound of loaf sugar, the rind and juice of two large lemons, a clove, a morsel of stick cinnamon, and an ounce and a half of sheet gelatine, or an ounce of good opaque gelatine; if the latter it must be soaked in water (*see* page 639). Cost, about 1s. 4d.

Put the whole of the material in a clean pan, after washing the shells of the eggs and beating the whites up with a spoonful or two of the water; whisk until the mixture boils, then set the pan aside for ten minutes; strain and finish off as directed on page 639. This will do for a pint and a half mould, or for eight or nine small moulds.

ICES.

Ices are of various kinds, and we must content ourselves by giving recipes for a few only that may be made. Water ices are the plainest, then come cream ices and iced puddings—the last named being usually the richest and most costly. Whatever the kind, the principles that underlie their concoction must be first considered, and when they are understood the rest is plain sailing. It has been said that a well-made ice is a luxury. This does not imply that it is necessarily expensive; but however rich the mixture may be, unless it is manipulated with care, and all the details duly attended to, the result will not be satisfactory; while, on the other hand, a plain mixture will, in good hands, result in a smooth, delicious dish—odour, colour, flavour, and texture being alike perfect.

Cleanliness is a main point so far as the freezing apparatus is concerned, as well as in all that is employed in preparing the mixture, and the purity of the ingredients is of great importance. Whatever is used should be genuine. We do not deal here with ices made from freezing powders, which serve as a substitute for ice and salt. We have nothing to say against them; but those who, from any cause, cannot obtain ice, and are obliged to resort to the powders, will get full directions for their use with the machine, and these machines differ considerably in kind and price. These hints are such as will meet ordinary requirements, and will prove serviceable whatever the machine chosen, so long as it is adapted for the use of ice and salt. These are, taken all round, the most satisfactory, being simple and generally cheap.

Ice and Machines.—The machine of a few years ago consisted of a stout bucket or tub, a freezer, and a spatula, often called a "spaddle." The bucket contained the ice and salt, the freezer the preparation to be frozen, and the spatula was for scraping the semi-frozen ice from the sides of the freezer and mixing it amongst the unfrozen portion. The operation was somewhat laborious, the freezer being turned about in its bed of ice and salt until the right consistence was attained—viz., when the spatula would stand up in the contents. This mode is still in vogue, and when plenty of time can be given, and the operator depended upon to give the necessary speed to the twirling of the freezer, there is nothing to be said against it; but to spin rapidly one minute and come to almost a dead stop the next is useless. Another thing to remember is, that every time the lid is removed for the scraping down of the mixture the speed in turning must be increased. An improved form of this freezer is now in the market. The bucket is covered, except for a hole in the top for the handle of the freezer; and as this is attached to an iron shield by a pivot at the bottom of the bucket, the turning is greatly facilitated. Then there is a tap near the bottom for the drawing off of the water as the ice melts. There are two ways of turning—one is to spin the handle; the other is to turn it half round and back again. We give the preference to the former as the easier, and we think the better way.

Other machines in common use, but more costly than the one we have described, have a side handle attached to the bucket for the turning of the freezer, and the internal construction obviates the necessity of removing the cover for the inspection of the mixture, and no spatula is required, as

the freezing and mixing of the frozen with the unfrozen part are performed mechanically. There is another freezer on the "barrel churn" principle. This is very satisfactory in its results, as the ices are quickly produced and very smooth, while as the tub is air-tight there is no waste by the action of the atmosphere, and a small amount only of ice is required. Other freezers consist of a shallow oak tub, with an inner metal receptacle for the mixture to be frozen. The inner vessel revolves in the outer, and here again no spatula is wanted, as by a fan-like arrangement the mixture is kept scraped from the bottom. In the best of these, ices are made in a few minutes with a minimum of exertion. A very small amount of ice is wanted, and this is a point that should be borne in mind in the purchase of a machine. Mention should also be made of a capital freezer lately introduced at the low price of three shillings. This is of the simplest construction, and with it ices may be made in a short time by the most inexperienced. For occasional use, or for the cooling of drinks and many other purposes, this small freezer is very handy.

As to the materials for the machines in general use, good, well-seasoned oak is considered the most durable for the buckets or tubs, pewter for the freezers, and tinned gun metal for the spatulas. Zinc and block tin freezers are to be had at much less cost, but there is nothing so wholesome, durable, and clean as pewter; and one firm goes so far as to issue a warning as to the danger of freezing ices made from fresh fruit in zinc pots. Never having used zinc freezers, we cannot speak of them from experience. The following general rules for making ices will be of service:—

Allow two pounds of ice to one of salt. Or if the supply of salt be limited, three pounds of ice to one of salt will do, but less than this is not satisfactory. The ice should be broken into pieces about the size of a chestnut. It may be wrapped in coarse flannel or sacking and smashed with a hammer, or an ice pick or shaver used for the purpose. For the tub-shaped freezers it is necessary that the ice for the bottom layer be pounded. The salt and ice should be thoroughly mixed in the proper proportions before the freezing commences. The water should be drawn off after freezing, and a fresh supply of ice and salt be added, if the mixture has to stand any length of time, or it will soon become very soft. The mixture expands as the freezing goes on, therefore the pot should not be full at starting. A half-gallon pot is wanted for one quart of the mixture.

Ices that are over-sweet are very difficult to freeze; but if not sweet enough they will eat hard and brittle and will lack smoothness. The palate is a safe guide, if in tasting it be remembered that the sweetness is reduced by freezing. A mixture that tastes a little too sweet before freezing should be just right after.

When to be moulded, the consistence must be thinner than when for serving in the rough. For the first a cream ice should resemble thick batter; for the second it must be firm, especially when to be kept for serving out at garden parties, &c. These remarks refer to the consistence after freezing.

Ices may be dished in a pile should no mould be at hand, and it is a good plan to cover the dish with a lace paper or serviette. Or portions can be taken from the freezer and put in ice glasses or on small glass

plates. Small fancy paper cases are also useful for serving one to each person, and novelties are constantly appearing. Ice cups with girdles are varied and pretty. Tubs are also employed: these are of stouter paper.

To Mould Ices.—The mould should be washed in warm then in cold water, and must be cold when filled; it is well to place it in the ice for a minute or two. The mixture should be put in a little at a time, that it may take the shape of the mould. Moulds having flowers or other ornamental devices at the top are more difficult to fill than the plainer ones. Two kinds and colours may go in in layers, or the top may be of one and the body of the mould another sort. A plain bombe mould is often lined with one and filled up with another. Water and cream ices can be moulded together, the colours contrasting nicely. Raspberry or currant water with vanilla cream; cherry water with vanilla or almond cream; strawberry cream with lemon or orange water; pistachio or almond cream with damson or other bright coloured water; cocoa-nut or

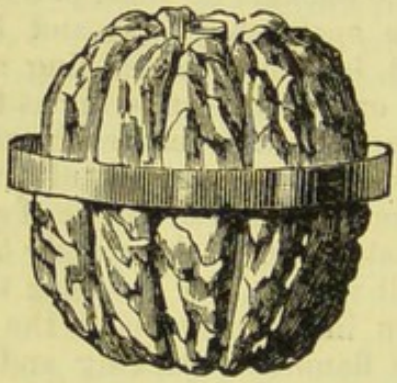


Fig. 146.—Rock Melon Mould.

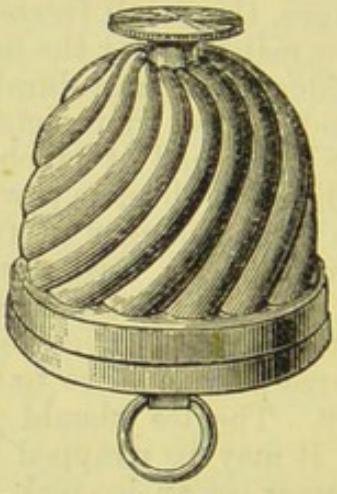


Fig. 147.—Fancy Bombe Mould.

chestnut cream with any nice pink ice, either water or cream, are combinations that may be recommended. The mould should be full and the surface quite smooth. Should an ice cave be at hand, proceed as directed on page 959. Otherwise use a bucket, and pack the ice and salt over and under and round, having a good layer at the bottom; the thing is to literally bury the mould. The lid must fit well or the salt will get in. A sheet of buttered paper should be placed between the mould and the lid, and some adopt the further precaution of wrapping the mould up entirely in a sheet of greased parchment paper. Others, again, wrap a few folds of paper round the lid only, the first piece being well greased, and then tie a strip of waterproof material over all. The bucket should be covered to exclude the air, and set in a cold place and left for two to three hours for a small, and four hours or more for a large mould,

For turning out ices, *see* directions for Jellies (page 941), but use cold water, or in very cold weather, slightly tepid water. Turn out in a cold place and send to table instantly. Another plan is to wring a cloth out of warm water and wrap for a second round the mould, then turn out quickly. Any garnish must be ready, and the assistance of a second person is sometimes required, as the mould should not stand.

Ice Moulds.—The best and most expensive are of pewter or copper; cheaper moulds are made of tin, but they are not very durable. The prices vary according to size and the nature of the design, elaborate ones being naturally the dearer. Large moulds are always cheaper in proportion than small ones. Speaking broadly, fruit or flower moulds are to be preferred to those in the form of animals, birds, or fish; the former look artistic and in good taste always, while the latter are the fashion of the moment. Small moulds for ices, for garnishing large moulds, or for serving separately to each person, are to be had in almost every imaginable pattern. The large melon mould on page 958 is suitable for cream or water dessert ices, or for an iced pudding. The bombe mould is also of all-round utility, and is not only pretty but the contents can be readily turned out. On page 941 are moulds especially adapted for jellies and creams; similar designs are made for ices.

Ice Caves and Refrigerators.—An ice cave is a very useful article where ices, or cold entrées, or cool drinks are often made. Fig. 148 shows the kind that will be found most useful and the cheapest in the end, though the first cost is greater than any other kinds. The prices range from about thirty shillings upwards, according to size, and the smallest will hold a quart mould of ice on the shelf. Full directions for use are given, and so long as kept properly packed with ice and salt, as they should be, the temperature is kept considerably below freezing point. About two hours is required for setting a pudding or iced cream in the cave after it has been frozen as described on page 957, but it may be left for any time. If by chance an ice is turned out too soon it should be put back in the cave at once. For icing vegetables or fruits, sauces, soups, &c., the thing is to set the vessel containing them in the cave until the required degree of coolness is reached, care being taken that they are not left long enough to become solid, for the cold is so intense in a good cave that water, if left for some hours, will turn out a solid block of ice.

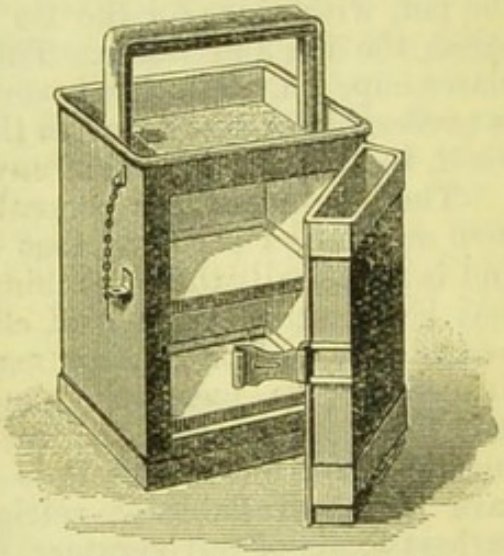


Fig. 148.—Square Ice Cave.

Other forms of ice caves have been introduced to meet the demand for a cheaper article, and answer the purpose very well. They are made of block tin, both oval and round, and cost from half-a-guinea upwards. They can be recommended also to those who do not make ices, but require a good cooling apparatus for other cold dishes and drinks, as referred to in various parts of this work. To improvise a cave for cooling purposes generally, and for the icing of drinks, a bucket may be filled with ice and salt, and the liquid put in a freezer as used for ices, and set in the middle; the lid of the freezer is to be fixed on and the bucket covered with a piece of flannel or carpet. A tin or an earthen vessel will also answer, and a milk can or strong tin of any other description may take the place of the freezer. Or, of course, a bottle may be set in the bed of ice and salt. It must always be remembered that if ice only be employed it is

much less effectual than when mixed with salt. For setting jellies and creams a basin of ice and salt in which to embed the mould will serve, so long as the basin be covered and the water drained off as it melts and the ice and salt renewed. If left uncovered the ice melts more rapidly. Another plan is to embed the mould in a colander containing the ice and salt, and to set this in another vessel for the water to drain. It should really be suspended across the second vessel, so that the bottom of the colander does not touch the water as it drains away.

For simply cooling a drink of any sort a basin of cold water with plenty of salt will be found useful. It should be set in the coldest part of the house, and renewed as required, the liquid being placed in a covered vessel in the middle. Another way is to wrap a cloth wrung out of cold water tightly round the jug or bottle containing the liquid. A large tin boiling pot will be found useful in the case of a good supply of iced drink being required. Some wine bottles should be filled and corked and set in the pot, with space for the ice and salt to be packed round; or failing these, the ice and water. This mode answers admirably for lemonade, claret cup, tea, and other beverages in request at parties, and the method is preferable in every way to the putting of lumps of ice into the beverage itself, in many instances, at any rate. (*See* the chapter on BEVERAGES.)

There seems to be a general idea in the minds of those who have never seen or used an ice cave, that a refrigerator answers the same purpose, and is practically the same thing. This is far from correct. A refrigerator may be described as a cool chamber, the temperature being lowered by means of ice. The uses are mainly to preserve food, keep wines and other drinks cool, &c., but as the temperature does not get below freezing point it is therefore useless for "setting" ices, such as ice puddings, soufflés, and the like; but where it is only required to keep a dish cold—and a cave is not available—a refrigerator comes in very handy. There are various kinds of refrigerators, from the modest piece of furniture that is a boon to the solitary bachelor in chambers, or whenever pantry or cellar space is limited, to the huge affairs that are specially constructed for the preservation of fish, meat, and the like.

A very handy little thing may be bought for about fifteen shillings, the main uses of which are to store ice for use in the sick room, or to keep food cool for the sick. A useful-sized refrigerator for a family costs from three to five pounds on an average, and the best thing is to get a descriptive price list from one of the leading makers.

Almond Cream Ice. — Required: three ounces of sweet almonds, two or three bitter ones, a teaspoonful of orange flower water, half a pint of custard, a gill of whipped cream, the same measure of milk, and a few drops of almond essence. Cost, about 1s. 4d.

Blanch and chop the almonds, and pound them with the orange flower water. Add the milk, warmed, then cover and leave for an hour or two, and put in the custard when cool; then freeze, and add the almond essence and whipped cream when partly frozen. A simpler way is to flavour some good custard with noyeau or almond essence to taste. A little brandy is sometimes added.

For a brown almond cream, the almonds should be browned in the

oven, or fried with a little butter and a pinch of sugar to a rich colour. They may be chopped finely, and left in the cream. The exact proportions are a matter of taste.

Banana Cream Ice. — Required: a pint of cream, four to six ounces of sugar, four or five bananas, and other ingredients as below. Cost, about 2s., or more if fruit is dear.

The cream should be sweetened, and the pulp of the fruit passed through a sieve, and mixed with it; the juice of a lemon or an orange is to be added; and for a superior ice, a tablespoonful of maraschino or curaçoa syrup or liqueur, and a few drops of colouring. Custard may take the place of the cream. Freeze in the usual way. The fruit must be fully ripe. A little banana essence is an improvement.

Another way.—To a quart of rich custard, add four bananas in dice or thin slices, after they have been flavoured with any liqueur or spirit to taste.

Banana Water Ice. — Required: half a dozen to eight bananas, a pint and a quarter of water, four to six ounces of sugar, the white of one egg, the grated rind and the strained juice of an orange, and a little colouring. Cost, about 1s. to 1s. 3d.

The fruit is to be sieved, and mixed with the hot water and sugar, and left to cool, when the beaten white must be added, and the rest of the materials, and the mixture frozen. It should be passed through a fine sieve before the egg is added. Rose water is sometimes used as flavouring.

Black or Red Currant Cream Ice.—Required: the juice of the fruit, and some cream or custard as below. Cost, about 2s. 6d. per quart, or more.

The juice of the fruit is to be drawn off as if for jelly, and, when cool, added to the custard or cream, and sweetened to taste. The proportions may be varied to taste; about half a pint of juice to a pint and a half of custard will be found satisfactory. Colour and freeze. A little raspberry juice can be added with advantage, just as in making raspberry ices currant juice improves the flavour. Currant jam or jelly is very good for ices; it should be melted, and, if jam, sieved, before stirring it to the custard, which should be cool.

For water ices, allow about a pint of the juice to a pint of water sweetened to taste, and coloured. Add the white of an egg and a squeeze of lemon juice to every pint of the mixture.

Brandy Soufflé.—(*See* Coffee and Vanilla Soufflé.)

Brown Bread Iced Pudding. —This is very much liked by many, and it is perhaps one of the most wholesome of all the ices. A custard forms the foundation, and one of medium richness is generally chosen, though the richest kinds may be used if preferred. Required: a pint and a half of custard, three ounces of brown bread-crumbs, an ounce of ratafia crumbs, a tablespoonful of brandy, and a few drops of almond essence. Cost, about 1s. 6d. to 1s. 9d., according to richness of custard.

The crumbs must be from stale bread, and finely sieved. Put them in a basin, and pour the custard over while hot; cover until cool, then flavour and freeze. A better pudding is made by adding a gill of whipped cream at the end. This may be moulded in a plain or fancy mould, and it may be garnished with dried fruits if liked. An ounce or so of cherries or other fruit in the pudding is also optional. Two ounces of brown bread-crumbs, an ounce of ratafias, the same of grated Savoy biscuit, a tablespoonful each of brandy and maraschino, and a quart of good custard may be recommended for a first-class pudding. The maraschino may be omitted, and an ounce of grated sweet almonds, with one or two bitter ones, may be substituted. For a very cheap dish, a plain custard, thickened with bread-crumbs, and flavoured well with

fruit syrup, is worth a trial. This is wholesome. Instead of moulding as a pudding, either of the above may be simply frozen, and served in the rough state. (*See* page 957.)

Cherry Water Ice.—Kentish cherries are excellent for this, but other kinds may be used. The fruit should be stoned, and the kernels pounded, and a pint of boiling water added to three-quarters of a pound of fruit, with enough sugar to sweeten. Then cover until cold, sieve or tammy, and freeze, after colouring a little, and adding a dash of cherry brandy or kirsch for a superior ice; for a plain one, serve as it is. Mould or not as preferred.

Another way.—(*See* the recipes for cherry compôtes in the chapter on FRUITS, and use the juice, after the fruit is well cooked; then follow the recipe for currant water ices, page 964.) To this, an egg white to each pint is wanted.

Chestnut Cream Ice.—This is very substantial. Required: chestnuts, cream, custard, and flavouring as below. Cost, about 2s. per quart.

Take the pulp from some roasted chestnuts, and to half a pint of it add two ounces of sugar and half a pint of warm cream, pounding very thoroughly; for a cheaper ice, use milk and cream mixed. When the mass is smooth, put in by degrees a pint of custard (No. 2 or 3). The flavouring is simply a matter of taste; vanilla, maraschino, brandy, lemon, and orange are amongst those usually added. The mixture looks nicer if coloured a pale pink.

This moulds well in layers with a water ice.

Chocolate Cream Ice.—Required: chocolate, custard, and flavouring as below. Cost, about 2s. per quart.

Allow about four ounces of chocolate to every quart of custard, or add more or less, as liked; sometimes two ounces of chocolate are added to half a pint of custard. Dissolve the chocolate, which should be the best vanilla-flavoured, in a little milk on the stove, and when quite smooth add the hot custard and mix well; then set by to get cold, and freeze in the usual way. The custard should be No. 2 or 3, and be flavoured with vanilla; if essence, about two teaspoonfuls to the quart.

A good, cheap chocolate cream is made by adding a teacupful of chocolate, prepared as if for drinking, to a pint of plain custard.

Claret Sorbet.—Required: three oranges, water, half a pound of sugar, a pint of claret, and a tablespoonful of brandy. Cost, about 1s. 6d. to 2s.

Rasp the lumps of sugar on the rinds of two of the oranges, then add half a pint of water, and cover for a time. Then boil to a syrup. Take from the fire, and when a little cool add the strained juice of all the oranges; when cold, stir in the claret and brandy; then freeze as for other sorbets. A tablespoonful or less of dissolved red currant jelly is sometimes added to this, and in place of the brandy a dash of port can be used. This sorbet can be recommended. The exact amount of sugar depends on the quality of the claret.

Cocoa-nut Cream Ice.—Required: a pint of custard, No. 2 or 3, and a couple of ounces of grated cocoa-nut, with flavouring to taste. Cost, about 1s. 3d.

The nut should be infused in the custard, and it is optional whether it be left in or strained off before the freezing begins. A tablespoonful of brandy, and the same of orange flower water, or twice the measure of the latter alone, will be found a good flavourer; rose water is also nice, and a little vanilla essence is equally suitable. By some the unflavoured preparation will be liked. Freeze and serve, or mould the ice, if liked.

NOTE.—This can enter into the composition of Neapolitan ices.

Coffee and Vanilla Soufflé.—Required: the yolks of ten eggs, the whites of five, cream, sugar, coffee, and vanilla, as below. Cost, about 1s. 6d. to 2s.

The eggs are to be put in a bowl, and placed over boiling water, with a quarter of a pound of fine sugar, and whipped until warm; then remove the bowl and divide the mixture, and into one part stir three tablespoonfuls of strong clear coffee, or a good tablespoonful of coffee essence, and flavour the other part with vanilla; then whip over ice until the contents of the bowls are cold and thick. Have ready a quarter of a pint of whipped cream, and stir half into each bowl. Take a soufflé case, and put a paper band round to stand a couple to three inches above it, and put the mixture in, either in two or four layers. The case should first be put in an ice cave for a time to get cold; the mixture should be put to almost the top of the paper; then set in the cave for about three hours, or it may be ready in less time in cold weather. If no silver dish, the mould should have a napkin pinned round, unless a china case be used. The paper must be removed carefully. Small paper cases can be used, and either of the mixtures used separately. If vanilla form the top layer, sprinkle with coloured sugar before serving.

NOTE.—Maraschino or other flavouring may be used instead of vanilla, and fruits can be added, if liked. A very good soufflé is made by flavouring the eggs, &c., with brandy, and adding a tablespoonful of cherries or other fruits. This is called BRANDY SOUFFLÉ. Or liqueur can be used, the dish taking its name from that; fruits are optional.

Coffee Cream Ice.—There are various ways of making this favourite ice. One is to make a strong infusion of the best coffee, and add a gill or more to every quart of sweetened cream or custard to be frozen. Add more sugar as required, and flavour with vanilla; a pinch of cinnamon is sometimes added. Another way is to make half a pint of good coffee from the liquid extract, using about two tablespoonfuls, and mixing with boiling milk; this should be added to enough good custard to make a quart, and flavoured, &c., as above directed. The pure extract only must be used. For a pale and very delicate ice, put two ounces of freshly-roasted berries in half a pint of milk; set them on the stove to infuse, and bring almost to boiling point, but not quite; strain and add a gill of good custard, and, when cold, freeze, adding during the process a gill of whipped cream; or, if more convenient, use half a pint of custard at first. Cost, from 2s. to 2s. 6d. per quart.

Cream Ice, Plain.—This is very nice as an ordinary dessert ice, or to serve with iced compôtes of fruits. Its preparation is very simple. Add a little sugar, about an ounce to two ounces to each quart of cream, without any flavouring, and freeze it in the usual way. It may be moulded if liked, but is often served in a pile with fruits round it. It is also a delicious accompaniment to various dishes with which cream or custard is generally served, and these are too well known to need repetition.

Cream Ices.—These are of two kinds, viz., those which are made from a mixture of the pulp of the fruit from which the preparation takes its name, and sweetened cream only; and those which are a mixture of custard and fruit, or custard and jam when this is used in place of fresh fruit. In some of our recipes the custard base is given, and in others the cream, and in most cases the one may be used in place of the other according to taste and convenience. There is much difference of opinion as to which is the better; many think that a custard, on account of its richness, somewhat overpowers the flavour of the fruit, and that there is nothing to equal cream. For the sake of cheapness,

others again incline to a mixture of milk and cream, but when this is done it is well to slightly increase the amount of jam or fruit to give body to the ice. Another way is to take a custard and flavour it with fruit syrup, this being often preferred to jam when fresh fruit is out of season. In using jam its degree of sweetness must be taken into account, therefore the proportions in the recipes are to be regarded as approximate only. If found too sweet, a little more custard or cream should be added, or a squeeze of lemon juice is useful. The colour must always be heightened with a few drops of colouring after the mixture has been sieved; a hair or silk sieve, or a tammy cloth, should be used. A dash of liqueur or wine is an improvement to many jam ices. Bottled fruits and their syrup may take the place of jam. The liqueur syrups sold in bottles are also handy for flavouring, the amount added to a quart of cream or custard being regulated by taste. Sugar should be put in sparingly at first, and for some, if a good proportion of the syrup be used, no sugar will be wanted.

Currant Water Ices. — (*See* BLACK OR RED CURRANT CREAM ICE, page 961.)

Custards for Ices.—(*See* page 926.) No. 5 is recommended when economy has to be considered, or when plain ices are wanted.

Damson Cream Ice. — Required: three-quarters of a pound of damsons, a gill of water, six ounces or more of sugar, and a pint of custard. Cost, about 1s. 6d., but variable.

The fruit, water, and sugar should be put in a saucepan over the fire, and cooked slowly until soft, when the juice only may be drained off and used, or the fruit may be passed through a sieve and added. Add the custard, sweetened, or cream, if preferred. A tablespoonful of curaçoa is an improvement to this. Add a few drops of carmine, and freeze. If intended for moulding, this is more effective if the top be filled with a pale ice; almond is very suitable, but others can be used.

NOTE.—For water ice, follow the directions for currant ice, using the syrup as described above, in place of currant syrup.

Frozen Cream.—(*See* CREAM ICE, PLAIN.)

Ginger Cream Ice.—Required: custard, ginger, &c., as below. Cost, about 1s. 6d. per pint.

Take a pint of good custard, sweetened a little, then add to it two tablespoonfuls of syrup from preserved ginger, and the same measure of the ginger cut in small lumps or thin slices. A little lemon or orange juice, with a tablespoonful of good ginger wine, improves it, but it may be served plain. Freeze and mould, or serve in the rough. For a better ice the ginger should be pounded in a mortar, and the custard materials added in the cold state; the whole is then thickened in the usual way, and the preparation passed through a fine sieve or tammy. A dash of pale brandy and a little vanilla essence are by some considered finer flavourings than those named above; while some will prefer it just as it is, for the ginger flavour to predominate.

Ginger Water Ice.—Required: ginger, water, eggs, and sugar, with adjuncts as above. Cost, about 1s. 6d. per quart.

Pound four ounces of preserved ginger in a mortar, and pour over it a pint of boiling water and cover till cool; then sieve or tammy it, and add the rind of an orange or lemon that has been rasped on a few lumps of sugar, with more sugar to make up the quantity desired, about a quarter of a pound; squeeze in the juice of the fruit, and colour a little; then freeze. A cheaper and very nice ice is made by using a few tablespoonfuls of the syrup of the ginger to a pint of boiling water, and a little ginger essence with a tablespoonful of lemon syrup. When the egg-white is added, beat it in the usual

way. A very superior ice is made by taking a quart of lemon water ice made weaker than usual, and adding two to three tablespoonfuls of the ginger syrup and a drop or two of essence of ginger. Bottled ginger syrup can also be used. This and the above are most suitable for winter service.

Gooseberry Water Ice.—This is very nice and cheap. Required: water, fruit, sugar, and colouring. Cost, about 1s. per quart.

The fruit should be cooked in a jar, and when partly done sweetened with SYRUP (page 970), and passed through a sieve, after about half its measure of boiling water has been added. Add colouring, and freeze when cold.

Should a cream ice be preferred, sieve as soon as sweetened, adding no water; then add an equal measure of sweetened plain custard. For a good ice, use equal parts of fruit pulp and cream.

Iced Puddings.—These may be termed a very rich form of iced cream, and the custards of the best kinds form a suitable foundation, the pudding taking its name from the various ingredients added. These are a luxury, and served in small quantities only; a quart mould would serve a dozen to fifteen people. When dried fruits are added to the pudding mixture they are improved by soaking for a short time in a little wine, spirit, or liqueur; fruits that are preserved in syrup are just drained and cut up.

NOTE. — Both to puddings and creams, a portion of the cream given in the recipe may be kept back and whipped and added either just before freezing, or when partly frozen; in the opinion of many this is a great improvement, and it certainly adds to the bulk, and increases the rich taste. (*See* INDEX for recipes.)

Iced Soufflés.—These sweets are generally favourites wherever introduced. They are very delicate, and similar to mousses, except that they are sent to table in soufflé cases instead of being moulded and turned out. The recipes given serve to illustrate the principle of the concoction, and may be varied as required, as the one foundation will serve for a good number of dishes by altering the flavours. Whenever an increased amount of flavouring liquid is used allowance must be made by reducing the milk or cream at first.

Imperial Iced Pudding.—(*See* ROYAL ICED PUDDING.)

Lemon Cream Ice.—Required: custard, lemons, sugar, colouring, &c., as below. Cost, about 3s. per quart, on an average; more when lemons are very dear, or the richest custards used.

Allow four lemons to a pint of custard that has been sweetened with about a quarter of a pound of sugar. The best way of preparing it is to infuse the thin rinds in the milk, then strain on to the eggs and cream, and thicken as usual.* The strained juice goes in when the mixture is cold. A little colouring should be added.

Another way.—This is very delicious. To a quart of cream add lemon rind to flavour well, by rasping the outside with lumps of sugar; use the juice of three, and the rinds of four or five to a quart, with extra sugar to make up to six or eight ounces. This should be left pale. Orange cream in the same way, especially from Tangerine oranges, is very delicate.

NOTE.—For a cheap ice, take either of the plain custards, and add the grated rind and strained juice of a lemon to each quart, then flavour with essence of lemon, and colour to taste.

Lemon Water Ice.—Required: lemons, water, sugar, colouring, and whites of eggs, if liked. Cost, from 1s. 6d. to 2s. per quart, according to price of lemons.

* *See* CUSTARDS, and follow the first or second mode of thickening.

Pour the water on the thin rinds of the fruit; see that it is boiling, and allow a pint and a half to eight or nine rinds. Add from half to three-quarters of a pound of lump sugar, according to taste, and the quality of the fruit. Cover until quite cold, then put in the juice of the same number of lemons, or more if preferred. A single drop of essence of lemon assists the flavour, but it is sometimes objected to, and its use is optional. For the addition of the eggs, *see* page 971.

Note.—Lemon ices are very popular, but the above should be taken as guides to quantities only. To show how tastes differ, we may mention that we have seen a pound of sugar and the rinds of four and juice of six lemons only added for a quart; others use a quarter of a pound to six ounces of sugar only. Should the mixture be thought too acid, and more sugar be added, it must always be dissolved first, or use syrup, if at hand (page 970).

Another way of making lemon water ice is to put the rinds of the fruit in cold water some time beforehand, and bring very gently to the boil, and allow it to simmer for ten minutes or so; the sugar is then added, and a minute's further boiling given, and the juice put in when cold; by this method a smaller proportion of rind serves. Both modes can be tried. A lime is an improvement in place of one of the lemons, or lime water ice may be made in the same way by using a smaller proportion of the fruit.

Liqueur Cream Ices.—Curaçoa, kirsch, maraschino, and noyeau are all popular as flavourings for cream ices. About a tablespoonful of either to the pint of custard or cream will be sufficient. The syrups of the same kind may be used as a substitute for the real thing, then a larger proportion will be wanted, and the sugar in the custard must be reduced a little. Cherry brandy, ginger brandy, and many other compounds of a like kind may be used in the same way.

Liqueur Soufflé.—(*See* Coffee and Vanilla Soufflé.)

Malaga Iced Pudding.—Required: a pint and a half of rich custard as for Nesselrode Pudding (p. 967), a tablespoonful of brandy, the same of sherry, half as much lemon juice, half a tablespoonful each of pears, pink and white, green almonds, and oranges, either yellow or green, all in dice. Cost, about 1s. 10d. to 2s.

The fruits are to be soaked in the liquids, and mixed with the custard just before freezing. Mould prettily, and turn out as directed on page 958.

This may be made with a mixture of rum and sherry, or Madeira if liked.

Marmalade Ice.—(*See* Orange Marmalade Ice.)

Melon Water Ice.—Required: a melon, water, sugar and flavouring as below. Cost, about 1s. 6d. but variable.

Peel a ripe melon of medium size, and put it in slices in a mortar, then pound it, adding gradually as much sugar as may be required. Measure the pulp, and add half as much water. Add the juice of a lemon or an orange, and for a first-class ice a little sherry, brandy, or any liqueur or syrup. This is improved by tammying. Freeze and mould, or serve in the rough. A little fresh fruit is sometimes cut up and put on the top when served in glasses, and any dried fruit may be added if it is moulded, but such additions are optional.

Mousses.—These are a go-between soufflés and ordinary iced creams. They are lighter and more spongy than the latter, on which account they are often better liked. They have the further advantage of needing no freezing before they are moulded. The mixture is first thickened over the fire like a custard, then put in the mould and set in an ice cave until firm

enough to turn out. A cave is a necessity for the proper concoction of these dishes. To ensure success they need great care in the preparation.

Neapolitan Ices.—These are prepared by putting ices of various kinds and colours into a mould, known as a Neapolitan ice box (Fig. 149), which, when set and turned out, is cut into slices suitable for serving. However small the pieces, the block should be

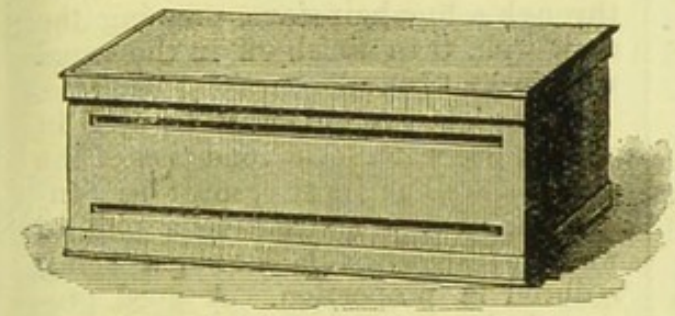


Fig. 149.—Neapolitan Ice Box.

cut so that each person gets a little of each kind; to do this, slice downwards first, then cut the slices through once or twice in the contrary direction. They are generally laid on a lace paper on an ice plate. Four or five kinds are usually put in the mould, though three sorts will do. The following will serve as a guide in arranging: First, vanilla cream, then raspberry or cherry or currant water; coffee or chocolate in the middle; then strawberry cream, with lemon or orange or pine-apple water to finish. A cream ice, flavoured with any liqueur, a brown bread cream flavoured with brandy, with a couple of bright-coloured water ices, form another agreeable mixture. Tea cream may be introduced into almost any combination unless coffee be used. Banana cream, pistachio or almond cream, with cherry water and damson or strawberry water, will be found very good.

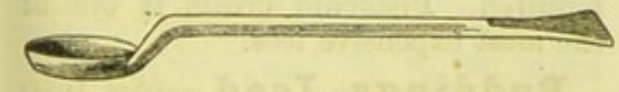


Fig. 150.—Neapolitan Ice Spoon.

The spoon shown has a double use; the bowl is for putting the mixture into the mould, and the handle is for levelling it; naturally, it is equally useful for other ices. The boxes may be had in tin at much less cost than pewter; they are also sold small enough to make single ices, but these are much more troublesome to prepare. After filling the moulds, if no cave, "bed" in ice in the usual way. (*See* page 958.)

Nesselrode Iced Pudding.—Required: a pint and a half of rich custard (No. 2, page 926), and two tablespoonfuls each of ginger syrup and brandy, glacé cherries in quarters, and ginger in thin slices. Cost, about 2s. 6d. to 3s.

The brandy should be the best pale. The fruit should be put in it with the ginger syrup an hour or two before using. Mix and freeze to a semi-solid consistence, and then mould and turn out. (*See* directions on page 958.)

Note.—The proportions of fruit and spirit may be regulated to taste, and other fruits are often used in addition to cherries and ginger, but a trial of the above is recommended before any deviation is made from the recipe, which is a very good one. At one time, a pudding bearing this title had a foundation of cooked and sieved chestnuts. This has given place to a custard foundation, but chestnuts are sometimes used in small proportion, or the custard may be thickened with French chestnut flour, about an ounce to the pint. This produces a pudding of a rather more solid nature, and a little plainer, as the eggs may be reduced by two.

Orange Cream or Water Ice. — Proceed as for Lemon Ice (page 965), using oranges instead of lemons. To every six oranges a lemon should be added, as it assists the flavour very considerably. The exact amount of sugar or syrup is to be regulated by taste.

Orange Marmalade Ice.—This is very nice and inexpensive.

Take a pint of custard, plain or medium, and add to it a gill or so of orange marmalade, with a little orange and lemon juice, about half a tablespoonful of each. Freeze in the usual way. Lemon marmalade can be so used. Cost, about 1s. 3d. per pint, if medium custard be used.

Pineapple Cream Ice.—Required: a pint and a half of cream or custard, sweetened to taste, half a pint of grated pineapple, and a little colouring and lemon juice. Cost, about 2s. to 2s. 6d. per quart.

This is easily made. Let the custard cool, then add the grated pine with the juice of half a lemon and the colouring, and as much more sugar as may be required. Freeze as usual. If moulded, use a pine mould if one be at hand. This is less trouble than using fresh or tinned pineapple, which has to be boiled with water and sugar, then pounded and tammied. Another way is to use pineapple jam or marmalade. A drop of pineapple essence may be used to bring out the flavour in this case.

Pineapple Iced Pudding.—Required: a quart of rich custard (No. 1, page 926), a quarter of a pound of crystallised pineapple, a tablespoonful of brandy, the same of lemon juice, and a few drops of pineapple essence. Cost, about 2s. 3d.

The pineapple should be cut up and soaked in the brandy and lemon for a few hours, then added to the custard when cold. Finish as directed in preceding recipes. A pineapple mould is most suitable for this, but any pretty one will answer. The custard should be coloured if the yolks are pale. If a pine mould, the stalk part should be coloured green. Or a flower mould will serve.

NOTE.—The fruit may be increased by two or three ounces, but the essence must be used most cautiously.

Pineapple Sorbet.—Required: a medium-sized pineapple, a pound of sugar, the juice of two lemons and one orange, the rind of half a lemon and half an orange, half a gill of maraschino, and from a quart to three pints of water. Cost, about 1s. 9d. to 2s., when pines are cheap.

Peel the pineapple and cut it up—the smaller the pieces the better—and put in a bowl with the sugar, then pound well; add the other materials and cover for a time. The rind of the fruit should be grated or thinly peeled and cut in strips. Finally, strain through a fine hair sieve, pressing the fruit well, then finish off in the usual way (page 970).

NOTE.—Discretion must be used in adding the water—the condition of the pine, as well as its size, must be considered. For a small pine a pint of water will be enough, the sugar being reduced in proportion. A good preserved pine is much to be preferred to a poor fresh one. A few drops of pineapple essence is useful in bringing out the flavour, but be careful in the use of it.

Pistachio Cream Ice.—Required: a pint and a half of custard, No. 2, a quarter of a pound of pistachio kernels, and flavouring as below. Cost, about 3s. to 3s. 6d.

The kernels are to be blanched and chopped, then pounded with a couple of tablespoonfuls of orange flower water added by degrees during the latter part of the process. Rose water may be used instead, or either may be omitted and a little cold water used; then the mixture, after the custard is added, can be flavoured with a tablespoonful of noyeau or a little vanilla. Add a little green colouring. The cost is reduced by using half pistachios and half sweet almonds, or other nuts.

NOTE.—Walnut ice is made similarly, except that a larger proportion of nuts may be used, and no colouring is required. Pistachio cream is one of the most expensive ices.

Puddings, Iced.—(*See* ICED PUDDINGS.)

Punch Sorbet.—Required: a bottle of champagne, sugar, oranges

and lemons as below, tea, rum, brandy, and liqueurs. Cost, varies with the champagne.

Rub the rind of an orange and half a lemon with four ounces of lump sugar; add a gill and a half of good green tea (strained), a gill of brandy, the same of rum, half as much pineapple syrup, a glass of maraschino, and as much of the syrup of page 970 as will sweeten it to taste. Then freeze and serve plain, or with a garnish of fruits. A light wine may be used instead of champagne for a cheaper sorbet, and the flavourings may be varied to taste.

Raspberry Ices.—(*See* Strawberry Cream and Water Ice.)

Raspberry Mousse.—Required: a quarter of a pint of the pulp of fresh raspberries, a tablespoonful of red currant juice, a little colouring, a quarter of a pound of fine sugar, the yolks of eight eggs, the whites of two, and three-quarters of a gill of whipped cream. Cost, about 2s.

The materials, except the cream, are to be whipped over boiling water until warm, then taken off and whipped until cold and thick. The cream should be whipped, and that is to be added, and the whole well whisked. Put the mixture in a mould, and set in the cave for about three hours. Dip the mould into cold or just tepid water, and dish on a lace paper or serviette. (*See* Mousses, page 966.)

Note.—To make a soufflé, use the whites of two or more eggs, and add a couple more tablespoonfuls of cream, then proceed as directed for Coffee and Vanilla Soufflé (page 963). Other fruits may be used in the same way for either of the dishes.

Raspberry Sorbet.—Required: half a pound of fresh raspberries, a quarter of a pound of sugar, a tablespoonful of brandy, and three gills of water. Cost, about 6d. to 8d. when fruit is cheap.

The fruit should be full weight after sieving, then add the water and sugar; tammy, and then put in the brandy. Freeze as directed (page 970), and serve with a few of the best of the raspberries, cut up and sprinkled with sugar, as garnish.

Raspberry Soufflé.—(*See* Raspberry Mousse above.)

Royal or Imperial Iced Pudding.—Required: a pint and a half of rich custard, three ounces of French plums, the same of glacé cherries, two ounces each of glacé apricots, greengages, and white pears; flavouring and colouring as below. Cost, about 4s.

Make the custard, and let it get cold; cut the fruits up, keeping the kinds separate. Add a tablespoonful each of brandy and maraschino to the custard, or increase the maraschino if liqueur syrup be used. Divide the mixture; leave half plain, and colour the rest a pale pink. Divide the French plums and the green fruit between the two mixtures; put the cherries into the plain portion and the pale fruits into the pink. Finish off by freezing as usual, then mould in layers, or line a mould with one, and fill up with the other. This is an excellent pudding. *See* page 926 for the Custard, and page 126 for Royal Sauce; but the pudding may be served as it is if preferred. For a cream of the above name, omit the fruits, but flavour and colour the mixtures as directed above.

Savoy Cream Ice.—Required: a pint and a half of custard, medium or rich (page 926), two to three ounces of grated Savoy biscuits, and a couple of tablespoonfuls of any nice liqueur; or, for a cheaper ice, liqueur syrup or fruit syrup, or sherry and lemon juice mixed. Cost, according to richness of custard and liqueur or other flavouring.

The hot custard should be put over the crumbs, and the other materials added when cold. This may be frozen and served plainly, or moulded. When fruit syrup is used, the mixture should be coloured to suit it. This may be flavoured with grated cocoa-nut for variety (*see* page 962). This is less

rich, and has more body, than many other ices.

Sorbets.—These are water ices flavoured with wine or spirit, and generally frozen to a less solid consistence than ordinary ices. They are, as a rule, considered firm enough when they can be just piled up in the glasses. They are always served before the roasts. Some persons prefer them moulded; then, fancy small moulds should be used, and they must be turned out in the usual way, but their place of service remains the same, and they must receive the addition of wine or spirit. But the semi-liquid condition is the more correct, as the word in the Italian means sherbet, which clearly explains their origin. They are, however, so refreshing, that there is no reason why they should not replace ordinary ices, especially at outdoor gatherings—being really a go-between a liquid and a solid.

Soufflés, Iced.—(*See* Iced Soufflés.)

Strawberry Cream Ice.—Required: custard or cream, strawberries, lemon juice, sugar, and colouring. Cost, about 2s. 6d. per quart.

The fruit should be picked, and sprinkled with a little sugar, then left for an hour, when it must be rubbed through a fine sieve, and mixed with an equal measure of custard or cream that has been properly sweetened. When fruit is scarce, half a pint of the pulp can be added to a pint and a half of custard or cream. A tablespoonful of lemon juice is to be added to each pint, or a pinch of citric acid can be dissolved and used. Colour and freeze.

Note.—If jam be used, allow about three-quarters of a pound to a pint of cream or custard, or less for a plain ice. A little strawberry essence improves the flavour of this, or a tablespoonful of strawberry syrup. Avoid making it too sweet, or it is sickly, and do not omit the acid.

Strawberry Water Ice.—Required: fruit, water, eggs, sugar, &c., as below. Cost, about 1s. 6d. to 2s. per quart, but varies with price of fruit.

Allow about half a pound of sugar to the pound of fruit. Put it in a mortar and pound it with part of the sugar, and then sieve or tammy it. The rest of the sugar should be mixed with a pint of boiling water, and added to the fruit when cold, with the juice of half a lemon and colouring, and the whipped white of an egg, or two if small, last thing before freezing.

Note.—Raspberry cream or water ice is made as above, using raspberries instead of strawberries. A little currant juice improves it.

Syrup for Sweetening Water Ices.—Allow a pound of pure cane loaf sugar to each quart of water used; use a copper or steel pan, and simmer over a gentle fire until reduced to a little more than half the quantity; skim very carefully, and strain through a fine clean cloth. Another way is to use a pint and a half of water only to each pound of sugar, and to boil for a shorter time; but this is better adapted for present use, while the syrup made as above may be bottled. Given a perfectly clean pan, pure sugar, sufficient skimming, and careful straining, no clarification is required, though some cooks do clarify syrups of this sort with white of egg.

Tea Cream Ice.—Make half a pint or thereabouts of strong tea, and mix it with a pint of custard, sweetened, or the same measure of whipped cream, and a gill of custard; or add a pint of thin cream, and when the mixture is partly frozen, mix in a gill of whipped cream. This is sometimes flavoured with lemon. The tea may be black or mixed, but must be of good quality and delicate flavour.

Vanilla Cream Ice is made by adding some essence of vanilla to custard or sweetened cream when cold. About a teaspoonful to the pint is the average; but it varies. A better way is to infuse the vanilla pod in some of the milk used for the custard, or a

tablespoonful or so of milk if cream be employed.

Water Ices. — These are refreshing, and, as a rule, popular. In some of our recipes we give the whites of eggs as an ingredient; the main use of them is to increase the bulk, and by giving body, assist the freezing; but their employment is quite optional. Fruit, jam, and syrups can be used here as for cream ices. We have given the ordinary modes of preparation in the recipes, but the above SYRUP may at all times be used in place of sugar for the sweetening; by adding a little at a time it is a very simple matter to obtain the requisite degree of sweetness. It is false economy to be too sparing with the fruit used for the foundation, for if the right degree of consistence be not given the mixture takes longer to freeze as well as tastes poor. Besides, as the cost is less than for a good cream ice, one can afford to be sufficiently liberal with the fruit, generally speaking. The same remark applies, of course, to jam. When two ices are provided, one should be water, whether moulded or served in the rough, as there are many who will eat a water ice, who find a cream too rich.

GARNISHES, ADJUNCTS, SAVOURIES, AND SANDWICHES.

GENERAL REMARKS.

THE hints and recipes in this chapter by no means exhaust the subject, much kindred information being scattered throughout our pages, and almost every chapter containing something which bears on the present subject. Hors d'œuvres, entrées, fish, salads, eggs, cheese, dressed vegetables, and sauces, contain many hints likely to be helpful.

The art of making dishes look nice has been fully discussed by most modern writers, but it is doubtful if anything without an "eye for colour" and plenty of practice will prove of much service to anybody. We would, however, emphasise the remark made elsewhere, that elaborate garnish is no excuse for *badly cooked food;* on the contrary, viands of the best quality, nicely prepared and suitably, though sparingly, garnished, will create a far more favourable impression.

GARNISHES AND ADJUNCTS.

There is no branch of cookery in which more depends upon the ingenuity of the cook than garnishing; to substitute another mould or set of cutters for those mentioned in the recipe may often be a necessity; the same may be said of the edibles that should form the garnish; in fact, those who rely entirely upon written recipes, will never be as perfect in the art as they might be. Dwellers in the country will be wise to have at hand some of the preserved provisions that are so helpful in supplying little dishes at short notice, as well as adding to the ornamentation of all the courses from soup to savoury.

SAVOURIES.

Small savouries at the end of the meal are now quite a feature of a good dinner. When more convenient, a large dish may be served, but one small one to each guest is generally preferred. The edibles that may fitly be served in this course are many, and the hostess has ample choice. There are many other recipes in the book that are equally suitable for this course. Here and there the mode of sending to table, and the garnish employed, must be varied according to circumstances. Piquancy of flavour, dainty dishing, and quick service of the hot viands are the main points. Fritters, canapés, soufflés, &c., furnish familiar examples of the modes employed for such materials as cheese, and fish of all sorts, from lobster to shrimp, or caviare to herring roe. Vegetables figure largely, mushrooms playing a leading part; and the chapter on DRESSED VEGETABLES

may be referred to with advantage. There are some who assert that the after-dinner savoury is a mistake, or that no such dish is wanted; but the majority of experienced diners-out agree that the palate should not be left "sweet," but cleansed by some delicate savoury. Perhaps, after all, these little dishes are most enjoyed by the large number who nowadays shun the sweet course altogether.

The plainer dishes of this class are suitable for service at any meal.

SANDWICHES.

Nicely prepared sandwiches constitute a palatable and convenient dish, and by the aid of a little garnish they may become an elegant one. But owing to the careless manner in which they are sometimes prepared, they have fallen into disrepute in some quarters. Those who imagine that scraps which are utterly useless for any other purpose will serve for sandwiches, make a mistake. Whatever is used should be properly cooked, suitably seasoned, and absolutely free from all objectionable portions in the way of gristle, surplus fat, &c., when meat is used; and the same care is required when dealing with other materials. As to meat, it is far better to cut the slices into mouthfuls even for the plainest sandwich, and, in our opinion, potted meat is better still. Freshly cooked meat is essential, as stale meat soon sours in sandwiches.

The bread should be stale enough to cut evenly, and it must be good. The butter, however little be used, should be above suspicion, and this is especially necessary when sandwiches are packed for a journey in the summer. Thin slices of fried bread or toast, and the daintiest of rolls, are now pressed into the service, and as to the fillings, their name is legion. Amongst the most common may be noted potted meats, fish, and game; sausages of all sorts; eggs, salads, mayonnaise, and other sauces of the same class; store sauces and pickles, grated cheese, and a host of savoury preparations that may be bought ready for use; but many of the latter furnish dishes by no means cheap, and some of the elaborate kinds of sandwiches are almost lost in the garnish.

For the plainest sandwiches some little finish should be given to the dish; a sprig or two of parsley or cress, and a clean d'oyley are within the reach of most; for better dishes, the nature of the filling must be a guide also to the ornamentation. When many kinds are prepared, it is well to label them.

All sorts of shapes are now seen, and fancy cutters will be found handy. Leaves, cutlets, ovals, and rounds, with plain or crimped edges, crescents and others, are very general. With very little management, waste may be avoided; it is often more economical to cut the shapes before buttering them. From the trimmings of large sandwiches small ones of other shapes may frequently be cut. As a rule, the larger the plainer, and the smaller the richer the sandwich.

Mustard Butter.—This is useful, for it saves much trouble in the case of a number of beef, ham, tongue, and all similar sandwiches, to butter and season together. The mustard should be mixed thickly with a little cream, or butter melted for the purpose; it should then be amalgamated by working it to a cream with the butter, a wooden spoon being employed.

About a tablespoonful of dry mustard to eight or twelve ounces of butter may be used, but taste has to be considered as well as the strength of the mustard. The butter should not be melted by heat. When too stiff to spread, it can be put in a warm basin and treated as above; when too soft, it should be cooled on ice if possible. For the best sandwiches the butter is clarified. For many, when rich sauces are mixed with the filling, the butter is omitted. Other seasonings, as cayenne, coralline, or black pepper, curry, and the thick liquor from hot pickles may be added to the mustard.

FANCY PAPER ORNAMENTS.

Cases.—Under this head may be grouped cases for ices, and small savouries of all sorts, cutlet cases, &c.; the most useful are all white, or white with a coloured edge, but there are several varieties, and novelties are constantly being introduced. An assortment may be seen at most good stationers' shops and the large stores. Collars for pie-dishes, and girdles for ice cups are pretty and useful. The latter are made in a number of artistic shades, and can be adapted for other dishes.

Dish Papers.—These are much used and are very cheap; the plain stout ones with a crimped edge are suitable for fish; and the thinner ones with a lace edge, for fancy dishes generally, and the most ornamental of the savoury ones.

PIPING BAGS AND TUBES.

Pipes or tubes vary much in size, also in shape so far as the mouth is concerned. The simplest kinds are shown, and are readily attached to the bag, and may be used after a few trials by the most inexperienced. A specimen bag and tube can be had, and the beginner will do best with one of the plainest. Where much high-class cooking is done, a set of tubes should be bought. They are used for piping cakes, for garnishing by means of butter of various sorts, and for all sorts of purposes, as referred to in different recipes. It is a good plan to make experiments with some lard on an old tray; the lard can be scraped off when cold and used many times. For this is one of the branches of ornamentation better learnt by one practical lesson, than by reading many pages of written description. The little details of manipulation can really only be acquired by watching one used to the work; and perfection is often only attained by practice. Many can, however, "pipe" fairly well who have never had a lesson, and the following hints will be useful. After filling the bag, or putting as much in as is necessary, twist it so that the contents may be in contact with the pipe, and not escape at the open end. Twist while using from time to time, and scrape the sides of the bag if needed to avoid waste. In this way the last bit may be used up. Hold the point of the pipe close to the article to be piped, and release the bag quickly that the pattern may be sharp; if withdrawn slowly (a common fault), there will be more or less "messiness." Always wash the bag as soon as done with, remove and wash the pipe, and dry both thoroughly. The fine "thread" pipes should have thin wire or a needle passed through to dislodge the material. A clogged pipe is useless.

Several materials are used for the pipes; tin ones are cheapest, and

with care last very well; brass and German silver cost more. Some prefer "screw" pipes, which are a little dearer. Many who do not require any such aids for strictly decorative purposes, would find one or two of the plain pipes with good-sized mouths very helpful for filling little moulds, dropping cake mixture on tins, &c.; there is less waste, and the method is tidier than when a spoon is used.

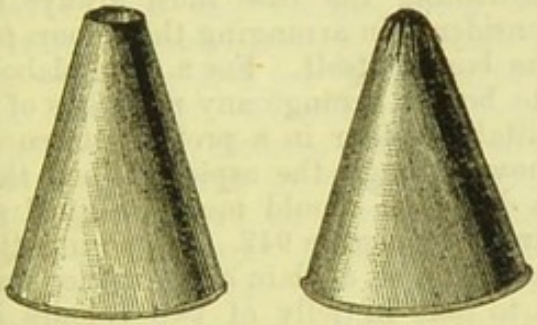


Fig. 151.—Plain Pipe. Fig. 152.—Fancy Pipe.

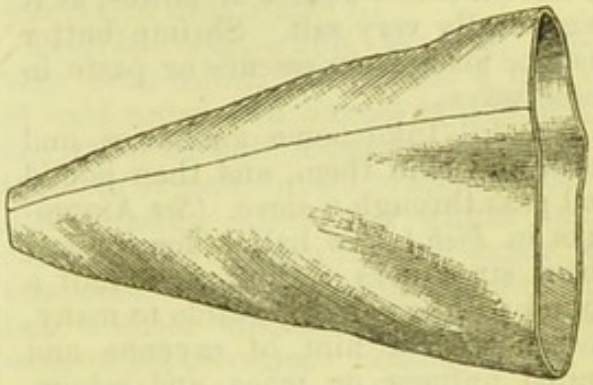


Fig. 153.—Forcing Bag.

The bags are of many kinds. Some like a waterproof one; others prefer them of linen, a special stout kind being used; one may meet with them made of dowlas. Others pin their faith to paper bags, a special paper, thin and very strong being used: they are easy to handle, but not so readily obtained as the other kinds, which answer average requirements, and cost but a few pence for the small sizes.

Almonds, Devilled or Salted.—(*See* Salted Almonds, page 997.)

Anchovies on Toast.—The ordinary mode of serving is to butter some toast and cut it in strips, then to lay the fillets of anchovy on, and put in the oven for a minute before serving. A better mode is to first heat the fillets in a little butter in the oven; it is a common complaint that anchovies on toast are dry; this will remedy the defect. There should be enough butter to cover the fillets; then drain and lay them on the toast, and after a minute more in the oven serve. The toast is best buttered on both sides. For this dish each anchovy should make two fillets only.

Anchovy Biscuit Paste.—This is a good short paste flavoured with anchovy. About seven ounces of butter to the pound of flour (Vienna) will be rich enough; rub it in finely, and to every four ounces of flour used allow half a teaspoonful of anchovy essence and a little cayenne; mix with milk or cream or water, or a mixture of water and egg yolk. The paste should be thin and rolled out with care, as it is required stiff. Bake and handle carefully. Colour with carmine for a pink paste. (*See* recipes for Short Pastes, in *Pastry*.) This is used for garnishing as well as to enclose various savoury preparations, for which ordinary pastry would be also suitable. (*See* recipes in Hors d'Œuvres and the present chapter.)

Anchovy Butter.—The proportions of butter and anchovies are very much a matter of taste.

No. 1.—Mix three ounces of fresh butter with a small dessertspoonful of good anchovy essence; add a teaspoon-

ful of lemon juice, and if liked a little cayenne. A few drops of colouring will improve the appearance.

No. 2.—Use anchovy paste sold in pots, but unless coloured this will look muddy. A small quantity is enough to flavour a few ounces of butter, as it is generally very salt. Shrimp butter may be made from essence or paste in these ways.

No. 3.—Take some anchovies and wash and skin them, and then pound and pass through a sieve. (*See* ANCHOVIES in *Fish.*) To half a dozen allow about six ounces of butter, or half a pound will be more agreeable to many. Season with a hint of cayenne and grated nutmeg or mace, and colour. This may be served in fancy shapes for table or for kitchen use ; press in jars and store in a cold place. Useful for sandwiches and savouries generally.

Anchovy Macaroni.—A hot savoury. Required: two anchovies, two ounces of butter, two eggs, some bread, seasoning, and three or four ounces of pipe macaroni.

Boil the macaroni until tender ; fish stock may be used if convenient. (*See* MACARONI.) Then cut it in half-inch lengths, wash and bone the anchovies after soaking for an hour in milk, then sieve them, and add the butter heated, and the seasoning of pepper, and if liked a little Parmesan or chopped parsley may be used. The eggs should be boiled hard, and the yolks may either be pounded with the anchovies or the whole cut in dice. When amalgamated, put in small hot china cases, one for each person, and sprinkle with fried crumbs ; then set in the oven for a minute and serve hot. This can be served at the end of dinner. Other fish preparations are equally good. Sardines, or any of the fish usually employed in the concoction of savouries, may be recommended as the best ; lax or smoked salmon will be found especially good. A very little salt will be wanted.

Aspic Borders.—For a plain border on which to dish anything, make the jelly rather stiff and pour into a plain or fancy mould, and turn out when set. The jelly may be of one or two or more colours. Another way is to make a base of aspic cream or mayonnaise of a contrasting colour. The salad or other material used for garnishing the base must always be considered in arranging the colours for the border itself. For a more elaborate border arrange any materials of a suitable colour in a pretty pattern to show through the aspic. When this is done the mould must be lined as directed on page 942. Supposing the mould to be a plain one, another way is to put in jelly of two colours in layers, with a little garnish sprinkled over just before the jelly sets. Supposing pink and pale yellow jelly ; in the pink, sprigs of chervil or cress, with shapes of white of egg ; in the yellow, some lobster coral with a little more green would be pretty. The stripes of each colour must be put in in two layers with the garnish in the centre of each. Some find this way of garnishing easier than lining the mould and making a pattern all over. Reference to recipes for cold entrées and other dishes, for which *see* INDEX, will furnish other examples.

Aspic Chain Garnish.—This is referred to in some of our recipes. It is very effective and not much trouble. The aspic should be poured in a tin to set and be made stiff. Rounds or ovals are to be cut out with a plain or crimped cutter ; the latter being much the prettier. The centres are to be cut out with a smaller cutter, and the links thus formed placed to imitate a chain. For salads in moulds it is good ; or it can be laid on a green bed round a border, or used in other ways, so that the colours contrast well. Anything of the same nature, as aspic mayonnaise, savoury custard, &c., detailed in this chapter, may be used in the same way. The cuttings from the centres of the rings can be used up for garnishing, so that there need be no waste.

Aspic Cream.—This varies considerably, according to the purpose for which it is to be used. About half a pint of aspic to a fourth as much cream may be used for masking purposes. For a richer mixture, use two-thirds aspic to one-third cream. Flavour with any vinegar, such as cayenne, tarragon, celery, or shalot. Mix over ice, and use when on the point of setting. When for moulding in hot weather, dissolve some of the best sheet gelatine in a little cream, and add. With an ice cave or ice at hand, if the aspic has been well reduced by boiling, the addition of gelatine is not needed. The strength should be tested. (*See* page 939 in JELLIES.)

Aspic Jelly, Economical.—Required: two and a half ounces of sheet gelatine, a quart of water, a small onion, or a leek, or a couple of shalots, an inch of carrot, and the same of turnip, a bunch of herbs, a bit of mace, half a dozen cloves, a dozen peppercorns, the thin rind of a lemon, and the juice, the whites and shells of two eggs, a gill of vinegar, brown or white, as required dark or pale, the same measure of flavoured vinegar, such as tarragon, cucumber, &c., a bit of celery, or some leaves, or a pinch of seed, and a teaspoonful of salt. Cost, about 1s. 3d.

The whole should be put in a stewpan, and set over the fire until warm, when the whites of the eggs, whisked a little, must be added; then whisk to the boil, and remove the whisk; boil up well, and remove to the side of the stove, with the lid half on the pan, for a few minutes; then finish in the usual way (*see* page 939). If a cloth be used for the straining, it must be wrung out of hot water. If for chopping, use less gelatine. Omit the turnip if to be kept, and in very hot weather.

Aspic Jelly, Good.—Proceed as above, but use a gill of sherry in place of the gill of plain vinegar, and add the juice of another half lemon; or, if preferred, reduce the plain and flavoured vinegars to the measure of the added wine. A sprig of fresh tarragon and chervil will improve it considerably. Various herbs may be used to produce change of flavour. (*See* ASPIC JELLY above.)

Another way.—This is easy, and very economical. Required: a quart of cold water, two ounces of gelatine, the juice of half a lemon, the same measure of pale brown vinegar, a bay leaf, a small onion, the whites and shells of two eggs, a lump of sugar, a teaspoonful of salt, a couple of cloves, half a dozen allspice berries, and the same of peppercorns. Cost, about 1s.

Soak the gelatine in the water, and put it with all the rest of the materials in a stewpan, and whisk to the boil, then strain and finish off as directed above.

Aspic Jelly, Various Kinds.—*Dark.*—Increase the amount of vinegar used, or use a little liquid browning, or select a dark sherry for flavouring. Or, if the flavour is not objected to, boil the skin of an onion in; this would not do for the most delicate dishes. *Fish.*—Use fish stock for the foundation, seeing first that it is free from anything that would cloud it. This may be left pale or coloured as required. It is often used with a coloured aspic for fish entrées, &c., and for lining moulds. *Yellow or pink.*—(*See* directions under JELLIES.) *Green.*—This is pretty, but the colouring wants adding with great care; if overdone, it is vulgar. Use liquid. (*See* JELLIES.) This is good for lining a mould that is to be garnished with pink fish. In increasing the vinegar or wine, the water must be reduced in proportion.

Aspic Mayonnaise, or Mayonnaise Aspic.—This is mentioned in various recipes herein, and is very useful for garnishing. To three-quarters of a pint of aspic, allow three tablespoonfuls of thick mayonnaise; the aspic should be liquid, but on the point of setting, and it should

be first reduced by boiling; or a sheet or two of gelatine may be added if it seems too soft. Blend very thoroughly; and if in a hurry, set it on ice. Generally cut in fancy shapes. For such, pour the aspic on a tin with turned-up edges. (*See* hints in JELLIES.) Any desired colour may be given to this. Liquid colours should be used.

Aspic Strips.—*See* ASPIC CHAIN GARNISH, page 976, and cut the jelly into strips, of any desired length, with a wheel-cutter. Narrow strips will be more generally useful for small dishes; for large ones, such as the breasts of fowls, tongues, &c., cut into wider pieces. These are very handy for forming geometrical borders. If several colours are employed, quite an elaborate garnish may be produced at very small cost.

Aspic, Tomato.—This is of nice flavour and colour. If required of the ordinary clearness, the only thing is to use "tomato vinegar" (sold by grocers), and to add enough carmine to give a deep colour. For opaque aspic, take the pulp of the fruit, and pass through a hair sieve; one large or two small tomatoes should be used for a gill of aspic. A tammy must be used if wanted very smooth. Treat as directed in ASPIC MAYONNAISE. All the hints are applicable here.

Baltimore Toast.—This is an extremely good snack at small cost. It is suitable for any meal, but best for luncheon or supper. Required: enough chopped lean cooked ham to fill a quarter-pint measure, an egg, half an ounce of butter, a tablespoonful of cream, a saltspoonful each of grated lemon peel and mixed mustard, about as much powdered sweet herb mixture, a dash of nutmeg, cayenne, and grated cheese.

The butter is to be melted, and the cream stirred in, and then the ham; add all but the egg and cheese, and stir until heated, taking care the ham does not harden; add, during the stirring, a tablespoonful of any light stock; when hot through, remove and beat the egg in, and then re-heat but do not boil. Have squares of hot buttered toast, spread the mixture on, and shake the cheese over the top, then put in the oven for a few seconds; the cheese should be Parmesan, but other kinds will do.

Beef Marrow finds a place in many savouries. It may be seasoned and used instead of butter for sandwiches, all the nicer if a little cress or other green stuff be added to reduce the richness a trifle. A mixture of marrow and butter can be pounded together, and seasoned, and used in the same way as the savoury butters are. To blanch marrow put it in cold water over the fire with a little salt, and let it come to the boil; then turn it instantly into a basin of cold water until required. (*See* INDEX for recipes.)

Beef Sandwiches.—Roast beef is generally used, but boiled beef, if tender, makes good sandwiches. Take thin slices, free from skin and gristle, and without much fat; that from the outside should be removed. Divide into dice. The bread and butter may be brown or white. Lay the meat on evenly, and put a second slice on, then press and cut in shapes. Black pepper, salt, and mustard, are often the only seasonings. Pickles, chutney, cress, or a sprinkling of store sauce are suitably added. The meat may be in thin slices instead of dice, but is not so nice. Potted beef makes very good sandwiches. Tongue, or a mixture of that with beef or ham may be used in these ways. Spiced beef is excellent, being tasty. (*See* CURRY AND EGG MIXTURE, page 984.) A little may be spread on the beef if liked. (*See* SALT MEATS for recipes.) (*See* also MUSTARD BUTTER, page 973.)

Biscuits, Savoury.—*No.* 1.—Soak any thin, plain biscuits in the best olive oil, or clarified butter, then sprinkle with cayenne and pepper, and a little salt, and grill over a clear fire, or heat in the oven. Another way is

to heat the biscuits, and then to butter them and season as above; coralline pepper is very good for the purpose.

No. 2.—For devilled biscuits, heat them first, then spread with either of the preparations given in other recipes (*see* INDEX), and return to the oven to heat. All sorts of pastes sold in pots and tins are used thus; sometimes a purée is put between two heated biscuits, and the finishing off is sufficient to heat the interior. Little piles of curry, and a host of purées used for croûtes, &c., may be used for biscuits also. Curry paste with a morsel of good gravy is excellent. It is essential to success that the biscuits be fresh and crisp; if home-made they should be baked purposely, if possible, and used as soon as done, but this is seldom convenient, except for a meal of few courses. (*See* the chapter on BISCUITS, &c.)

Beetroot for Garnishing.—(*See* INDEX for the preparation, &c.) Pickled beet does very well, but the rule of never cutting it up until wanted must be observed. It looks nicer if brushed over with salad oil last thing. Straws, rings, and other devices may be employed. When finely chopped it is pretty for scattering over any white surface. Blocks are best placed in little beds of greenery, or in rings cut from white of egg, or surrounded by chopped pale aspic. Aspic cream may be used similarly.

Borders, Various.—(*See* INDEX.)

Brains à la Friture. — Required: an onion, the brains from a couple of lambs' or one calf's head, some bread, butter, forcemeat, seasoning, and white sauce.

Chop the onion to the finest degree, and fry in a little butter; then chop the brains and stir them in with a little sauce to make a creamy mixture, and a morsel of forcemeat of any mild kind free from suet; or some herbs and a little ordinary sausage meat may be used instead. After a few minutes' stirring let the mixture cool. Take some bread, cut as for sandwiches, and any shape preferred, and spread with the brains, press the slices together firmly, and fry a pale brown. Drain and serve. Pile on a folded serviette and garnish with fried parsley and cut lemon.

NOTE.—The brains should first be lightly boiled in white stock.

Bread Fried for Garnish.—The bread should be good and a day or two old, free from crust, and cut evenly. Bread that is either crumbly or full of holes will not do. Reference should be made to CROÛTES, CROÛTONS, and CROUSTADES for description of the shapes, and the following mode serves for the frying of all. The fat should be plentiful, that the bread may be covered and coloured equally. As soon as golden brown it should be removed, and if for a hot dish put to drain on paper near the fire. For a cold one set it away in a cold place until wanted and change the paper if necessary. The colour goes a little, therefore for cold dishes let it be a shade darker. The bread is for some purposes softened by soaking in cream or custard first; this is noted in the recipes. When ridged use a sharp knife. (*See* CROUSTADES, page 982.) For small pieces, such as dice for soups and little croûtes, &c., a frying basket is a necessity.

Breakfast Dishes.—Many of the dishes in this chapter are suitable for breakfast.

Butter, Curled.—Place some fresh butter, from which any water should be pressed, on a hair sieve and rub it through with the back of a wooden spoon. The curls will vary in size according to the fineness of the sieve; for such dishes as tongues or hams the sieve should be coarser than when for small savouries. Take the butter up on the point of a wooden skewer and use as a border, or to form leaves, or as fancy dictates. Stars, rings, and a host of devices may be made from it.

Butter, Green.—Colour curled butter, and use to imitate moss. The green savoury butter referred to in several of our recipes is thus made. Required: the yolk of a hard-boiled egg, four or five ounces of butter, a sprig each of tarragon, chervil, and parsley or fennel, a hint of onion or shalot, a dozen chopped capers, a tiny pickled gherkin, a dash of salt and cayenne, some green colouring, and if for garnishing fish, a saltspoonful or so of anchovy essence.

First chop the green stuff, then add to the rest and pass through a hair sieve after pounding very thoroughly. There are many ways of varying the flavour, and sometimes cream or salad oil is added and the butter reduced a little. Some like a little garlic or garlic vinegar; tarragon vinegar is also used, and other herbs are employed. Set by to get quite firm on ice in hot weather. This is also called MONTPELLIER BUTTER.

Butter, Piped. — The butter must be firm. If desired white this may be accomplished by working it about with a wooden spoon in a basin, but it should be done in a cold place or on ice. Use a piping bag and tube. (*See* page 975.) "Thread," "rose," "leaf," and other fancy pipes are suitable. A thread pipe is best when names are to be written in butter, as for hams, &c. A leaf pipe is most suitable for green butter, unless it is used in the form of moss. (*See* BUTTER, CURLED.) We have seen directions given for heating the butter for ornamental purposes; this is altogether wrong, for however firm at starting it soon gets soft from handling, and if softened at first would soon be unworkable.

Butters, Various.—(*See* INDEX, and in this chapter under HAM, HORSE-RADISH, LOBSTER, TOMATO, &c.)

Canapés.—The foundation consists of rounds or ovals of fried bread. Rounds are the more usual, and the bread should be a day or two old, free from crust, and about a quarter of an inch thick. A good size is two inches in diameter. The dish takes its name from the kind of mince or purée used, a little pile being put in the centre. They are served both hot and cold. As a rule, when for small savouries, the bread is cut rather smaller than for hot entrées. Any of the recipes for purées or minces of cooked game or fish, or meat may be followed, and reference to the chapter on ENTRÉES will suggest many fillings. Recipes given in PASTRY may also be followed.

Caviare Sandwiches.—Brown bread and butter is generally used for these—a thin layer of caviare being laid between the slices, which are often stamped out into fancy shapes. For devilled sandwiches, add lemon juice and cayenne (*see* TOAST below). Arrange nicely on a lace paper, and garnish to taste with cress, &c. A first-class sandwich is made by putting a layer of shrimps or prawns in tiny pieces over the caviare. Another variety owes its excellence to a thin layer of anchovy or shrimp paste with a hint of mayonnaise, finished off by a layer of caviare. The bread needs but a suspicion of butter.

Caviare Toast. — The caviare should be warmed in the oven, and then spread on hot buttered toast (not much butter should be used); cut into squares of a little more than an inch, or into small oblongs; make the surface of the caviare smooth, and sprinkle a few drops of lemon juice over; a dust of cayenne will convert it into "caviare toast, devilled." Put in the oven for a minute or less, and serve very hot at the end of dinner. This is preferred by many to anchovy or any other toast.

Cheese Toasts. — *See* CHEESE CREAM and CHEESE DEVILLED (pages 586 and 587). Either will make a good toast. Minced ham, heated in any sauce to taste (such as PARSLEY, or one of the more piquant sauces), may form the first layer, and the cheese mixture

the top when a substantial dish is wanted. Game with cheese is sometimes liked; various preparations of game in sauce or gravy can be served thus.

Chicken and Foie Gras Sandwiches.—Required: some chicken, from the breast if convenient, and a braised bird is best, foie gras and sauce, &c., as below, and some thin brown bread and butter.

The slices of chicken should be very thin, and each spread with a little good sauce—as BÉCHAMEL or SUPRÊME; allow one slice of foie gras and two of chicken for each sandwich; the chicken should enclose the foie gras; then make into sandwiches, first seasoning the butter used for the bread with a little pepper and nutmeg, just a hint of each, and a suspicion of lemon juice. Any nice cooked sausage that contains foie gras may be used in the same way. The sandwiches should be finger shape, as that is the one that causes least waste in cutting up the chicken; the trimmings can all be used up.

Chipolata Garnish.—For this very useful and popular garnish, the following materials in equal quantities are required: carrots, turnips, chestnuts, button mushrooms, and tiny sausages. In place of the latter, the sausage meat is sometimes made into chestnut shapes, and the vegetables are cut into olive shapes. The vegetables should be blanched and parboiled as detailed in the chapter on VEGETABLES, and the sausages nicely fried; the vegetables should be finished off in any nice stock that is suited to the dish for which the garnish is to be used, and the nuts should be nicely roasted. This garnish, to be effective, must be tastefully arranged, and much must be left to individual judgment. In some instances, little heaps of the several ingredients are placed with regard to colour; in others, they are arranged in a pattern. When a very superior dish is wanted, a portion of FINANCIÈRE RAGOÛT is used; then the chestnuts and mushrooms should be reduced, or they may be omitted, and only the carrots and turnips and sausages employed. The latter would be suitable for a roasted or braised turkey, nicely glazed.

Cod's Liver au Gratin.—Required: a cod's liver of medium size, a dozen small oysters, a gill of good parsley sauce, seasoning, and bread-crumbs.

The liver should be steamed, and dropped in cold water when done. The oysters are to be prepared as for sauce, and the liquor well reduced and added to the parsley sauce, with salt and pepper, and some lemon juice or well-reduced white wine; dredge a buttered shallow dish well with the crumbs, fried or browned, and put the mixture in; then cover with more crumbs, pour a little oiled butter over, and heat in the oven or before a sharp fire. The mixture may be put in small cases if liked. White mushroom purée may replace the parsley sauce; then the oysters may either be omitted or the quantity reduced. Sometimes a piquant sauce is liked with the roe, and it serves for various dishes. Cod's roe, smoked or plain, may be cooked and finished off thus. Other fish roes are also good.

Crab Butter.—This is a useful savoury, which may be served as butter with dry toast, &c., or for spreading sandwiches, and converting into other dainties. Required: the meat from the large claws of two freshly-boiled crabs, a teaspoonful of anchovy essence, half a pound to ten ounces of fresh butter, a little salt, pepper, and mixed mustard. Cost, about 1s., exclusive of the crab.

The meat of the crab is to be pounded with the butter and the seasoning added; then put in an enamelled saucepan over the fire, and stirred until boiling-point is almost reached. Then pass through a fine sieve into a basin until cold, when it is ready for use. It must be kept in a cold place. It looks nicer if coloured a little.

Crayfish Butter.—Required: a dozen crayfish, four ounces of butter, and a little cayenne, which should be of the very best quality, so as not to injure the flavour.

The shells and small claws only are wanted for this; the bodies can be used up in other ways. Take them and crack them up small, then put them in a mortar and pound them with the butter, which should be added a little at a time. Put all in a stewpan and stir until it looks a good red; then add a gill and a half of boiling water; boil for a few minutes; then pour the liquid into a basin through a fine hair sieve. Put in a very cold place until the butter is "set" on the surface; then remove it, free it from any moisture, and press firmly into little jars for use. The cayenne should be put in during the pounding, and a dust or two more should be worked in before potting. Cover like potted meats (*see* page 497).

As few people have facilities for making this, we call attention to KREBS BUTTER or CRAYFISH CREAM, sold in tins by grocers. It is a very nice preparation, and may be used in sauces, soups, and savouries, and for many garnishing purposes for fish dishes. Whenever the butter as above is made, the water from it should be used in the soup or other dish that may be made from the bodies of the fish, as it is very rich in flavour.

Cream of Bloater.—Required: bloaters, cream, butter, and seasoning.

For a fleshy bloater allow half an ounce of butter and two tablespoonfuls of cream; take the best of the fish after cooking, and pound it with these materials and a seasoning of cayenne, black pepper, mace, and anchovy, with a little vinegar; may be used for hot or cold dishes. For the former, the toast, or what may be used, should be ready by the time the fish is, and the best way to heat it is to set the vessel containing it in the *bain-marie*, or a substitute. For cold dishes, let the "cream" get cold, and then make it into sandwiches, &c., in the usual way. Kippers may be treated thus:—They should be covered with boiling water, and left with a plate over for about ten minutes; only the best parts should be used.

Cream Cheese and Meat Sandwiches.—The cream cheese, or milk cheese, as preferred, is to be pounded with a little seasoning of pepper, salt, and mustard to a paste. It should be the consistence of butter. Use it in place of butter for the bread, or use cheese for one slice and butter for the other, with a little potted meat spread on the bread. This is tasty, and, if approved, some small salad may be added, or a dash of chopped pickles. Some of the small foreign cheeses, bondons, &c., may be so used.

Another way.—Omit the meat, and after spreading the bread with the mixture, put between some thin slices of rich cheese, as Cheddar or Stilton, with cucumber or tomatoes sliced.

Croustades.—These are hollowed shapes of bread, literally cases. The name also serves for rings, or borders, or blocks, either to lie flat upon the dish, or to stand up high; in short, for any piece of bread that serves for the foundation of the dish, or as a support for cutlets and many kinds of garnish, &c. The first thing in dealing with large shapes is to get a good foundation by levelling the bottom; the after-shaping is then easy. When "ridged," it is best to cut in a slanting direction. Centre blocks are often cut something like a Cleopatra's needle, the bread being sliced until it tapers sufficiently. Round croustades may be prepared by removing the crust from a French roll, then cutting it the right length, and peeling it until quite round and shapely. Bread prepared in this way is handy for cutting blocks by means of vegetable cutters.

Croûtes.—In France, this term refers to crusts, prepared by baking the interior of French rolls, and which are sold by the bakers ready to break

up and put in the soup tureen. The small dice of fried bread used in the same way are called by the same name. Many cooks make no distinction between croûtes and croûtons, and call all small shapes of fried bread by the one name.

Croûtes à la Hatfield.—Required: cheese, butter, parsley, ham, shalot, bread, &c., as below.

Grate into a basin two ounces of Parmesan cheese, the same weight of good dry English, an ounce of ham, and a hint of nutmeg; add two ounces of butter, some French mustard, salt and celery salt (use the salt sparingly); then mix in the yolks of two raw eggs. Work well with a spoon, then put in the white of one egg, and, at the last, a saltspoonful each of chopped parsley and shalot, both of which have been scalded and squeezed in a cloth. Have ready eight small rounds of lightly-fried or toasted bread, spread with the mixture, making it smooth with a knife dipped in water, then put them in a good oven, and as soon as hot, and the cheese coating has risen well, serve at once. If nicely seasoned these are very tasty. A dash of chutney will improve them for some palates.

Croûtes en Surprise. — Required: bread, herring roes, garnish and seasoning as under.

Prepare some triangular croûtons, and dust them over with sieved egg yolk. Make a mixture by passing two or three ounces of tinned herring roes through a sieve, add a little French mustard, half a tablespoonful of fried bread-crumbs, a little cayenne, a dash of chopped capers and parsley, two teaspoonfuls of chopped prawns or shrimps, and half an ounce of butter, with pepper to taste. The butter should be melted in a small stewpan, and the rest added and stirred until hot; a little lemon juice or white vinegar is an improvement. Pile it while hot on the bread. Beat the whites of two fresh eggs to a froth, and add a dust of cayenne; put it high on the croûtes from a bag with a fancy pipe, then bake a pale brown in a moderate oven. Care in the baking and quick service are essential to success.

Another way.—Cut the roes small, and heat them in the butter with some lemon juice; season rather highly with cayenne, anchovy essence, and chopped parsley to taste. Finish as before. The bread may be stamped out with a small cutlet cutter for variety. A morsel of cooked, dried haddock may be added to the mixture. The egg yolk can be omitted from the bread if liked, and a sprinkling put over just before serving.

Croûtons. — These are fancy shapes of fried bread used for garnishing. They may be of any shape to taste, but should not be hollowed like croustades. Fancy cutters are a necessity where croûtons are in demand; oval or round ones with crimped edges are very general.

Cucumber for Garnishing.—Cucumber is one of the most useful of all the garnishing media, the flavour blending equally with fish, flesh, and fowl, while it is equally suitable for hot and cold dishes. A good way for cold savouries is to "ridge" the rind, as directed for lemon, page 990, then to form into slices or rings; in the latter case the centres may be filled with little egg-balls, or anything else to contrast in colour; or the rings will form chains (*see* Aspic, page 976). Being pale, any green of a dark shade blends admirably with it, for instance, olives. A spot of sieved egg yolk here and there is pretty. Little blocks may be cut with vegetable cutters, and left plain, or coated with aspic, and sprinkled with egg yolk. For hot dishes the shapes above referred to may be cooked in stock, and used for many kinds. A straight cucumber will cut up to the best advantage. The peel may be chopped very finely, and used for scattering over white surfaces, just in the same way as parsley, &c., particularly for salads,

and other dishes in which the cucumber forms part.

Cucumber Sandwiches. — There are endless ways of making these. The cucumber may be used alone or in combination with other ingredients.

No. 1.—These are dainty and suitable for ball suppers, &c. Cut rounds of bread and butter with a crimped cutter. Allow three slices of cucumber as thin as a wafer for each sandwich. The centre slice only should be seasoned and drained; this prevents the bread and butter getting moist. Brown or white bread may be used. Lemon juice is liked better than vinegar by many for the dressing. For an ordinary dish the bread may be cut into the general plain shapes.

No. 2.—Spread the bread and butter with a morsel of either of the following: potted ham, tongue, beef, or poultry, or any fish paste, or add a few drops of fish essence to the butter. Then put slices of seasoned cucumber in between and finish in the ordinary ways.

No. 3.—A morsel of thick mint sauce and some lamb or mutton with cucumber may be recommended.

(*See* also CREAM CHEESE and MEAT SANDWICHES.)

Curry and Egg Mixture for Sandwiches.—This is intended as an adjunct only. Required: half a dozen hard-boiled eggs, an ounce of butter, half an ounce of mild curry paste, four tablespoonfuls of milk or cream, or a mixture of either with stock.

Pound the yolks, melt the butter over the fire, add the curry paste and stir well; put in the liquid and stir to the boil, then remove the pan. Beat in the yolks with any seasoning usually added to curries. (*See* recipes in INDEX.) The bread and butter should first be spread with a layer of potted meat or fish, and then with this. A morsel of salad is an improvement. When brown meats are used, some will like the curry mixed with brown gravy instead of milk or cream. The whites should be chopped and added.

Custard, Savoury, for Garnishing.—The uses of these custards are many. When cold, they may be scooped out into various shapes with cutters for soups, &c., or cut in leaves and other shapes for garnishing a number of cold savouries. For the former purpose cook in little moulds; for the latter, in any shallow vessels, that there may be no waste. For a pale custard, allow a whole egg to every tablespoonful of cream and half as much milk, or use all cream; for a deep colour, one whole egg and the yolk of a second should be used to two tablespoonfuls of milk and cream. The whole must be beaten, and seasoned with a pinch of salt and pepper. A little nutmeg may be added, then strain into the vessel for cooking (see that it is buttered a little all over); set in a steamer over boiling water; or if a deep vessel be used, put it in a pan of water and cook with the water at simmering point. When the custard is firm, remove it. Unless cooked gently it will be full of holes and spoilt. Colour green or pink, as required, following the first mode in making. To make these firmer in hot weather a little gelatine can be added. (*See* MOULDED CUSTARD, page 927 in SWEETS.)

Devilled Biscuits. — (*See* BISCUITS, SAVOURY.)

Devilled Marrow.—Blanch the marrow (page 978), and cut it in thin slices, then coat it with either of the mixtures given for DEVILLED MEATS, &c. (*See* INDEX.) Or mix a little mustard with chopped hot chutney, a dash of brown sauce, and season with cayenne and black pepper. Coat with crumbs, and make hot as directed for MARROW TOAST, SAVOURY (page 991). Use as a savoury, or for garnishing. A slice of the marrow may be put on the top of small croûtes spread with any piquant mince.

Dresden Patties.—The interior is composed of various savoury preparations, such as are used for patties and vol-au-vents made from pastry. Here the foundation is made from bread. Rounds or ovals should be cut with a plain or crimped cutter—the latter look the nicer—about an inch and a half to two inches in thickness. Mark with a smaller cutter, leaving an equal space all round, then remove the lids and scoop out the inside, leaving a case with an even bottom. Soak in a little milk or cream, then drain, and egg and bread-crumb the cases and the lids, and fry a golden brown in hot fat. Drain, and have at hand the mince for filling, and serve very hot. Put the lids on lightly. Another way is to serve the patties without lids, then the bread is hollowed neatly to contain the mince. It is often cut thinner for very small patties. A ring or leaf, or other fancy-shaped piece of bread is sometimes used in place of the lid, and the mince shows between.

Egg Balls.—These may be made as small as peas, and are very pretty for dotting about salads, or for strewing in aspic borders. The eggs are boiled until quite hard, then small portions of the yolk taken up in the fingers with a dust of flour, and a little grated lemon peel if liked, or they can be plain; roll into balls and drop in boiling water, and take up as soon as set into shape. Use when cold. When for soups, make larger and cook longer. Yolks of egg passed through a sieve go further, and give less trouble than the preparation of the balls, and the colour is nicer. But for some dishes the balls are a necessity.

Egg Sandwiches.—Scores of recipes could be given for these, from the plain substantial sandwich of hard-boiled eggs, known to travellers everywhere, to the daintiest of the kind, for which the egg serves as a garnish, sometimes gleaming through aspic jelly, and used for dotting about the exterior. Eggs with salad, with potted meats or fish, with curry (*see* page 984), with devilled sauce, or thickened gravy, with sausages, or with cream cheese, may all be recommended. Reference to the recipes for sandwiches of meat and poultry, &c., will suggest other combinations. Hard eggs are most used, but ordinary boiled ones, the yolks spread on the bread and butter or toast, or fried bread, and the whites chopped, are better liked by many, and are more digestible. Eggs alone, with nothing more than a leaf of nasturtium and a sprinkling of salt and pepper, will make sandwiches certain to have many admirers amongst lovers of homely fare.

Slices of hard eggs with tomatoes may be recommended, if nicely seasoned.

Egg and Ham Croustades, Italian.—Required: half a pound of lean raw ham of the best quality, and moderately fat, an ounce of butter, a gill of good brown stock, half a glass of white wine, a tablespoonful of chopped mushrooms, some Italian mustard, pepper to taste, brown roux, and mixed sweet herbs, three hard-boiled eggs, and some bread prepared as for Dresden Patties.

The ham should be trimmed, and put through a sausage machine, then put in a stewpan with the butter, and cooked for a few minutes; the liquid materials are then to go in, and the cooking continued until the ham is tender; add the seasoning, and put in enough roux to make the mixture of a creamy consistence. The whites of the eggs should be chopped, and the yolks sieved. Fill the cases, and put some of the white round the sides, and a spot of yolk in the middle, with a morsel of chopped parsley on it.

Note.—When Italian mustard is not to be had, pound an onion, and add a few drops of the juice and a pinch of powdered cloves to half a teaspoonful of the best English mustard, as a substitute. The stewpan is to be rubbed with a clove of garlic. The same mixture may be

used for toasts, the egg being put on in the same or any other way to taste.

Eggs for Garnishing.—Where a number of cold dishes are required, including salads, it is difficult to realise how much eggs would be missed for decorative purposes alone. (For the modes of cooking reference should be made to the INDEX.) On page 602 are recipes for egg-yolks and whites poached, and these will be found of service, as the after-treatment may be much varied. From the whites, strips, chains, &c., may be cut, as given under aspic (page 976). Then, if of sufficient height, blocks may be cut with "column" cutters, which are exceedingly effective when interspersed with other materials of bright colours, while there are few cheaper forms of garnish. By pouring a little pale aspic over the whole, or the tops only, of the blocks, and scattering a little chopped truffle over, any dish may be beautified; the skin of a pickled walnut is a fair substitute. The yolks of the eggs may be used as they are, or coated with aspic; one of pale green is to be recommended, especially if one runs short of natural greenery. Or by brushing over with pale liquid aspic, on the point of setting, and finishing off as directed for the whites above, a first-rate effect is ensured. In the recipe for GROUSE SALAD À LA SOYER a good way of treating hard-boiled eggs is detailed. We may also mention the use of brown *chaudfroid* sauce, with which the eggs should be coated when cold, and as soon as set they can be cut into quarters and placed about a dish, yellow and brown alternately. Chervil or tarragon leaves may be laid over the yolks in a pattern; a little green goes a long way thus used; and if no aspic can be had for the setting, the yolks should be brushed over with butter. Coloured mayonnaise should not be forgotten for the piping over of either whites or yolks.

Reference to other items in this chapter will show many other ways of utilisation.

Fish Borders.—(*See* TURBAN OF FISH, page 197.) Other preparations of fish that are cooked in moulds of any kind may be used for borders, the time for cooking being regulated by the depth of the mould. The surface should always be firm before turning out, or the border will break. The time varies, too, with the consistence of the mixture and the sort of fish used. (*See* recipes under FORCEMEAT.) Whiting forcemeat is of very general utility.

Fish Croûtes à la Thornleigh.—Required: four tablespoonfuls of cooked lobster, two or three boned anchovies, four oysters, a tablespoonful of thick cream, the same of mayonnaise, a few drops of tarragon vinegar, a little chopped tarragon and chervil, a dash of cayenne, lemon juice, and chopped parsley, and about half a dozen capers, with bread as below.

Prepare some rounds of bread a quarter of an inch thick, and the size of a florin, and the same number of rings the same size. These are to be fried, and left to get cold. Then cut up the fish very small, the anchovies being nicer if sieved; add the other ingredients, and blend very thoroughly. If prepared a little beforehand, cover the basin. Then fill the croûtes, after putting the rings on the rounds of bread. The mixture should stand above the edges. An olive can be placed on the top of each, or, if preferred, a sprig of fried parsley. If the capers are used, they must be chopped as finely as possible; but for some the dish is improved by omitting them; or one may be put on the top of each.

NOTE.—These may also be served hot, by using a little thick white sauce in place of the mayonnaise and cream. The cases may be of puff paste instead of bread, if liked.

Fish Loaves, the Nabob's.—Required: rolls, and a fish mixture as below.

(*See* rolls fried for small savouries, page 996.) Prepare the filling by heating together half a pound of white fish, cooked and flaked, half a gill of cream, a teaspoonful of hot chutney, two hard-boiled eggs in dice, and a seasoning of one chopped shalot, a little caper vinegar, salt and pepper, a few drops of anchovy essence, and some chopped parsley, with a little boiled rice to bring the whole to a thick creamy consistence. Some fish stock or boiling milk should be added at the same time. The acids must be put in off the fire as usual—enough for about a dozen little rolls. They should be cut through and, when the halves are filled, be put together; they ought to be just ready by the time the filling is, as they spoil by waiting. Garnish with fried parsley, and dredge the tops of the rolls with coralline pepper or lobster coral. The shalot is best fried, but it may be boiled in fish stock if more convenient. All sorts of fish can be thus served; and various hot store sauces and pickles will effect change in the seasoning.

Fish Roes.—(*See* the chapter on FISH.) Fish roes are also sold in tins. They can be drained and used for cold dishes as sandwiches, &c., or for garnishing salads, and a host of other purposes. They are improved by adding a little anchovy or other savoury butter in some cases. For hot dishes, they may be devilled and treated in the same ways as fresh roes. The latter are excellent cooked in any light wine, or lemon juice, or pale vinegar, and then drained, and rubbed over with butter, and well seasoned. After a minute in the oven they are ready for toasts, patties, and other little dishes.

Fish, Tinned.—*See* INDEX for the various kinds, and their treatment. (*See* SARDINES in the *Fish* chapter; few sorts of fish are more useful in the making of savouries.)

Fish Toast à la Thornleigh.—*See* Note under FISH CROÛTES À LA THORNLEIGH, last page, and use as directed, either for toast or fried bread.

Foie Gras Loaves.—These may be served either hot or cold. Required: some dinner rolls (prepared as for the OYSTER LOAVES of page 994, and fried nicely), some foie gras, brown sauce, and fancy-shaped croûtons.

The foie gras should be heated in the *bain-marie*, and sliced evenly to fit the rolls, which are to be first moistened inside with a little brown sauce; the foie gras should come a little above the cases, and a tiny croûton laid on the top of that. Any of the "mock" preparations of foie gras, either home-made or bought, may be used in this way. A little wine may be added to the sauce; a truffle essence is an improvement.

Fowl and Ham Sandwiches.—*No.* 1.—(*See* recipes in POTTED MEATS.) Spread a layer of the meat on a slice of bread and butter, and on the other slice put small salad, or slices of cucumber or tomato, or grated cheese; or leave it plain; make into sandwiches, and cut in shapes. Minced meat of the two kinds cut in dice may be used. Season delicately.

No. 2.—Mince the meats, taking care that they are free from gristle or skin, or too much fat; moisten with tartare or mayonnaise sauce, and make into sandwiches as above. The bread may be spread with the sauce, and the butter omitted; this is often liked.

No. 3.—Use ham or egg butter for spreading on the bread, and put the fowl in dice with a fourth its weight of ham. Brown bread is used for these sometimes, and many like thin toast. Braised fowl is excellent, being free from dryness. For other, better dishes, one of the SAUCES given on page 113 may be used for moistening the minced meat. Reference to other dishes under FOWL or CHICKEN in the INDEX will be of service. There are a number of purées of fowl and other poultry that could be used. Fowl and sausages sliced make good

sandwiches. (*See* INDEX for the adjuncts named above.)

Game Borders.—Recipes under QUENELLES (*see* INDEX) should be referred to. Truffles are generally used for the garnishing of the moulds. (*See* TRUFFLES FOR GARNISHING, page 1000.)

If the moulds used are very deep, make the mixture rather stiffer than for quenelles, by adding a little more panada.

Game and Celery Sandwiches. — Required: some cold game, and to each half pound the following: a tablespoonful of shredded celery, the same of mayonnaise, a morsel of any green salad in season that may be preferred, and seasoning to taste, some thinly-cut crisp toast (slightly buttered), and the yolk of a hard-boiled egg.

Any game, or a mixture, or part game and part poultry, or cold meat of any sort will be found very good. It should be minced, and if moistened with a spoonful of any thick sauce or gravy that has been served with it, it is improved in flavour. The other materials should be mixed together before adding the minced game. The preparation is to be cold, and the toast should have time to get cold only, not to toughen, before the sandwiches are made. They may be made any shape to taste. Fried bread may be used, or brown bread and butter in place of toast. The egg yolk may be scattered first on the toast, or mixed in the mince.

Ham Butter.—This should be coloured nicely, otherwise it is apt to look rather dirty. Equal weights of ham and butter should be used, and the yolk of a hard-boiled egg to half a pound of the mixture; a flavouring of cayenne, with a hint of nutmeg suffices. The butter may be two-thirds and the ham one-third of the total weight if liked. The ham must be cut in slices, then minced, and finally pounded with the butter, &c., and passed through a sieve. Good for sandwiches and many other savouries, or for serving with toast for breakfast. If for garnishing see that it is stiff. Another yolk gives consistence; when wanted soft no egg need be used.

Ham, or Ham and Tongue Sandwiches.—*See* recipe for BEEF SANDWICHES, also MUTTON SANDWICHES (pages 978 and 994), as the adjuncts named serve for these. French mustard may be used. (*See* also recipe for MUSTARD BUTTER, page 973.) A small quantity of mushroom purée, or mushrooms cooked and cut up, may be added for variety. (*See* also VEAL SANDWICHES, page 1001.)

Hatelet Skewers.—These are plated skewers of various lengths with an ornamental top. (*See* COLOURED PLATE, No. 2.) They are sold at about sixpence per inch for the smallest plain kinds; the larger and more ornamental cost about three or four shillings each. We agree with those who assert that they should be used generally to fasten on the garnish—to serve a purpose, that is, and not be stuck about the dishes in the indiscriminate manner they are sometimes. The latest designs may be had through first-class ironmongers.

Herrings as Savouries.—(*See* INDEX.) HERRINGS, FRESH, PICKLED, in the *Fish* chapter are recommended as useful for little dishes. If drained from the liquor, and divided, or pounded, and mixed with a little good sauce, they serve for sandwiches, &c. Laid on strips of cold toast or fried bread and garnished with any fish butter another good savoury is quickly made. Herrings marinaded in various ways are very useful; they are good for hot or cold dishes.

Horse-Radish Butter.—Required: a good-sized sound stick of horse-radish, a quarter of a pound of butter, and a seasoning of salt, French mustard, cayenne, and grated orange rind.

Prepare the horse-radish in the usual

way, and blend it with the butter; this should be done in a cool place, and if possible the bowl containing it should be set over ice. Then add the seasoning; about a quarter of an orange and other materials to taste. The cayenne may be omitted if a piquant preparation is not desired.

This may be used in various ways. For steak, it may be laid on the dish and the meat placed on it, or a pat of it may be put on the meat. It may be formed into fancy shapes like ordinary butter by the aid of a pair of "Scotch hands." It can also be passed through a coarse sieve and used for garnishing small savouries; or it may be forced from a bag with a pipe; in the latter form it is effective as a garnish for sandwiches, &c. Should a firmer preparation be required the yolk of a hard-boiled egg may be put to the rest. The horse-radish must be finely scraped.

NOTE.—"Scotch hands" are sold by dealers in dairy utensils.

Italian Cheese Toast.—Required: three ounces of grated Parmesan, two eggs, an ounce of butter, a chopped shalot, a saltspoonful of Italian mustard (*see* SEASONINGS), a little lemon juice, and some light wine, with a few drops of garlic vinegar.

Put the above together, eggs excepted, and stir over a gentle fire until the cheese is melted, then add a beaten egg and go on stirring at a reduced heat; put in another and stir again; then take from the fire and pour over the toast, which may be of fried or toasted bread, and any shape preferred; or a number of small toasts may be spread with the mixture. Care should be taken not to let it run over the sides of the toasts, as it is intended to be rather thin. When wine is objected to flavoured vinegars of various sorts, with a little light stock, may be substituted.

Kidney Toast.—*No.* 1.—Prepare a couple of mutton kidneys by removing the cores and skin; mince and cook them in a little brown gravy or stock for a few minutes; season, and add a little ketchup or store sauce, and spread on toast; then put in the oven for a minute. Reference to dishes of kidneys whole will be a help in the matter of seasoning; a little purée, such as mushroom, is often liked with the mince. If cooked in a little butter first, the kidneys are more savoury.

No. 2.—Cook the kidneys before mincing, then finish by mixing with thick brown gravy; the flavouring may be anchovy, lemon, or a morsel of currant or other fruit jelly.

No. 3.—This is a very good dish. Pour some well-seasoned tomato purée on the toast, then a layer of cooked minced kidney, and dredge with grated cheese and fried crumbs. A moment in the oven will finish it.

No. 4.—Take some of the kidney and stuffing from a cooked loin of veal, and chop small; then moisten with good thick veal gravy; add a little ham or bacon in dice, and, if liked, an egg, which should be beaten in at the last; spread on toast and heat in the oven. Care is wanted, or the kidney will harden.

NOTE.—A favourite toast with many is made by cooking the kidneys, veal or mutton, in light wine flavoured with herbs; they are then minced and the liquid thickened with roux.

Lax and Anchovy Sandwiches.—Required: some anchovy biscuit paste, lax, aspic, and a little mayonnaise and seasoning.

Make some biscuit paste a day before it is wanted; it should be cut in ovals an inch and a half long with a crimped cutter. Chop the lax, allowing about half a teaspoonful for each sandwich; cover half the pieces with it, and the rest with the mayonnaise; the lax should be mixed with a little chopped aspic, or, if not liked, a little thick sauce or cream. A dust of cayenne and a few drops of lemon juice will improve it. Form into sandwiches and dish *en couronne*, and garnish each with a spot of green mayonnaise in the centre. The centre may be filled

with small green salad, or the sandwiches may be dished on a straight block of aspic with salad down the sides, or a ring of aspic or aspic mayonnaise, for ball suppers and similar occasions.

Another way.—Use some good short paste instead of the anchovy biscuit-paste, and ornament it in cross bars with mayonnaise of various colours after dishing. The sandwiches may be made oblong, or square, or triangular-shaped for these.

Lemon for Garnishing.—Take a lemon of good shape and with a nice clear rind; then wipe it on a clean cloth, and cut it lengthwise with a small sharp knife, so as to remove the rind in strips, leaving a space the width of the strip removed, so that when finished the lemon presents a striped, ridged appearance, the white under-pith and yellow rind showing alternately. The narrower the strips, the prettier the effect; but some little practice is necessary to do it evenly. It is then to be cut in thin slices and the pips removed; for some dishes they may be used as they are; for others, they may be halved and cut through again from the outer edge to the inner pith, without severing it; then pulled apart to form two triangles.

Lemons are also cut in dice, tiny triangles, strips, and other shapes, after slicing.

Lobster Butter. — Required: lobster coral, butter, and cayenne.

Put all the coral in a mortar; add some clarified butter, about the same weight as the coral, and pound well; it is a good plan to pound the coral a little first; it must be quite a smooth mixture, free from any suspicion of lumpiness. Add the cayenne during the pounding, about a saltspoonful to four tablespoonfuls of the mixture; a grate of nutmeg can be added also. If for immediate use it is ready, but, if for storing, the cayenne can be slightly increased; then fill some tiny pots, such as have held extract of meat, for instance, pressing the mixture in with a pestle or spoon, up to half an inch of the top; pour over some clarified butter, cool, to fill up; then paste a paper over, and tie down with bladder. Store in a cool place. The reason for small pots is that a small surface is exposed when it is opened; and it is better to open a little pot and use it quickly, than to keep a large one on hand some time. Take care to wipe the coral well with a clean cloth before using.

Macaroni Borders.—This way is useful for plain moulds; the macaroni forms the lining, and any suitable farce, as chicken or fish, the filling. Boil pipe macaroni until three-fourths done; if cooked too much it will break, and if not enough it cannot be cut nicely. (*See* recipes for MACARONI, in *Cereals*.) Cut when cold into rings on a board; the knife should be dipped occasionally in cold water. The mould should be greased evenly in every part. Put the rings at the bottom and sides, or the bottom only, using a skewer to take them up. The border looks nicest when a coloured farce is used, the colour showing between the rings. Great care is needed in filling, that the rings be not displaced. The same may be said of turning out.

Macaroni, Coloured.—*Brown.*—Boil the macaroni enough to soften it, so that it can be cut, no more; then glaze; or roll in beaten egg, and then in fine fried bread-crumbs. *Pink* or *Red.*—Treat the macaroni as above; then, supposing it is to represent the bone in a dish of lobster cutlets, butter or egg the pieces, and coat by dredging with lobster coral, or coralline pepper, either being used when the macaroni is cold. These are superior to colouring generally used, though the latter, carmine for choice, is handy for sweet dishes; coloured sugar can be used in the same way. Reference is made to these dishes in former chapters.

Mackerel Roe Toast. — Required: the roes of four fresh mackerel

(wiped, not washed), the juice of half a lemon, an ounce of butter, a tablespoonful of cooked salmon, sieved, half a gill of thick béchamel, a pinch each of cayenne and nutmeg, a teaspoonful of sherry, and some fried bread in fancy shapes.

The roes should be cooked in the butter and lemon juice by gentle heat; drain when done, and cut in dice; sieve the salmon, and mix with the other materials. Heat all together, then stir in the roes and use while hot. The above will make eight small toasts. Should no mackerel roes be at hand, tinned or fresh herring roes may be used. Lax can replace the salmon, or the roes may be used alone.

Mackerel Roes and Mackerel Smoked are often used together in the same dish. Herring roes, which are more generally obtainable, may be used in the same ways. Recipes will be found on reference to the INDEX.

Marrow Toast à la Craven.—Required: fried bread, marrow, sauce, cream, and seasoning as below.

Take marrow, fresh from a beef bone, and cut in bits the size of a coffee berry, blanch, then boil it in a little white stock for a minute; turn it on a hair sieve to drain. Supposing enough marrow to fill a quarter-pint measure, mix together a teaspoonful of chopped and scalded chives, the same of mixed thyme, parsley, and marjoram (not much of the latter), the grated peel of a quarter of a lemon, two tablespoonfuls of any good white sauce, and the same of thick cream, with as much salt, pepper, and cayenne as will make the mixture pleasantly piquant after the pieces of marrow are added; the sauce, &c., should be quite hot before the marrow is put in. Then spread the fried bread (which should be in finger shapes, hollowed in the middle), and dust over with fried bread-crumbs, or the yolk of a hard-boiled egg, if preferred. Put the toasts in a hot oven for a few seconds, then hold a salamander over, and serve at once. Should egg be used, the heating must be done before it is added, and a sprinkling of crumbs should be put over first.

Marrow Toast, Savoury.—Blanch the marrow (page 978), and put it in a mortar; season with any mixed herbs, or thyme and parsley only, or either of the savoury mixtures given in SEASONINGS. Cayenne or curry powder is essential; add the yolk of a hard egg for every two tablespoonfuls or thereabouts of marrow, and, when smooth, spread on rounds or other shapes of toast or fried bread; sprinkle with browned crumbs, and put in the oven to heat. The tops should be protected, or they will be too brown. Serve very hot. The baking-sheet should be covered with a piece of stout white paper. (*See* DEVILLED MARROW.)

NOTE.—The marrow from a cooked bone can replace butter in making some sorts of sandwiches.

Mock Crab Sandwiches.—Required: some thinly-fried bread in squares or oblongs, four ounces of shelled shrimps, the same of soft mackerel or herring roes, an ounce of butter, the same of grated cheese (of which half should be Parmesan), a tablespoonful of cream, a seasoning of cayenne, mustard, black pepper, and lemon juice, with a few drops of tarragon vinegar, and a little thick white sauce of any kind suitable for fish dishes.

The roes are to be steamed, then cut up and pounded, when cold, with the shrimps and the seasoning; the liquid materials are to go in gradually, and enough of the sauce added last to bind the mixture. It is a good plan to pound the cheese and butter together a little first. This is a very nice savoury. In making the sandwiches, the top slice should be laid on, not pressed, and they should be dished flat. Cold toast or brown bread and butter may be used instead of fried bread.

Montpellier Butter.—(*See* BUTTER, GREEN.)

Moulds.—A few moulds are collected here for convenient illustration. They are such as can be used for several purposes, when ornamental dishes are required; and the directions given for their ornamentation will serve equally well for many other shapes and kinds. Illustrations of many other sorts and sizes of moulds are scattered throughout these pages, and reference for any particular sort not found in this chapter should be made to the INDEX. (*See* also KITCHEN UTENSILS at the end.) To be up to date in the matter of moulds is not easy; new shapes are brought out with such rapidity, and those wanting the very latest kinds should obtain a catalogue from some leading house. A fact likely to be very helpful may be also noted. Many of the newest moulds for entrées, small savouries, &c., are accompanied by recipes for their use; these recipes are written by experienced *chefs* after practical trial of the moulds, and are in every way trustworthy. Dishes of the highest class may be made from some of these. The price of some complicated moulds is rather high.

Moulds with sharp projecting points require very careful cleansing; unless this is done the next thing put in them will turn out a failure. The best thing to do is to fill them with water and give them time to soak, and use a little bottle brush for dislodging any particles of material that may stick to them.

Border Mould, Raised Top.—This has similar uses to the next moulds shown.

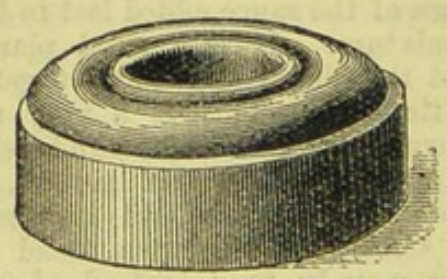


FIG. 154.—RAISED TOP BORDER MOULD.

The raised top should be filled with a material of a contrasting kind and colour to that in the body of the mould. It is first-rate for cold savouries and all sorts of sweets; and many hot dishes can be cooked in it. Not the least of the advantages of these moulds is that the contents turn out well, while they are less costly than many of the more elaborate shapes.

Border Moulds, Fancy.—These are amongst the most useful of all moulds. The contents turn out well, as there

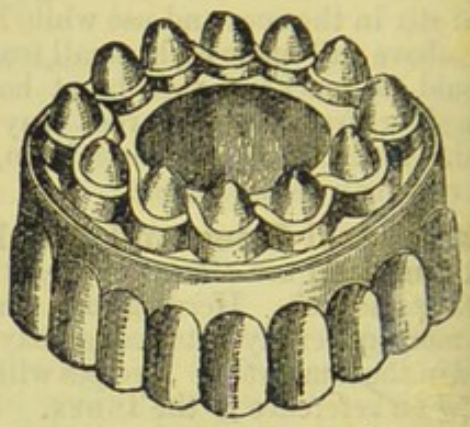


FIG. 155.—FANCY BORDER MOULD.

are no sharp edges. They may be employed for all kinds of sweets and savouries. Supposing the mould to be used for a fish salad, such as lobster or salmon, the top spaces could be filled with yolks of hard eggs; the chain work and plain part below might be aspic cream, say green; the fish

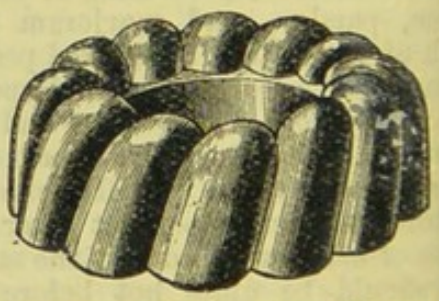


FIG. 156.—FANCY BORDER MOULD.

itself would show through the fluted bottom spaces, which, as well as the top ones, would have to be lined with aspic. A centre salad, with the whites of the eggs scattered over would complete the dish. But there are endless other ways equally pretty

For sweets, the same idea could be carried out with jellies and creams of different sorts; or one sort of jelly, containing fresh fruits, and a centre of whipped cream, is an easy and very effective mode. For example, lemon jelly with strawberries, and a centre cream of vanilla flavour, in the palest green or pink. The second mould may be made effective by using a variety of colours for the divisions; or, if liked, the whole could be lined with jelly of one colour, and the spaces to be filled with different garnishes of contrasting colours. This is an economical way, as the smallest scraps left over from other dishes come in handy. Three spaces might be filled with sieved egg yolk; three with shapes of egg whites and green leaves or chopped capers or gherkin; three with little rings or stars of savoury custard in pink and green; and three with strips of tomato, or morsels of shrimps or prawns with a little green. Another way is to garnish the first with yellow, the next with green, the third with pink, and the fourth with white; repeat until all are filled. These suggestions can be elaborated at pleasure. They are given mainly as a help to the novice, for without care colours may clash and a bad effect be as easily produced as a good one. For sweets, this mould is capital. A number of jellies and creams can be used for the different spaces, or, if used for jelly only, various coloured fruits can be used to show through the tops of the flutes.

Border Mould, Sunk Top.—Moulds of this kind have a number of uses,

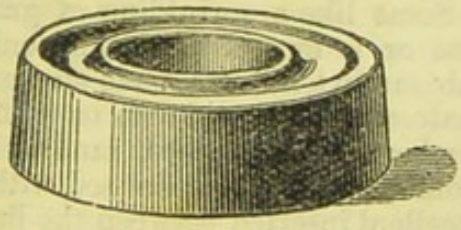


FIG. 157.—SUNK TOP BORDER MOULD.

but are particularly suitable for salads. By filling the sunk part with such materials as ham or egg butter, chopped jelly, &c., and garnishing the base suitably, many effective combinations are possible at less cost and trouble than many moulds require. The mould may be used for a macaroni border, fish or other quenelles filling up the space. Other uses are indicated in various recipes. (*See* FISH, SALADS, and ENTRÉES, also the next above.)

Bouche Cups or Moulds. — Those shown below are two of the most useful shapes. They are handy when a number of savoury dishes are being prepared. They are employed for little savouries for separate service,



FIG. 158.—PLAIN BOUCHE CUP.



FIG. 159.—SUNK TOP BOUCHE CUP.

as well as for garnishing larger dishes. Very good effects may be got from the use of the sunk top moulds. (*See* INDEX, also particulars under other Moulds in this chapter.)

Charlotte Mould. — Moulds of this sort should have a place in every kitchen with any pretensions to good

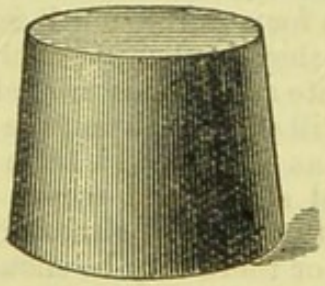


FIG. 160.—ROUND CHARLOTTE MOULD.

cooking. Though plain, if garnished nicely, ornamental dishes can be made in them, and they serve for sweets and savouries. (*See* recipes in INDEX.) Charlotte moulds can be had in various sizes.

Sandwich Moulds.—By the help of these moulds elaborate dishes are easily made. They are usually lined with aspic, and ornamented prettily; the interior may be any good purée of game or poultry, &c. (*see* recipes in

Fish and Cold Entrées). They are often served on a bed of salad. Or they may be placed overlapping down

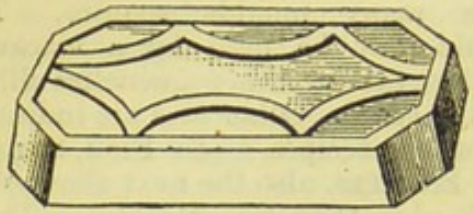


Fig. 161.—Sandwich Mould.

a dish, with a little dressed salad at the sides. (*See* also the chapter on Salads.)

Step Dariole Mould.—This is a useful and pretty mould. By making each "step" a different colour good effects are obtained. Recipes for darioles, for which *see* Index, will serve as a guide to the many uses. Aspic and all similar preparations can be employed, and the mould is equally suitable for sweet dishes.



Fig. 162.—Step Dariole Mould.

Mushroom Toast.—There are endless ways of making this dish, and it is generally popular. The first thing is to cook the mushrooms in a little butter as for a purée, but it is optional whether they be chopped finely; sometimes quite small ones are left whole, but we will suppose them to be chopped. As soon as tender add a little gravy or thickened stock, and season to taste. The mixture may be almost as thick as a purée, or there may be enough gravy to run into and flavour the toast used for it. We think the best way is to make the mixture about the same consistence as mushroom sauce, and to put a little on the toast and set it in the oven covered, to become impregnated for a few minutes, and then to pour the remainder of the preparation on the top. A dish much liked is made by spreading the buttered toast with a few spoonfuls of brown or white sauce, according to the kind preferred; then to add the prepared mushrooms, which may be either in purée form or in dice, with just enough gravy or sauce to keep them from burning. One of the nicest is to make a white purée—rather softer than for cutlets—by adding rather more cream, and to pour this over after the toast has been well saturated with a mixture of boiling cream and good sauce of the béchamel class. A reference to the recipes for purée, and sauce of the brown and white varieties, will show the number of changes that may be rung on these dishes. For the toast itself, see that it is even in thickness, well-buttered, and from a loaf a day old; it should be free from crust, unless directions to the contrary are given by those who are to eat it. Fried bread is very superior to toast for the dishes made from a white mushroom mixture. The brown ones are often made very small, and served as at the end of dinner.

When whole mushrooms are used, they should be nicely cooked in a little butter in a stewpan over the fire, or they may be baked. The sauce is then spread on the toasted or fried bread, and it can be either brown or white; the latter or a little cream is excellent, or the cream may be thickened with the yolk of an egg and flavoured with lemon rind and nutmeg, in addition to salt and pepper. When brown sauce is preferred, the mushrooms should be browned in the cooking.

Mutton Sandwiches. — (*See* Beef Sandwiches for the mode.) Season with salt and pepper, and a little thick mint sauce, and slices of cucumber, if convenient. A dash of ham improves. For other adjuncts *see* Beef Sandwiches, above referred to. Some like a sprinkling of grated cheese or a morsel of spring onion. Lamb sandwiches are made similarly. Tomatoes may be used with or without cucumber, and for good sandwiches, mayonnaise, or a salad dressed with it, is excellent inserted between the bread and butter.

Oyster Loaves (A cold savoury). — Required: some dinner rolls, and

some oysters and mayonnaise, with seasoning and garnish as below.

The rolls should be small and rasped, and a tablespoonful or so of the oyster mixture allowed for each. The oysters are to be prepared as for sauce, then cut up and mixed with enough mayonnaise to form a thick sauce. Anchovy, lemon juice, and tarragon vinegar should be used to flavour, with a dash of cayenne. The interior of the rolls is to be scooped out, a hole being first cut, the casing left being an inch or less in thickness. They may be fried and left to get cold before filling, or used as they are. After filling, the space left by scooping—which should be as small as possible—should be covered with a sprig of any small salad, or a spot of coloured mayonnaise, or a little heap of aspic jelly in which some chopped shrimps or prawns have been mixed. Arrange on a dish and garnish with salad.

Another way.—This is a hot dish. Required: equal parts of rich oyster sauce and white mushroom purée. (*See* recipes in SAUCES and DRESSED VEGETABLES.) Allow a beaten egg, two tablespoonfuls of cream, and a pleasant seasoning of mace, cayenne, lemon juice and anchovy to each half-pint of the mixture. The whole should be put in a saucepan and heated in the *bain-marie* to boiling point, and the cases well filled. They are to be prepared as above, fried and drained, and the vacant spaces covered with a tiny fried croûton, or a morsel of fried parsley. A little chopped parsley may be added to the oysters if liked.

Portland Toast. — Required: six ounces of mutton, three ounces of chicken, three anchovies, half a teaspoonful of chopped capers, the same of gherkins, a teaspoonful of grated ham, a tablespoonful of brown sauce, seasoning to taste, and a little truffle essence or a chopped truffle, and some fried bread.

The mutton should be from a roast, and rather underdone; the chicken may be braised or roasted. These are to be minced and pounded, and mixed with the other materials. Heat in the *bain-marie*. Then spread the toast, either one large piece or a number of small ones. Serve very hot. The mixture makes good savouries of many sorts.

Prawn Croûtes à la Lawley. —Required: prawns, cucumber, tomatoes, &c., as under.

Cut bread into strips two inches by three-fourths of an inch; fry and let it get cold. Lay strips of tomato on the bread, spread that thinly with mayonnaise, then put a smaller strip of cucumber next, and finish with a prawn, fresh, if possible, but preserved prawns may be used. Put a sprig or two of cress about the dish round the croûtes, if served one to each person, and keep as cold as possible. Tartare and other sauces may replace the mayonnaise.

Puffed Egg Toast.—Required: three eggs, a quarter of a pint of sauce as below, a teaspoonful of parsley and a pinch of thyme chopped together, a saltspoonful of salt, half as much pepper, or a pinch of cayenne, a dust of nutmeg, and some buttered toast in squares without crust.

To make the sauce, blend an ounce of butter and three-fourths of an ounce of fine flour over the fire in a small stewpan; then add a mixture of milk and cream to make up the measure, and stir and cook for a minute; remove and beat in the yolks of eggs and the seasonings, and then the whites, beaten as for omelets, and added in the same careful way. Put upon the toast, and smooth the surface, and brown delicately in a sharp oven; serve instantly.

NOTE. — By observing the proportions for the sauce, all sorts of variations may be made in this dish, which is an excellent one for breakfast or luncheon, as well as for emergencies. Reference to HOT SAUCES will be the best guide; for example, cheese, fish essences, a little herb or spice mixture, a scrap of cooked fish,

or ham, or game, a morsel of curry, a vegetable purée (as onion or celery), are all suitable, and one or other will generally be at hand. For some, the substitution of a little good stock of a gelatinous kind, in place of the milk or cream, will be thought an improvement. This is sometimes served on a dish with fried or curled bacon round it, each piece being laid on a strip of toast.

Quenelles, Various.—*See* INDEX for the different sorts of FISH and other QUENELLES for cold and hot dishes. The same mixtures, made into different shapes, may be used for a number of purposes.

Rayleigh Toast. — Required: four ounces of cooked rabbit, the same of cooked ham and tongue mixed, an egg, and a sauce as below.

Chop a small onion, and fry it brown; add a seasoning of mixed herbs, salt, and pepper, a teaspoonful of grated cocoa-nut, the same of curry paste and sherry, and a tablespoonful of any nice gravy or stock. Stir and boil up, and go on stirring, adding a little more gravy as required; the mixture should just drop from the spoon easily. Then put the meat in, with the egg boiled hard, and chopped very small. Re-heat, and serve on a round of bread, fried, and cut in triangles. This is a tasty dish.

Rice à la Carlton.—This is given here, as it may form an adjunct to various dishes. (*See* FISH BOMBES À LA CARLTON.) The rice is cooked in stock, as directed on page 559, and drained, then, supposing four ounces of rice, add an egg, a tablespoonful of panada, the same of good white sauce, half as much grated Parmesan, and a good seasoning of coralline pepper, a dust of nutmeg, and a little salt. Then bake as directed, or, if liked, steam until done. In the latter case, any suitable sauce may be poured over, but when baked, it should be put round.

Rice for Garnishing, &c.—Full details are given on pages 559, 560, and 561. Respecting rice for cold savouries, it may be cut into blocks, or cutlet, or kite shapes with cutters, and in other ways. Its main use is to show up edibles of a bright or dark colour. When a silver dish is used with a rice block garnished with plenty of green, surmounted by anything that has been coated with glaze, and garnished with some bright jelly, the effect is very good. (*See* COLOURED PLATE No. 4.) Besides adding to the general effect in relation to colour, the dish is raised by the aid of the rice, and looks more imposing. In many cases rice may be used instead of aspic cream and other borders that are more costly, especially when it is known that they will not be eaten.

Rolls, Fried, for small savouries. When these are used in place of ordinary "cases," such as Dresden patties, rasped rolls are generally liked. The inner crumb is removed, and for most tastes they are improved by soaking for a minute or two in thin cream or good milk before frying, but they should be well drained. Unrasped rolls are best liked by some, but the crust should be soft. (*See* the chapter on BREAD.)

Salad Mayonnaise in Aspic Borders.—Mention is made of these in several of our recipes. One way is to prepare a salad mayonnaise, and put it *in* a border mould, after lining the mould with aspic, then coating with more aspic, and turning out when set. The other is to make the border of aspic alone, garnished or not, according to requirements, and to fill the centre with the salad mayonnaise, after turning out the border. The first mode is very useful sometimes. Supposing a salad of fish, such as sole, the centre may be filled up with the fillets, cooked and garnished, as described in our chapters on FISH and SALADS. Or such a border serves just as well for a centre arrangement of white meat or poultry. When the

second method is followed, and the mayonnaise mixed with the meat or fish, a few of the best pieces should be reserved for the top. If the interior of the mould be garnished little will be wanted round the base, and sometimes nothing at all; but if left plain some finish will be necessary. The character of the meal, &c., should be considered. When the two ways are understood, the details must be left to a great extent to the person preparing the dish.

Salmon Sandwiches. — (*See* SANDWICHES EN COTELETTES.) The mixture may be used for ordinary shapes. For plain sandwiches, use POTTED SALMON. Other potted fish makes good sandwiches.

Salted Almonds. — These are popular in the United States as a stimulant to, and cleanser of the palate. In this country they are to be found on many tables, and are by many preferred to olives, for which they are a good substitute. They are sometimes eaten only just before the dessert at dinner, but some will "nibble them between the courses," and they should be put on the table at the commencement of dinner. They are prepared by blanching and drying; they are then fried in the purest olive oil. They should be drained well and dusted with fine salt. They may be bought prepared ready for use.

Another way.—This will be found the simpler and more convenient mode by many. After the almonds have been blanched, and dried in a cloth, split them lengthwise, and put them in a flat tin with an ounce of fresh butter or oil to every half pound. Then set the tin in the oven, and turn it about that the almonds may get well oiled. Let them remain until crisp and brown, salt them freely, and dish on an ornamental paper. They should be very well drained, and although they will keep in a tin box, they are nicer prepared in small quantities and eaten fresh. Use a little cayenne if to be served as devilled almonds.

Sandwiches à la Tatham.— This is a good hot savoury. Required: four ounces of cold game, the same of cold poultry, two ounces of cooked ham, all minced, half a pint of good brown stock, a tablespoonful of curry paste, some cheese and bread as below.

The paste and stock are to be boiled, and, when cool, the meat added, and left awhile; then bring nearly to the boil again, and add a squeeze of lemon juice. Fry some thin slices of bread, in finger shapes, and spread half with the mixture while hot; put a thin slice of cheese on the top, and another slice of bread on that, press together, and put in a sharp oven for a minute; then serve piled on a napkin, with a garnish of parsley.

NOTE.—More meat may be wanted, or a little roux or other thickening, to give just the right consistence.

Another way is to lay the cheese on the top of the second slice of bread, and finish as before.

Sandwiches en Cotelettes.— The following will be found a very good savoury; and many other sandwich mixtures are equally nice in the same form. Required: some brown or white bread and butter, cut into shape with a plain or crimped cutlet cutter, and a mixture as below, which is sufficient for a dish of a dozen or thereabouts. Six tablespoonfuls of cooked salmon freed from skin and bone, and pounded, an ounce of cream or butter, a tablespoonful of mayonnaise, a teaspoonful of chopped capers, and the same of shrimp essence, a pickled gherkin in the finest shreds, and a little seasoning of cayenne and lemon juice.

The materials are all to be pounded to a smooth paste, and salmon that has been cooked in any piquant way is to be preferred, though plainly boiled fish will do. A little more mayonnaise or cream than given may be necessary, according to the dryness or moisture of the fish; the whole should be a

paste that will spread easily. The gherkins should not be pounded. After the sandwiches are made, they should be dished in a ring, points up, like cutlets, and may rest against a bank of any plain salad that is liked; or a border of aspic may be used, with salad in the middle. By using fried bread, another variety of the dish is obtained. The cutlets may be dusted over with coralline pepper, but allowance must be made for this in seasoning the mixture.

Sardine Toast. — Required: some boneless sardines, and the following for every half-dozen used: an ounce of butter, half a teaspoonful of anchovy essence, half a teaspoonful of chopped parsley, half as much gherkin and capers, chopped together, a tablespoonful of milk or cream, the yolks of two hard eggs, and the white of one, and a teaspoonful or more of lemon juice or white vinegar. Some bread, toasted and cut in triangles, is also required.

The toast should be prepared in time to get cold, but not lose its crispness, and all crust removed. The above materials are to be pounded together to a smooth paste, and cayenne added to taste. Then spread the toast, and dish with a garnish of cress or other salad.

This is also good for sandwiches made with bread and butter

Sausage Sandwiches. — Ordinary small sausages, cooked in any way preferred, are to be skinned and sliced lengthwise, and finished off in any of the ways given for meat sandwiches. Large thick sausages are sliced across, the thinner the better; many are so good in themselves as to require no addition. (*See* SAUSAGES for recipes.)

Savoury Pâtés, Sandwiches of. — The pâtés sold in tins make delicious sandwiches. Being rich, they should be small, and a thin slice of the pâté used. It should be cooled for a few hours, and cut with a sharp knife. The addition of salad is optional; it tends to reduce the richness. Thin slices of fried bread may be recommended in place of bread and butter.

Savoury Toasts.—These dishes are very handy, and may be made most appetising, in some cases at small cost; and they afford ample facilities for the using up to the best advantage of stale loaves, and all kinds of scraps of fish, flesh, and fowl. There are two ways of preparing the bread, viz., by toasting, and by frying it; the latter is considered to make the better toast. It should be of a delicate colour, and thin, and the frying fat must be above suspicion. If toasted bread be used, it must be sent to table sharp, for if it becomes sodden the dish is worthless. It is better for the eater to wait a few seconds for the toast than the toast for the eater, but a moment's wait is sometimes inevitable; then the dish should be piping hot on which the toast is laid, and care must be taken that the mixture does not get dry. The cook who makes a study of toasts will be very watchful over the veriest scrapings of her sauce tureens, for they will add much to the goodness of the dishes. Purées of a good number of vegetables may be served as toasts alone, or used for garnishing those composed of a base of meat of any sort. (*See* INDEX.) Some of a plain sort are given under COLD MEAT COOKERY.

Scalloped Salmon and Shrimps.—Required: six ounces of cold boiled salmon, three anchovies, salt and pepper and a dash of nutmeg, a tablespoonful of chopped parsley, the same of tomato purée or conserve, two ounces of butter, an ounce or two of fine bread-crumbs, a tablespoonful of good fish stock, and half a pint of picked shrimps; salad and toast.

Fillet the anchovies, put them in a mortar with the salmon, and add all but the shrimps; pound and mix well; then mix in the shrimps without pounding, and turn all into a sauce-

pan, then stir until quite hot. Fill some heated and buttered shells (very small ones), and brown the tops with a salamander. The shells should be kept on the top of the stove while filling, as they are not to go in the oven. The browned crumbs are to be dredged on the top. Dish with cress or other salad round, and send a rack of dry toast in fingers to table.

NOTE.—Prawns may be used instead of shrimps. A squeeze of lemon juice over at the moment of serving may be recommended.

Scotch Woodcock.—There are any number of ways of making this dish, the basis of which is anchovy toast in one of its various forms.

No. 1.—Take a slice of bread from a good-sized loaf, and butter it well on both sides, then split through. Beat the yolk of an egg over the fire with two or three tablespoonfuls of thick cream; it should not boil; spread the inner part of the toast with anchovy paste or purée, or lay small fillets in (previously heated as for ANCHOVIES ON TOAST, page 975); put the two pieces of bread together and pour the egg and cream on the top, and serve as hot as possible. Freshly-made toast and quick service are the points in these and all such dishes.

No. 2.—Cut hot buttered toast into suitably-sized pieces. Have some hard-boiled eggs, and put them in a hot basin with a little butter just to make them moist; then mince them in the basin, turning them about for the butter to adhere; add nearly a teaspoonful of anchovy essence and a good sprinkling of black or cayenne pepper to each egg, and toss again; spread over the toast, and heat in the oven. This is savoury, and generally liked.

No. 3.—Cut toast in fingers, and after buttering and spreading with anchovy paste, put the second piece of toast on; it should be thin; then heat eggs and cream as in the first recipe, allowing a tablespoonful and a half of cream to each egg; flavour with cayenne, and add a hint of chopped parsley; pour over the toast; a squeeze of lemon juice may go on off the fire.

Shorncliffe Toast.—Required: some cold game and half its weight of ham, an ounce of foie gras to six ounces of the mixture, a tablespoonful of brown sauce, the same of sherry, half as much truffle essence, and some fried bread cut in fancy shapes.

The meats should be pounded, with the liquid ingredients added by degrees. Season to taste, and heat in the *bain-marie* before spreading. If the bread is cut very thinly, two pieces may be used, and the dish served as sandwiches. Garnish with fried parsley.

Shrimp Butter.—(*See* ANCHOVY BUTTER.)

Smoked Mackerel.—(*See* recipes under SALMON, SARDINES, and HERRINGS in INDEX.) The various preparations of smoked fish or fish roes in tins lend themselves to very much the same treatment.

Smoked Salmon Croûtes.—The fish may be scraped, and served raw on tiny rounds of fried bread or toast left to get cold. Small salad may be put on the top. For hot dishes, the fish is cooked just long enough to heat it, and used for toast, &c., in the same way as other fish. The addition of hard-boiled eggs is liked by some, or the sieved yolks only may be scattered over the fish. Serve very hot. Another good way of serving is to use a little of the salmon in place of anchovy, and finish off as directed under SCOTCH WOODCOCK.

Stuffed Olives or Olives Farcies. — Required: some large Spanish olives of good colour, and a stuffing made of equal parts of cooked ham and fowl, with a little cream, and a seasoning of grated lemon peel and finely powdered mixed herbs.

The fowl and ham should be minced and sieved, and, after moistening with the cream or rich white sauce, must be mixed with the seasoning in the usual way. A quarter of a pound will make a small dish. The olives are to be

stoned, and put in boiling water for three or four minutes, then dropped into cold water, dried, and left awhile. About a fourth of the bulk of bread-crumbs may be put to the chicken, &c., when a plainer dish is wanted. Stir in a saucepan until hot, then leave to cool and fill the olives from a bag and pipe; re-heat in the *bain-marie*, and serve as a garnish to fillets of beef, cutlets, &c., or as a separate course.

Tomato Butter. — Required: tomatoes, butter, salt, sugar, colouring, cayenne and white pepper.

Take as many ripe tomatoes as may be required, and allow an ounce of fresh butter to each one of medium size, with a pinch of each of the above seasonings. Break the fruit up, and cook all in a saucepan to a pulp, then rub through a fine hair sieve, and colour. Re-heat for use by returning to the pan and stirring for a minute or two; it should boil for a minute after that point is reached. Tomato conserve may take the place of the fresh fruit, and should the mixture be found too thin, it can be remedied by longer boiling with the lid off.

Tomato Cream. — Required: two ounces of butter to six medium-sized tomatoes, a tablespoonful and a half of cream, and the same measure of any rich white sauce, with a little seasoning only, as this should be of a delicate flavour.

Cook the tomatoes and butter as above directed, then sieve and add the sauce and cream, after heating them together. This has many uses: it may be served as an adjunct to cutlets and all such dishes; or for garnishing purposes. It is more generally useful than the above, and may be used cold, and can be left pale, or coloured as preferred, according to requirements. Many uses for this and the above are given in our recipes, but the ingenious cook will find many more.

Turbot Sandwiches, Excellent. — (*See* recipe for Turbot Ragoût, Iced, à la Walmcotte.) The same mixture, but with any good fish sauce of the mayonnaise kind in place of aspic, makes good sandwiches. Other sorts of white fish are equally good, so long as cooked nicely and not watery.

Tomato Toast, very Savoury. — Required: four tablespoonfuls of well reduced tomato purée, a fourth as much grated Parmesan, the same of chopped ham, an egg, a teaspoonful of French or Italian mustard, a little salt, white sugar, pepper and vinegar.

Simmer the purée for a few minutes with the seasoning; if liked, put an onion in, and remove before serving; add the ham and cheese and stir until hot through; beat the egg in last thing, and serve on toast or fried bread. A top dressing of sieved egg yolk, or grated cheese, or tiny strips of ham, cooked and glazed, may be put on, but it is very nice in the plain form. A little cream may replace the egg, and additional consistence given by a morsel of roux.

Truffles for Garnishing. — (*See* page 661 in Vegetables for the treatment of truffles.) No edible would be missed more for the decoration of dishes, and the smallest scraps should be used when not large enough to cut into shape, by chopping them up finely; there need be no waste, for "specks" in small proportion show up all the better the bright colours which are generally employed with them. Details are given in various recipes in the chapters on Entrées, Game and Poultry, &c. For the bottom of a plain mould, a star always looks well.

Union Sandwiches. — Required: some brown bread and butter of wafer-like thinness, potted veal, anchovy paste, mustard and cress, capers and seasoning, and a little mayonnaise for garnish, with a few fillets of anchovy.

Use a round tinned loaf for these. Spread a third the number of slices with the veal, another third with the

anchovy paste, and the rest with the cress and capers finely chopped; the whole should be nicely seasoned, but use very little salt. Make the sandwiches by putting the slices with anchovy at the bottom, then those with cress, &c., bread side down next, then press the veal on to the cress; cut into triangles and arrange in a ring on a dish covered with a lace paper; the points are to stick up, the sandwiches slightly overlapping; the mayonnaise (made very stiff) is to be put in spots in the centre of each, and the anchovy shreds laid on. Some of the mayonnaise may be coloured green and put round the centre spot.

Veal Sandwiches.—These are insipid if made from veal alone, unless there is a good amount of nice stuffing, and even then a little ham or tongue is calculated to improve them. A dash of lemon pickle is a good adjunct, or some piquant salad may be put on half the slices, and the veal minced or potted on the other. (*See* also recipe for Egg and Curry Mixture, page 984.) Ham and veal, with a hint of cress or other green stuff, and some of the egg mixture on the top can be recommended as a tasty snack. Some like a little anchovy essence on the bread and butter, and the veal and some hard-boiled eggs in slices used together. Tomato butter or cream (page 1000) may be used for moistening the meat. A great deal depends here on skilful seasoning.

Vegetables for Garnishing.—The first consideration is the colour, and it is important that plenty of water be used for the washing; and as soon as cooked, if not wanted at once, they should be put, each kind separately, in a basin of cold water, after they have been rinsed from the cooking water. Carrots, turnips, celery, &c., want this treatment.

Julienne for Soups, &c.—The simplest way is to cut slices from the carrots and turnips, and to peel them round and round very thinly, avoiding breaking, just like peeling an apple. These ribbon-like strips can then be put one on another and cut into strips with a sharp knife. Some find it easier to cut the slices as thick as the lengths are to be, then to slice downwards and finish by cutting into strips. A special knife is made for the preparation of the above, though many prefer to cut the strips as above detailed.

Wafers for Soups, &c.—These can be stamped out with small round cutters, from strips of carrot and turnip, so long as they are cut wide enough. The stems of lettuces and other vegetables, and the green part of leeks can be cut in the same manner.

Diamonds and many other devices can be cut as the wafers.

Olives, and other shapes that are scooped out, require that the vegetables be evenly trimmed on the outer surface, or the shapes will be of irregular appearance.

Dice.—These are among the most useful because so readily prepared. The larger the dice required the larger must be the vegetables from which they are cut, or there will be a greater proportion of waste. Cut the carrots and turnips into slices, then square the edges, lay the slices one on another, cut into strips, then cut through again the reverse way. Should the slices be small enough only to allow four dice from each, just square the edges as before, and cut through the middle in each direction. The trimmings will come in for sauces and soups, &c. When only the red part of carrots is to be used, cut in strips at the sides only, then into dice, after cutting the corners off.

Spirals.—These must be cut from carrots or other vegetables, and very carefully boiled to prevent breaking. They are useful for garnishing cutlets, and made dishes of many other kinds. They look extremely pretty in little heaps, with other heaps of a contrasting colour in between; for example, carrots in spirals, and macaroni or rice sprinkled with parsley.

Note.—(*See* also Beetroot and Truffles, pages 979 and 1000.)

BREAD, CAKES, BISCUITS, &c.

BREAD.

Most people appreciate home-made bread, but it is now somewhat of a luxury, for few people comparatively bake at home, except occasionally; although in certain counties the custom is more general than in others. Some assert that bread can only be baked satisfactorily in a brick oven, while others think that the preference for brick is nothing more than prejudice. But things must be taken as they are, and it is certain that good bread can be made and baked at home in gas stoves and kitchen ranges, although, perhaps, in some instances in small quantities only; and more watchfulness is needed on the part of the cook. No argument need be entered into respecting the relative advantages of bakers' and home-made bread. The latter is more satisfying, and, of course, purity of ingredients is ensured. But good bread can be bought, in spite of all declarations to the contrary, and the thing is, where it is not convenient to make bread regularly, to get the very best obtainable; it is very poor economy to buy indifferent bread.

But on the score of change alone, we advise an occasional "bake," whether of "fancy" or household or ordinary bread; and to ring the changes on brown and white is wise. Brown bread is eaten by many constantly, but where it agrees, as it does not in all cases, many authorities say that greater benefits are derived by discontinuing it for a time, and giving a little attention to other sorts, if only once during the day. For convenience we will separate our remarks into two sections, giving attention first to household bread, such as is commonly raised with yeast, and then to quick bread, or bread made with baking powder, &c. For every-day use, then, the first consideration is the yeast. The liquid barm of olden days is not very easy to get now, as but few publicans brew their own beer, but those who can get it often prefer it. It should be pale in colour and free from bitterness, and about two to three tablespoonfuls should be allowed for every quarter stone of flour; more may be wanted. The strength being so variable only an approximate quantity can be given. (*See* under Yeast in the alphabet.) The dried or, as it is usually called, German yeast is now used to an enormous extent. It is made in France and England, as well as Germany; there are many reliable brands—one known as "Pure Rye Yeast" may be mentioned as being all that it should be—and the following tests will serve for all average specimens.

The yeast should be pale in colour, and crumble when taken up and rubbed between the thumb and fingers, not stick to them. There should be no unpleasant smell. Yeast should not be kept in warm weather; in cold weather it will keep for a few days in a cool place. A little extra must be allowed if not fresh, or from any cause the full time cannot be given for raising, but hurried fermentation is a mistake. Yeast is a plant, and



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IMPERIAL TIPSY CAKE.

can only thrive under certain conditions of temperature. Ignorance or inattention here has ruined many a batch of bread. Therefore, in mixing, remember that extreme cold or heat is wrong; boiling water kills, and cold water chills and prevents the rising. A medium temperature is best. Two-thirds cold and one-third boiling water will be right on the average; it may be a trifle hotter in very cold weather, but should not be less than tepid, *i.e.* in the above proportions, in summer time. Salt should not be mixed with the yeast, as it checks the rising.

Good bread is not to be had from poor flour. If found "ropy," forming strings when mixed with liquid, the bread will not be light. Unless a reliable dealer has been found, a few samples of flour should be tested before getting in a quantity. This is done by making a few small loaves from the various sorts under precisely the same conditions; but few take this trouble. Flour should be cohesive, but not damp; dryness is a proof of goodness; the best flours absorb plenty of moisture, while poor ones take up but little. The colour should be a yellowish white for ordinary "household," not a dirty grey, such as enters into the composition of "seconds" bread so-called.

In mixing dough, a wooden trough or bowl is better than an earthen vessel, if kept for the one purpose and very dry. Otherwise it is open to many objections. The flour should be dry and sifted, and in cold weather it should be warm, and so should the vessel. In making the hollow in the flour for the reception of the yeast, always leave a "bed" at the bottom. Only an approximate amount of liquid can be given; on an average a pound of flour should take up half a pint. When butter, eggs, and sugar are added, as for fancy bread, the proportion is reduced relatively. After dough is mixed it should be left to rise to at least twice its original bulk, but it is an error to suppose that it cannot rise too much. The softer dough is made up, short of actual stickiness, the nicer the bread and the longer it will keep moist.* Much bread is injured by excess of flour used in the kneading. As much and no more as will keep it from sticking to the board is wanted. If the surface is crusted with dry flour the bread has not a fair chance of expansion. The heat should always be the greatest at the first, and the larger the batch of bread the hotter the oven, because the heat is reduced by the large volume of steam. After a short time the oven should cool down gradually. A thermometer fitted in the oven door is very useful. To know when bread is done, the bottom should be rapped with the knuckles. If it sounds firm, remove it; if soft and doughy, return it at once to the oven. Cottage loaves, or batch cakes, or rolls, bake quicker than bread in tins. The average time for a two pounds' loaf is from an hour to an hour and a half. Beginners should experiment with small batches and small loaves; then should failure result, there is not much loss.

QUICK BREAD.

Of this there are two sorts. The most common is that raised from baking or yeast powder, and of which scones may be taken as a type.

* An earthen bread pan with a lid should be used, and it should be wiped out daily with a dry cloth.

A light touch and speed in making and baking have almost all to do with the success or failure here. Half a dozen people following the same recipe might produce very variable specimens of bread. This, though nice for a change, is not so wholesome or satisfying as ordinary bread. When new it should be avoided by dyspeptics; it is less objectionable when a few days old and toasted.

The second class is made from a raised yeast dough, with such additions as eggs, butter, sugar, &c., as given in some of our recipes; and this only comes under the head of QUICK BREAD so far as the baking goes. A sharp oven is wanted, and most kinds present a nicer appearance if "proved" for awhile first. For ordinary people, the handiest way is over boiling water; those with special apparatus have a still better chance of success. The bread should be regarded more as a luxury than a necessity; but for those who can afford it, such additions to the breakfast and tea table are certain of a welcome, and tend to vary the monotony of the average table so far as bread is concerned.

CAKES.

In making cakes, care is needed that all the ingredients are in the proper condition. They should be ready to hand when the task is begun, and the oven should be quite ready by the time it is finished. Many a cake has been spoilt because it has been made and set aside while the oven heated. This is especially important in the case of cakes to which baking powder has been added. There are many kinds of cake, and various ways of blending the materials, according to the kind and degree of richness; and the order in which the materials are added makes a good deal of difference sometimes. Take a plain cake. Here, usually, the dry ingredients are put in a bowl, the fat being rubbed in with the fingers, the requisite amount of moisture is then added, with or without eggs, and the whole mixed. This sort of cake is soon made.

Another type of cake, and a very general one, is made by first beating the fat to a cream and adding the eggs and sugar with further beating; then the flour and fruit go in, and the stiff whites of eggs at the last. Or if no fruit be used, the flour and egg whites are sometimes added, a little of each alternately. In cakes of this sort it is never safe to put the fruit in last, as is sometimes recommended, for there is always a danger of its sinking to the bottom; when mixed with the flour this is obviated.

A mode of mixing that answers very well for cakes without fruit, is to cream the butter and sugar together, then add the eggs whole and the flour alternately, beating lightly all the time. A plan which produces very light cakes, and which is only objected to on account of the extra trouble, is to start the mixing of the materials over hot water. This is detailed in full in some of the recipes.

For cakes of the sponge type, special care is required both in the making and baking. A note of warning may here be sounded to illustrate a principle. After beating the whites to a froth and stirring them in, never beat the cake mixture, or all the labour incurred in beating the whites will be wasted, and the cake made heavy.

As to cakes of the richest class, from wedding cakes to rich pound

cakes, some of which are intended for long keeping, a reference to the recipes will show the modes of manipulation of the various materials. Very rich cakes, unless of moderate size, cannot be properly baked in a small oven.

MATERIALS FOR CAKES.

See page 806. All the ingredients there enumerated, and the special hints concerning them, are applicable here. The necessity of having dry fruit cannot be too strongly enforced, for damp fruit is more likely to produce heaviness in a cake than a pudding. Plain cakes, unless yeast is used, are improved by the addition of baking powder. The flour should be dry and sifted, and the better the flour the better the cake. It is false economy to use bad flour for the plainest of cakes. Ground spices should be most thoroughly mixed with the flour, and all liquid spices and essences must be mixed with the other liquids used, to ensure even distribution. When condensed milk is used, due allowance must be made for its sweetness. Skim milk and butter milk are useful for plain cakes, scones, &c.

CAKE TINS.

One sometimes sees good-sized cake tins at a few pence each; such are often of so poor a quality that they are hardly worth begging. After a very short time they become so thin that the cake burns. Good block tin, made extra strong at the bottoms, and in the case of square tins, at the corners also, are the cheapest in the end. Tinned steel moulds are also to be recommended. Square or oblong tins commend themselves to those who like plenty of crust. Round or oval tins are the most used for rich cakes. A round tin has the advantage of being easily turned in the oven. Fancy-shaped tins, whether large or small, require great care in the greasing to ensure turning out well. The small moulds are often of copper, and although the first cost is high, they will last for many years with care. Special moulds are used for Savoy cakes. (*See* RECIPES.) Baking hoops or rings are used for very rich cakes that require a steady heat all through. Bride cakes, for instance, are often baked in them. (*See* recipe on page 1014.)

For a plain cake, the mould should be greased with a little good dripping or other fat. For better ones, a greased paper is put in after the greasing of the tin. This is done by cutting a separate piece for the bottom, and a strip for the sides. This should come up above the tin, and the bottom piece should fit accurately. Set the tin on the paper and mark round with a pencil, then cut it; always press well to the tin. Some dust over with a mixture of flour and sugar after greasing. For the richest cakes, thicker paper should be used, or if kitchen paper, it should be doubled or trebled. The fat used should be just liquid, and a brush dipped in it, and the paper well coated, or it will not peel off the cake easily. Clarified butter or salad oil is often used for sponge cakes, but in all cases the fat should be free from salt. Tins should never be quite filled; from half to three-parts full is the average according to the extent they may be expected to rise. It is very disappointing to so fill the tin that a good deal of the mixture runs over the side and is burnt. Earthenware dishes and saucers are not suitable for cake baking; they conduct the heat too slowly.

BAKING OF CAKES.

All sorts of cake want the greatest heat at first. The degree to be maintained depends upon the kind. The depth of the tin, too, must be considered. In all recipes, the time set down can only be regarded as the approximate, owing mainly to the difference in tins and ovens. A plain fruit cake wants a quicker heat than a rich fruit one; but, speaking generally, more cakes are spoilt by having the oven too slow than too quick. In the latter case the heat may be modified by setting the cake tin on a tray of sand, or ashes, or salt, or by covering with a sheet of greased paper should the cake brown too soon; but a slow oven often makes a cake heavy, especially if it has been made too liquid—a common fault. Experience is the best teacher, but there are various ways of telling when a cake is done; it should be firm to the touch both top and bottom; the odour is a pretty good guide, and a wooden skewer should come clean from the centre; if the mixture sticks to it the time must be prolonged. Avoid opening the oven door often; do not draw the cake right out to turn it; close the door quickly and without a bang. When done, leave in a warm place to cool, either on a sieve, after turning out of the tin carefully, or rest the side on a folded cloth and lean the bottom of the cake against the edge of the tin in a slanting position; the thing is the escape of the steam; for this reason, do not leave in the tin to cool, but the papers need not be at once taken off. When intended for keeping, the papers should be left on. Many cooks turn all cakes out upside down on to the sieve for the steam to escape from the bottom.

ORNAMENTED CAKES.

Under this heading may be grouped all sorts of iced cakes, and those for which fondants, coloured sugars, &c., are used. The various icings will be found under their headings, and the icing bags and pipes are shown in GARNISHES. Some experience is needed to turn out a nice-looking iced cake, and the novice must not expect results such as are attained by the confectioner. Some seem to have a natural gift for this, and others can never turn out neat-looking work. An advantage of icing a cake sometimes overlooked is this: quite a plain cake may be made to look very nice, say for a children's party, and a good slice of it will do the juveniles less harm than a smaller piece of a rich cake sent to table in the plain state. The purity of all things used is important both for appearance and health's sake. Icing sugar should be dry, a good colour, and carefully sifted, any lumps being first pressed out with a rolling pin. The very low-priced sugars should be avoided; they suffer both in sweetness and colour. In all recipes care has been taken to give the average proportions of the ingredients, but as eggs vary in size, and sugar in dryness, common-sense must be brought largely to bear on the operations. There are naturally many tools employed by confectioners that are not to be found in ordinary kitchens, and they have a good deal to do with the perfection of the work. For example, a revolving stand is used for icing a cake, that it can be got at in all parts; a good substitute is found in an inverted soup plate, or a round cake tin, smaller than the cake itself.

All the articles referred to in the recipes for ornamented cakes, will be found on reference to the INDEX. (*See* GLACÉ ICING for directions for icing small cakes.)

BISCUITS.

Biscuits are now to be bought in great variety, and their manufacture in private houses is on a very small scale as a rule. All things considered, it is as cheap to buy as to make them. For this reason partly, and also for lack of space, our recipes are not numerous; again, when the crisp biscuits are under consideration, it must be remembered that machinery has to be brought to bear in most cases to bring about the requisite dryness, the dough being often too stiff to roll by hand, and home-made biscuits of this class are but poor imitations of the real thing. Yet, with care, very nice biscuits, especially of the softer kinds, known as dessert biscuits, may be made, and there is the advantage of having them fresh. All the recipes for rock cakes serve for biscuits, by reducing the size; very good baking tins should be used, as a quick oven is wanted, and a moment too long with a thin baking tin and burning results. Then, all cakes of the "short bread" type can be made into biscuits of various shapes, and by altering the flavourings a good variety is obtained. All biscuits should be kept in tins with tightly-fitting lids. The invalid specialities herein included, are perhaps an exception to the rule that home-made biscuits are as costly as bought ones.

A B C Cakes.—Required: a breakfastcupful of wheat flour, a quart of sour milk or buttermilk, a teaspoonful of carbonate of soda, and some cooked cereal of the A B C brand. These comprise barley, oats, and maize. Cost, about 6d.

Mix the eggs and milk with the flour to a batter; add a little salt, and then stir in the cereal to make a very thick batter, or soft dough, that can be just poured into a well-greased baking-tin, such as is used for Sally Lunns. The soda is stirred in last. Bake in a quick oven. To be eaten hot with butter; they are sometimes cooked in muffin or crumpet rings. Any sort of cooked grain may be thus used up. Should sweet milk be used add a teaspoonful of tartaric acid. These bind better if a little corn-flour be added to the flour, say a fourth the quantity.

NOTE.—The cereal needs but a little cooking, in milk enough to swell it.

Aerated Bread.—Bread of this kind, prepared according to Dr. Dauglish's patent, has a large sale in London. Flour, water, salt, and carbonic acid gas (the latter forced into the dough by machinery) are the materials. Opinions differ as to the flavour, though most people like the bread for a change. It is considered nourishing, and freedom from handling is a strong point in its favour. Those who have the opportunity do well to change their bread from time to time.

Almond Icing or Almond Paste.—There are several ways of making this, and it is generally very popular. Required: almonds, sugar, eggs, &c., as below. Cost, about 1s. per pound on an average, but it varies with the almonds and amount of sugar used.

To a pound of finely-chopped sweet almonds add a pound and a half of fine castor sugar and a teaspoonful of vanilla essence; then make into a paste with the whites of raw eggs, adding them by degrees. About two will be required, but it depends on the size.

When required of a rich colour, the yolks should be used alone, or some cooks prefer a mixture of yolks and whites. About half an ounce of bitter almonds are added to each pound of sweet by some, and a little lemon juice or brandy in place of vanilla. Sometimes the almonds are pounded. Ground almonds may be bought, but they are mixed with sugar as a rule, and this should be borne in mind. For a cheaper icing, two pounds of sugar may be allowed to one of almonds, and then the flavour should be heightened by the addition of almond or ratafia essence. The almonds should be carefully blanched. Nuts of a cheaper kind are often used with almonds when expense is an object, and if well flavoured with essence the mixture is not very easily detected.

Another way.—Mix a pound of icing sugar with half a pound of ground almonds; add an egg, beaten a little, a teaspoonful of lemon juice, the same of sherry, a few drops of almond essence, and a little vanilla, if liked. This or the above should be lightly worked for a few minutes on a board dusted with fine sugar. Should these icings ever be found too soft, never add flour, as sometimes recommended, but put in more sugar; but the best way to avoid over-moistness is to add the eggs very cautiously.

An old-fashioned way of making this is to mix the almonds and sugar in a copper saucepan over a gentle fire, working with a spoon until hot, and sprinkling now and then with a few drops of water. No eggs are needed. This does not eat so rich as the above. It is used for tarts very often, being left to get cold, and then rolled out.

Almond and Chocolate Icing.—This is very nice. Other nuts may be used thus, a mixture of almonds and cocoa-nut being very good. Required: three-quarters of a pound of sweet almonds, half an ounce of bitter ones, two ounces of vanilla-flavoured chocolate, four ounces of fine sugar, an ounce of butter, and a raw egg. Cost, about 1s. 6d.

The butter should be melted by gentle heat, and added with the egg, after the rest of the materials have been mixed. The almonds may be pounded, or chopped, or ground. If required brown, add a few drops of coffee-brown colouring. More sugar will often be liked.

Almond or Cocoa-nut Cones.—These dainty cakes are made by taking either of the icings of the same name (*see* recipes), and forming it into little cones, *i.e.* sugar-loaf shapes. Put them on tins in a cool oven to dry a little. The tins should be rubbed with white wax; then cover the cones with very thin short paste—it cannot be too thin. Cut off any excess paste with a knife, making an even join, and bake; then, when cold, decorate with various icings, coating with one colour and piping with another. (*See* recipes.) Dish on a lace paper.

Almond Short Cake.—This is very rich and delicious, and will keep well in a tin box. Required: a pound of Vienna flour, a quarter of a pound of potato flour, ten ounces of fresh butter, five ounces of ground almonds, seven ounces of castor sugar, the rind of a quarter of a lemon, two eggs, and a tablespoonful of thick cream. Some almonds, in strips, and roughly-crushed sugar are also wanted for garnishing the tops. Cost, about 2s. 2d.

Rub the butter in the flour, and add the other materials, mixing all the time with the tips of the fingers; then drop in the yolks of eggs and cream, and work to a paste very lightly. If large, one egg may suffice. Form into oval cakes half an inch thick, brush the tops with beaten white of egg, and sprinkle with the sugar and almonds; about four strips will be enough for each, or they may be chopped and strewn over. Transfer from the board to the baking-sheet with great care, and bake as directed for SHORT BREAD.

Alpha Rocks.—These are very nice teacakes. Required: three-quarters of a pound of flour, six ounces of sugar, four ounces of butter, two ounces of sweet almonds, an ounce of currants, the same of candied peel, and one egg. Cost, about 10d.

Beat the butter to cream, and stir in the sugar and egg and beat well. The peel should be in shreds, and the almonds chopped and mixed with the flour and currants, then added to the rest with light stirring. The flour must be dry and sifted. Place rocky heaps on a greased tin, using a fork, and bake in a good oven. A drop or two of almond essence can be added. Time to bake, about twenty minutes. Enough for a dozen to fourteen cakes.

American Raised Biscuits.—A "biscuit," in the States, signifies a hot cake that is eaten for breakfast. The following is representative of the class. Required: a pint of milk, an ounce of butter, the same of lard, half a teaspoonful of salt, two tablespoonfuls of liquid yeast, and about a pound and three-quarters of flour. Cost, about 7d.

These are to be mixed over night and covered; in the morning the biscuits are formed by rolling the dough and cutting in squares, and baking in a quick oven. Another way is to roll the dough thinner—it should be soft—and cut two or three pieces, laying one on the other; then, when done, they can be separated for buttering. Another sort of biscuit is made from flour, with a little salt and fat of some kind; this is made up with sour milk or buttermilk, and resembles a good scone. Very light handling and quick baking are the special points.

(*See* GRAHAM BREAKFAST BISCUITS.)

American Crackers.—The thin biscuits bearing this name are to be bought in tins. They are to be used in any of the recipes where "cracker crumbs" are an ingredient. "Soda crackers," and many similar biscuits answer the same purpose.

American Crullers.—Required: a pound of sugar, six eggs, two ounces of butter, the same of lard, a teaspoonful of carbonate of soda, milk and flour as below. Cost, about 1s. 4d.

The fat should be creamed with the sugar, and most thoroughly beaten; the eggs are added singly, and the beating continued for some time; then half a gill of milk goes in, and enough sifted flour by degrees, with the soda, to make a soft dough that can be rolled on a board. The dough should not be in the least sticky. Cut in small rounds half an inch thick, and fry in hot fat to a nice brown. They should puff out a good deal, but this depends much on the mixing. These are much lighter with less sugar, say half a pound.

Another way.—Required: five eggs, a quarter of a pound of fresh butter, half a pound of sugar, flour, a tablespoonful of ground cinnamon or mixed spice, twice the measure of brandy, and a tablespoonful of saleratus. Cost, about 1s. 6d.

Proceed as above, adding the flour last thing. Roll and cut in strips, and twist or plait these, so that they form little irregularly shaped cakes when done. There are endless ways of varying the form. Drain and serve in a light pile, with sugar over, and piping hot. Those to whom crullers are new will do well to reduce the amount of spice in a trial batch. They are an American dish, and spice is more freely used in that country than in our own. All sorts of essences can be used for flavouring them.

American Jelly Cake.—The foundation is the same as for LAYER CAKE, but the cakes are thinner—about half an inch when done—and are spread with any kind of fruit jelly and piled up in threes. They are very nice plain but better, in the opinion of some, with cream.

Apple Cake.—Required: flaky paste, and a filling as under. Cost, about 1s.

Cover a good-sized tin plate with a thin sheet of paste, and put the following over in the order named. Three ounces of currants, five ounces of good apples, cored and in thin round slices, a quarter of a teaspoonful of mixed spice, an ounce and a half of castor sugar, or more if tart apples, two ounces of candied peel in shreds, a saltspoonful of grated lemon peel, and an ounce of butter in little bits. Cover with paste, glaze, and bake, and serve hot or cold. This may appear out of place at tea, but that is the meal at which it should be served.

Apple Short Cakes. — Required: a pound of flour, a pinch of salt, a teaspoonful of baking powder, two ounces of lard, three of butter, the yolk of an egg, an ounce of sugar, and a gill and a half of cold water, or half may be milk, and some stewed apples as below. Cost, about 1s.

The paste should be made in the same way as ordinary short paste; the less it is handled the better. It should not stick to the fingers or the board. Roll out in a round cake a little more than half an inch thick, and bake in a good oven. When done take it out at once or it will get dry, and with a sharp knife, dipped in boiling water and dried, split it round the edge, separate it, and spread with the apple purée, of which about half a pound will be wanted. (*See* recipe for APPLE PUFFS, GOOD, in *Pastry*.) A little extra spice should be put in, that is the only difference. Replace the top of the cake, sift sugar over, and serve hot or cold for tea, or in place of a pudding at dinner. Pears and quinces may be used in the same way. Cream or custard is a great improvement to these cakes.

NOTE.—The oven must be slower than for pastry, owing to the thickness of the cake.

Another way is to make two cakes, and lay one on another to bake, then to separate as above.

Arrowroot Cake. — Required: four ounces of arrowroot, the same of flour, three-quarters of a pound of fine sugar, and the same weight of eggs in their shells. Cinnamon is a suitable flavouring, this being an invalid's cake. Cost, about 1s. 2d.

The arrowroot should be free from lumps, and sifted with the flour. The mode of making is the same as for SPONGE CAKES. The colour should be pale brown when done. The sugar may be reduced to ten ounces for those who like a plainer cake. When expense has to be considered, good corn-flour or maizena may be used. For rice-flour sponge cake substitute rice-flour for the arrowroot; or use a mixture.

Austrian Cherry Cake. — This resembles the puddings of our own country, and may be served as a pudding, or for tea as a cake. Required: ten ounces of bread-crumbs, the whites of seven eggs and the yolks of four, the peel of a lemon (chopped small), five ounces of castor sugar, and a quarter of a pound of dark juicy cherries (stoned). Cost, about 1s. to 1s. 3d.

The bread, sugar, and yolks of eggs are first beaten together, then mixed with the lemon and the whites of the eggs—the latter should be whisked to a firm froth. The cherries are put in last, very carefully. The mould used must be well buttered, and lots of room left for rising. Served hot or cold. To test the cake, pass a wooden skewer to the bottom through the centre, and if it comes out clean the cake is done.

NOTE.—Other fruits may be used in the same way; raspberries are nice, and damsons make a rich cake; apple pulp is also good, or grated raw apples will do.

Austrian Dough Cake. — Required: four ounces each of raisins and currants, two ounces of sliced sweet almonds, a saltspoonful of ground cinnamon, four ounces of thinly-sliced figs, and two pounds of good light bread dough. Cost, about 1s.

Take the dough after it has risen

(it should be soft, but not at all sticky), and work it with the hands into a long sheet on a board, then put the other materials all over, and work up into shape for baking in a tin as an ordinary cake; or roll out thinly, and cut out with a round cutter into cakes for serving one to each person, and bake as buns, scones, &c.

For a richer cake, add a quarter of a pound of butter and two beaten eggs; this is very nice, and may be spread with butter and sliced for tea.

Baba au Rhum. — Required: a pound of flour, water, milk, and eggs as under, sugar, rum, fruit, yeast and syrup. Average cost, without syrup, about 1s. 2d.

Mix a fourth of the flour with a tablespoonful of fresh yeast, and a gill of tepid water, and cover until well risen. Put the rest of the flour on a board, and hollow the middle, put in a pinch of salt and six ounces of castor sugar, a gill of tepid milk (or half cream for a rich baba), then beat in three and a half large, or four medium-sized eggs, one at a time. Add the yeast mixture, and half a glass of rum, and beat the whole together. Colour a rich yellow. The mould for baking should be very well buttered, and only half, or a little under, filled, for it should rise a lot in baking. A very moderate oven is wanted. When done the cake will be a rich colour. An ounce or two of butter and currants, or raisins, are a matter of choice. Serve hot with syrup over. (*See* SYRUP FOR CAKES.) The baba is of Polish origin, and formerly rye flour and Hungarian wine were used in it. It is sometimes served cold.

Baking Powder Scones.— These are good if made and got into the oven without delay. Required: a pound and a half of flour, an ounce and a half of fat of any kind, three-quarters of a pint of cold milk and water, mixed, two teaspoonfuls of fresh baking powder, and a little salt. Cost, about 5d.

Rub the fat in, and add the rest, mixing with the fingers to a dough. Form into three rounds nearly an inch thick, and cut each into four, and bake in a quick oven twenty minutes or so. An ounce of sugar may be added, or the same of currants, and another ounce of fat for better scones. Glaze when nearly or quite done. The rounds may be left uncut for large scones, then the tops should be pricked with a fork, and the time increased for baking, or cut half through the rounds in the form of a cross, and break when done. (*See* GLAZE FOR BUNS, SCONES, &c.)

Banbury Cakes. — Required: paste, and filling as below. Cost, about 2d. each.

Take paste No. 9, 10, or 11, and cut in ovals; put a spoonful of the filling (or "meat") on, and bring the edges together, making the ends rather pointed; this is done by pressing out the centre with the rolling pin. Some experience is needed to make the cakes a good shape. A way which is found easier by many is to cut two ovals for each cake, and spread half with the mixture, then brush the edges with white of egg, and lay the second on, pressing the edges closely and neatly. But these are not the orthodox style. The pastry should be well glazed.

Filling No. 1.—Mix a quarter of a pound of brown sugar, half a small nutmeg grated, half a pound of washed and dried currants, an ounce and a half of candied peel in dice, and an ounce of butter rubbed into a teaspoonful of flour; blend the whole, and moisten with a little rum or rum shrub. This is a good mixture.

No. 2.—A pound of currants, half a pound of lemon and orange candied peel cut finely, half a pound of butter, creamed, and a teaspoonful of ground allspice, with cinnamon to taste. A little flour should be added, or the crumb of a penny sponge cake. With so much butter this is rich, and a plainer pastry would better suit.

No. 3.—This is very nice. Cream

four ounces of butter, add the same of sugar, six or seven ounces of currants, a large egg beaten and strained, two ounces of chopped candied peel, an ounce each of flour and sponge cake crumbs, with grated nutmeg or other spice to taste. The addition of a spoonful of rum is optional, but a great improvement. The rind of a lemon is sometimes added, and a little juice; and the mixture is varied in endless other ways. In the season some use a little mincemeat, made rather stiff with cake or biscuit crumbs, for cakes of this kind, or for Eccles Cakes.

Bath Buns. — Required: two pounds of flour, three-quarters of a pound of butter, an ounce and a half of dried yeast, half a pound of castor sugar, half an ounce of carraway seeds, a quarter of a pint of tepid milk, the same of water, six large or eight small eggs, and other ingredients as below. Cost, about 2s.

Rub the butter in the flour, add the yeast and liquids, then work up and cover for an hour or more; when well risen, the sugar should be put in with the eggs and seeds, and the mixture worked lightly for a few minutes; then drop spoonfuls on a greased tin, and strew the tops with roughly-crushed sugar or carraway comfits. Bake in a quick oven. Candied peel is often added, and the seeds omitted. More milk may be wanted; the dough should be soft, just stiff enough to keep its shape on the tins. The buns are better if put over boiling water for half an hour after shaping. A glaze is often made by mixing a little sugar and water, with which the buns are washed, then dredged with sugar; they are more liable to burn, but look nicer. (*See* also Glaze for Buns, &c., No. 1.)

Note.— The same mixture, minus seeds, and with the addition of a quarter of a pound of chopped candied peel, and six ounces of sultanas, makes excellent sultana buns. The above makes a good number of buns.

Biscuit Powder.—Biscuits may be reduced to a fine powder by drying them in the oven, and rolling them with a common rolling-pin on a board. The crumbs should be sifted, the coarse particles being again rolled, and passed through the sieve until the whole is uniformly fine. Plain biscuits for crumbs for fish, and sweeter biscuits for converting into crumbs for coating sweets for frying, or for children's food, are all prepared thus. If the biscuits are freshly baked, the drying is not essential.

Biscuits, Hard, Plain.—Required: half a pound of lard or butter, four pounds of flour, a little salt, and about a quart of skim milk. Cost, about 1s. 2d. to 1s. 4d.

The butter should be melted in the milk, and added to the flour; the mass should be beaten with a rolling pin until quite smooth. Roll thinly, or make them half an inch thick and the size of the top of a tumbler if liked, and prick well. The thicker kind take some time to bake, and the oven should be moderate.

Another way.— Allow an egg to every pound of flour, and a teaspoonful of salt to two pounds, and add milk or water, or both to make a stiff paste. Proceed as above. An ounce of sugar to the pound may be used if for tea. Carraway seeds may be added to either of the above.

Another way.—These are rather like "Water biscuits" as sold by grocers. Allow an egg, three ounces of butter and lard mixed, and three-quarters of a pint of water to three pounds of flour and a little salt. The thinner they are rolled the better. They must be well pricked, and laid on tins dusted with flour. The oven should be hot enough at first to blister the surface; let them finish in a cooler part. They should be nicely browned. By adding some carraways and a little sugar, and mixing with milk, biscuits similar to "thin Abernethy's" are obtained. These want a cooler oven than the preceding.

Boston Cream Cakes.—These are very nice for tea, or will serve as a luncheon or dinner sweet. Required: half a pound of butter, three-quarters of a pound of pastry flour, eight eggs, a pint of water, about an eighth of which should be rose or orange flower water, and a pinch of salt. For the filling of the cakes, required also a quart of milk and cream mixed—about an eighth of the latter will do—four ounces of corn-flour, two eggs, two ounces of butter, six to eight ounces of sugar, and a flavouring of vanilla. Cost, about 2s. 8d. to 2s. 10d.

First heat the water, and put the butter in, and when it boils stir in the flour from the left hand, and beat rapidly with the right. The flour must be sifted. Then take from the fire after stirring all until it is smooth (there should be no lumps); and add the yolks of the eggs, one at a time, beating between each addition. Then cool a little, and put in the vanilla essence. Beat the whites of eggs to a froth, and stir them in as lightly as possible, but blend well, or the cakes will be streaky, and take care to have a large pan should this quantity be made. But the materials, if divided, will make a nice-sized dish. Have the baking-tin ready, covered with a sheet of slightly-greased paper, and drop the mixture on from a spoon, leaving a space between, and bake in a sharp oven for about fifteen minutes. A dessertspoon should be used, or a very large teaspoon, as the cakes will rise a good deal. When done, heat a sharp knife, and split them open at one side, then fill with the corn-flour mixture. This is made by boiling the corn-flour with the milk and cream as for blancmange, then beating in the eggs and sugar with the flavouring, and leaving for a minute below boiling point for the eggs to cook. This is made very sweet, as it will be noticed that there is no sugar in the cakes themselves. These are to be filled while hot, and should be eaten the day they are made; after standing the cakes become tough.

Another way.—If to be eaten hot, the filling may be made less sweet, and a small spoonful of any nice fruit jelly or jam be inserted. This is done by putting the above filling on one side and the jam on the other, then pressing the cakes together again. The jam should be stiff, and made warm before using. The cakes are also nice when filled with whipped cream, well sweetened and flavoured.

Brandy Snaps.–Required: three-quarters of a pound of treacle, six ounces of butter, or half lard, half a pound or more of flour, half a pound of sugar, and half an ounce of ground ginger with a pinch of nutmeg if liked. Cost, about 10d. to 1s.

The butter should be melted in the treacle, and the other ingredients added a little at a time, then mix well. The baking tins must be very slightly greased, and the mixture dropped on from a spoon, leaving room for spreading. Bake to a light brown in a gentle oven. Try the mixture; it may require a little more flour, or if too stiff, add a little more treacle; it should run easily. When wanted pale, use white sugar and the finest golden syrup.

The snaps may be curled while warm round a rolling pin.

Bread.—(*See* the ALPHABET for various kinds, and Introduction to this chapter, and HOUSEHOLD BREAD, for general directions.)

Bread Crumbs. — To prepare crumbs for frying fish, or making puddings, and various other purposes, take bread a few days old from a light loaf, then rub it through a wire sieve—this is the way to get crumbs even. New bread will clog and not produce light crumbs; bread a week old may be used.

Browned Crumbs. — Any scraps of crust and crumb of bread should be put in the oven and dried slowly, until evenly browned all over. Then roll them on a board and pass through a wire sieve, rolling again those that

will not go through. Where a "rotary grater" is at hand, a good deal of time is saved, as the bread is soon reduced to fine powder. These crumbs will keep some time if bottled for use. The term "raspings" is applied often to bread so prepared, but strictly, raspings are made by rasping the crust from loaves; they may be had of bakers and confectioners.

Browned or Fried Crumbs for serving with game.—The sieve used for these should be coarser than that for crumbs for fish frying. It is a good plan to dry them a little in the oven before frying when extra crispness is liked. They should be shaken into the fat, and that is best of clarified butter; a couple of ounces for four ounces of bread. Stir until a golden brown, then take the crumbs up with a skimmer, and drain on a soft hot cloth before the fire. Some cooks brown the crumbs in a tin in the oven, using butter and turning often, but we advise the frying.

Bread Dice, or Croûtons.—Dice are used for soups and other dishes. They are generally from a quarter to half an inch square, and should be from evenly-cut slices, freed from crust. The fat used may be butter, clarified fat, or vegetarian fats, according to the dish; it should be very hot, and a good supply is needed. As soon as the bread is brown and crisp, remove and drain on paper or a cloth. A frying basket assists the process if a good supply is needed. Shake the basket well on removing it from the fat. (*See* CROÛTONS in *Garnishes.*)

Breakfast Rolls, Quickly Made.—These are very nice, and the crust is soft. Required: a pound and a half of flour, an ounce of lard, half an ounce of butter, two teaspoonfuls of fresh baking powder, a teaspoonful of sugar, half as much salt, and a pint of milk—skim will do. Cost, about 6d.

Rub the fat in the flour, and mix with the milk, &c., to a light dough. They cannot be handled too little or too lightly. Form into little rolls and brush with milk. When half done, brush again for a crust of extra softness. For a crisper crust, brush with egg or glaze (*see* GLAZE FOR BUNS, &c.) before baking. Sugar is optional. A trifle more flour may be wanted.

Another way.—These are richer. Allow an ounce of butter, an egg, a teaspoonful of salt, the same, or more, of sugar, a dessertspoonful of baking powder, and half a pint, or rather more, of new milk to every pound of flour—half brown and half white is nice for a change; for very light rolls, use a mixture of Hungarian and best white English. Proceed as above directed. For excellent tea rolls, the sugar may be increased to a tablespoonful or some fruit added.

Bride or Wedding Cake.—Required: a pound and two ounces of dry sifted flour, a quarter of a pint of rum, or half brandy, a quarter of a pound of treacle, the same of sugar, eight eggs, three-quarters of a pound of butter, three ounces of sweet almonds, blanched and chopped, two ounces of crushed ratafias, a nutmeg, a small saltspoonful of ground cloves and allspice, mixed, two pounds of the best currants, washed and dried, half a pound of chopped sultanas, half a pound of candied citron, and seven ounces each of orange and lemon peel, and icing as below. Cost, about 5s., exclusive of icing.

The above materials weigh over seven pounds; and with the icing a cake of from twelve to thirteen pounds may be made; but the weight depends upon the thickness of the icing and the amount of decoration. The butter and sugar are to be beaten, and the eggs added, with the treacle, and again beaten; the ratafias are to be soaked in the spirit, and added next. The spice is put with the flour, and a saltspoonful of salt; the fruit and peel are added, the citron in large, and the lemon and orange in small, shreds. This second mixture is then to be very

thoroughly blended with the first. The baking tin or ring should be lined with several folds of well-buttered paper, and a few folds should be put round the outside of the tin. It should be set on a stout baking tin; and if that can be put on a second one spread with ashes or sawdust all the better. Unless the oven is very reliable, it will be better to send the cake to a baker's oven. A steady heat is wanted all through; and if the top shows signs of getting too dark, it should be covered with paper. The cake should be dark and rich-looking. To know when done, apply the usual test (page 1006). The time depends upon the depth and the heat of the oven; a shallow cake is best, about three inches when done. A cake of this sort is not intended to be light; the amount of fruit prevents that. It should be made at least a few weeks before it is used; and better still, a couple or three months. If used while quite fresh, the flavour is not nearly so good. The paper should be kept on, and the place of storage cool, but not damp. (For the ALMOND ICING, *see* p. 1007.) This may be any thickness from half an inch to an inch. Some modern cakes are made with a second coating at the bottom, which adds to the expense, as well as the excellence, of the cake. The top should be made level. (For the WHITE ICING, *see* below.) Give a rough coating first, and leave in a warm place, out of the dust, until next day; then go over again, making it smooth. Use a palette knife, and dip now and then in cold water. On the following day the final decoration may be given. This is done by means of an icing bag and pipes, shown in GARNISHES. The design is a matter of taste. If some small silver sweets are used, the work is simplified; and silver bands and leaves may be bought of a confectioner. Vine leaves are pretty; and if a "thread" and small plain pipe be used, bunches of grapes may be imitated. When a more elaborate cake is wanted, a vase of flowers is sometimes hired of the confectioner, and gum paste leaves bought; the latter cannot be eaten. The majority prefer natural flowers nowadays; and if the cake be placed on a round tray or stand, covered with silver or white paper, and entwined with white flowers and fern leaves, the effect is very good. A specimen vase with more flowers may be put on the top.

NOTE.—Unless for storing, the spirit may be reduced by a third.

Bride Cake, or White Icing.* —Required: sugar, eggs, and lemon juice as below. Cost, about 1s. 4d. to 1s. 6d.

The sugar should be sifted into a large basin; and to two pounds, the whites of four large, or five or six small, eggs may be put. The mixture must be beaten hard for about twenty minutes, until it is a smooth shiny paste; the addition of a teaspoonful of lemon juice to a pound of sugar, or as much tartaric acid as will cover a threepenny piece, will improve the appearance. A common fault with beginners is to put too much egg at first, and to beat too short a time; if this be done, the icing will run. A cheaper icing that does for ordinary cakes is made by using one egg only to three-quarters of a pound of sugar, and adding a little water. While the icing is being used, the basin should be covered with a damp paper, and, if it gets too dry, must be moistened and worked a little. This cannot be properly made in a hurry; and the better the sugar, the nicer the icing. The same thing, coloured as required, is used for piping all sorts of cakes and sweets generally, and is the coloured icing referred to in many of our recipes. The eggs must be fresh, and the white separated from the yolk with extra care, the specks being removed. An ounce of glycerine to six pounds of icing sugar is used by some, and is said to prevent the icing cracking when dry.

* It is an advantage to the beginner to buy the sugar in tins with directions for use.

NOTE.—There are other names for this, such as "hard icing," "frosting," &c. (*See* FROSTED ICING.)

Brioche, or French Paste.—Required: flour, yeast, water, sugar, salt, milk or cream, and eggs. Cost, from 2s. to 2s. 6d.

Take two pounds of fine dry flour, and separate eight ounces of it to make the leaven. Place this last into a pan, and mix with it two ounces of yeast and a little warm water. Gash the surface of the paste. Put a cloth over the pan, and put it near the fire for about twenty minutes to rise. Meanwhile make a hollow in the centre of the remaining flour, and put into it half an ounce of salt, an ounce of finely sifted sugar, and an eighth of a pint of cream, or some milk if there is no cream. Add a pound of good dry fresh butter cut into small pieces; put them into the flour, and pour over all six eggs well beaten. Work all this with the hand until the whole is quite smooth. If the flour will take one or two eggs more, add them; but the paste must not be so soft as to adhere to the board or roller. When the leaven is well risen, spread the paste out, and the leaven over it, and knead well together. Then cut into small portions, and mix again, that the leaven may be thoroughly and equally incorporated with the other ingredients. Next, dust some flour on a cloth, and roll the brioche (for so it is now called) in it. Put it in a pan, and set it in a cool place in summer, and in a warm place in winter. Use it the early part of the following day; then knead it afresh; and if the French form is desired, make some of it into balls of uniform size. Hollow them at the top, by pressing the thumb into them; brush them over with eggs, and put a second much smaller ball into the hollow part of each. Glaze again with yolk of egg, and bake them for about half an hour in a quick oven; or the brioche may be formed into cakes and placed on a tin. Brioche may also be used as a paste to make rolls for jams or jellies, or even for vol-au-vents; but to many persons it is unpalatable, on account of the large proportion of butter and eggs. More sugar is added by some, and a larger number of eggs, as well as dried fruits of various kinds. Brioche may be baked in large fancy moulds, and served as tea bread.

NOTE.—If for breakfast, it must be made over night, as it wants nearly twelve hours' standing.

Brown Bread, a Simple Recipe.—The flour may be coarse or fine, as preferred, and decorticated may be used in the same way; or a mixture of one-third white and two-thirds brown flour is liked by many. Proceed as for HOUSEHOLD OR FAMILY BREAD, using a trifle less salt, and an extra half ounce of yeast, increasing the water as required—it should be as moist as possible. Plenty of time should be given for rising, and thorough baking is required in a steady oven. Small loaves are best, or rolls are very nice; large loaves are not satisfactory, as the crust gets hard before the bread is done in the middle. An ounce of butter, dissolved in the water, is a great improvement to each quarter stone of flour; or milk and water may be used. Those who have been accustomed to white bread, and desire to make a change, often find a mixture of equal parts of white and brown flour at first the most agreeable; a loaf of whole meal may then be worked up to by degrees. Small proportions of barley flour, or oatmeal, or maize meal may be added to bread of this sort.

NOTE.—*Bran* bread is not whole meal, or true brown bread; that is a mixture of bran and flour, though it is sometimes palmed off by unprincipled dealers as the genuine thing. When bran bread is required, good flour should be used, and as much bran incorporated with it as may be agreeable. If bought, it should be from a reliable dealer, as sometimes very poor flour is used in bran bread,

the bran tending to hide its dirty colour.

Brown Bread, Vegetarian.—Two recipes are given. The first is very quickly made, but is less suited to every day consumption than yeast bread. *No.* 1.—Required: two pounds of whole wheat meal of the best quality, a pint of cold water, half an ounce of good baking powder, and a little salt: a small saltspoonful will be enough. Cost, about 4d.

The powder and salt are to be mixed with the meal, and the water poured in, and mixed lightly with a wooden spoon. Then bake it at once in a tin, or on the oven shelf. It must not be kneaded; indeed the dough should be so soft that it could not be. The less it is touched with the hand, the better and lighter. Some prefer to mix a quarter of an ounce of the best bicarbonate of soda with the flour, and to add the same weight of hydrochloric acid with the water, in which case no salt is needed.

Note.—The acid should be got from a most reliable source, or its purity for bread making cannot be guaranteed. The purpose for which it is required should be stated. The powder is more generally employed.

No. 2.—Three pounds of whole meal, a pint and a half of tepid water, an ounce of dried yeast, a teaspoonful of salt, and an ounce of good vegetable oil will make good bread. If the yeast be proved to be good, the whole may be worked up without forming a leaven; then the dough should rise for an hour or more, and be put in tins, and allowed to rise a little more. Or, after the dough is first mixed, it may be put straight in the tins to half their depth, and covered until it reaches nearly the top; then it is ready for baking. The fat should be mixed in with the water and yeast.

Buckwheat Griddle Cakes.—Required: a quart of buckwheat flour, a tablespoonful of yeast, and some water and salt. Cost, about 4d.

Use warm water, and make the dough up very lightly, and let it rise for three hours. The top should look cracky when light enough to cook. The consistence should be that of thick batter that can only just be poured with a ladle on to the griddle; when one side is done turn, and when removed, butter and keep the cakes hot.

Another way.—Add a tablespoonful of treacle in addition to the yeast, and bake as above—or, what is more usual, on baking sheets in little iron rings, or muffin rings may be used.

Butter Icings.—(*See* Vienna or Butter Icings.)

Buttermilk Parkins.—Required: a pound of medium oatmeal, half a pound of flour, four ounces each of dripping and lard, half a pound of brown sugar, half a pound of treacle, half an ounce of ground ginger, the same of mixed spice, a teaspoonful of carbonate of soda, and some buttermilk. Cost, about 1s.

Rub the fat in the flour and meal, add the dry ingredients, and then the treacle, warmed a little, with enough buttermilk to make a light paste. Cut in round or square cakes half an inch thick, and bake slowly. Glaze when done. These are suitable for children. They are very light.

Buttermilk Scones.—(*See* Baking Powder Scones.) Use buttermilk and a teaspoonful of carbonate of soda, and half as much tartaric acid for every pound of flour.

Canton Gingerbread.—Required: three eggs, half a pound of flour, a quarter of a pound each of rice-flour and corn-flour, six ounces each of butter and pale moist sugar, a gill of pale treacle, three ounces of candied ginger of good quality, the same of candied orange and lemon peel, a teaspoonful of grated ginger, a good pinch of carbonate of soda, and a little essence of lemon. Cost, about 1s. 4d.

Slice the peel and ginger, add to the flours with the sugar and spice; melt the butter in the treacle, and add with the eggs, and give the whole a good

beat; stir the soda in, after melting it in a little warm milk. Bake in a shallow tin lined with paper, and cut in fingers for serving.

To make into gingerbread of the crisp kind, add flour enough to roll out, with an extra egg; cut in rounds or fingers, or use a good-sized leaf-cutter. Ground ginger can replace the candied.

Charcoal Biscuits.—Required: a pound of flour, fine and dry, a quarter of a pound of the finest willow charcoal, and sugar and water.

The flour should be sieved, the charcoal added, and the mixture again sieved. Then mix, and add water by degrees until a stiff paste is formed; add an ounce or so of sugar if liked, but some will prefer the biscuits unsweetened, and they are better in that form. Roll out half an inch thick, and cut into oblongs or squares, and bake in a brisk oven. Store in tins when quite cold. They are nicer when fresh, and if kept long it must be in a dry place.

Chelsea Buns.—(*See* SEED ROLLS, GOOD.) The dough given may be used or it can be a little sweeter; then less moisture must be used. Take pieces of two or three ounces, and work into thin rolls eight inches long. Twist them round and round like a spring, and put them nearly touching on a greased tin; they should prove over boiling water for a time, or be covered and set near the fire. Glaze when done, and serve hot or cold. Put in the oven for a few seconds after glazing. Another way is to omit the seeds and colour the dough with saffron. Omit the butter in making this dough, and when the latter is ready spread it out, and put the fat over in little bits, then fold and roll; repeat a time or two, and dredge with sugar each time. Then roll up like a pudding and cut in slices, and bake with the slices touching each other; when done they can be readily separated. Glaze as before. They are sometimes egged and sugared when three-parts done.

Cherry Cake.—Cherries of good quality, either glacé or crystallised, may be added to a Madeira cake mixture, or a Geneva cake mixture if preferred. (*See* recipes.) The cherries should be in quarters; about four ounces to each half-pound of flour used; a little cherry essence may be added, or a spoonful of brandy or an ounce of chopped almonds with a drop or two of essence. These are often iced with white icing on the top, and decorated with more cherries and leaves cut from angelica.

Chestnut Meal Biscuits.—These are sold by dealers in vegetarian specialities. They are very palatable and nourishing, and cost about 6d. to 8d. per pound. The meal may be bought and used at home in combination with flour, for plain biscuits or cakes of various kinds. Sometimes a little banana flour is used with the above that costs from 10d. per pound upwards on an average, and biscuits may be bought about the same price. Banana flour gives sweetness and is highly nourishing; a small quantity may therefore be added with advantage to corn-flour and similar preparations, when used for cakes, &c.

Chocolate Cake.—For a chocolate sponge cake, follow the recipe for SAVOY CAKE, decreasing the flour by a fourth, and adding grated chocolate and a little vanilla flavouring. These are often baked as layer or sandwich cakes, and the tops iced with vanilla or chocolate icing. For a cake with butter, either of the mixtures for MADEIRA CAKE may be followed, omitting any flavouring, and using an ounce of chocolate or more, if liked, to each quarter pound of flour; if cooked in a little milk, the chocolate is nicer, but it is sometimes stirred in in the dry state. Another way is to use an ordinary sponge or other white cake, and slice it, spreading the slices with chocolate icing; the top may be dredged with coloured sugar before the icing sets.

Chocolate Macaroons.—Required: three-quarters of a pound of

ground sweet almonds, a pound and a half of sifted loaf sugar, a quarter of a pound of finely-grated chocolate of the best quality, a teaspoonful of vanilla essence, a tablespoonful of vanilla sugar, and the whites of four small eggs, or of three large ones. Cost, about 2s.

The mixture should be prepared as for MACAROONS, ALMOND, and baked on wafer paper in a gentle oven. They should be a little smaller than ordinary macaroons, and should be rather less flat; therefore, in laying them out, not much room should be allowed for spreading.

Christening Cake.—(*See* recipe for BRIDE CAKE.) The use of almond paste is optional. The icing is generally white with a little coloured icing for the decoration—the baby's name sometimes being piped in the centre, or a motto is very general. Small silver sweets may be used for it. In the finish of these cakes, a good deal is left to taste; many resemble a bride cake, and some are garnished with coloured flowers. Good fondants of delicate colours can be used for the top of the cake.

Cocoa-nut Cake.—If fresh nut be used, an ounce or two may be added to each half pound of flour used for the cake, and the recipe for any good white cake—as SNOW, MADEIRA, &c.—followed; the flavouring is generally rose water or a little vanilla. The same remarks apply to buns or biscuits. In the case of a plain cake, a little more milk than usual should be added—that of the nut being preferably used. (*See* SWISS CREAM CAKE.)

Cocoa-nut Gingerbread.—Add two ounces of grated cocoa-nut to a pound of flour, and follow the recipe for WHITE GINGERBREAD. Add a little cocoa-nut milk. If liked, use three-quarters of a pound of flour to each quarter pound of nut, then the fat should be increased a little. For a very good *brown* gingerbread, allow four ounces of nut to a pound of flour or rice-flour, and add four or six ounces of butter or lard with spice to taste, and enough treacle and honey to make a paste that can be baked in little heaps or rolled out and cut in shapes. Cost, about 7d. per pound. A pinch of cinnamon may be used if not objected to.

Cocoa-nut Icing or Paste.—This resembles almond icing in appearance, and its uses are the same. Required: two eggs, a teaspoonful of lemon juice and rose water, half a pound of icing sugar, and some grated cocoa-nut. Cost, about 9d.

The sugar should be put with the egg whites only, and the flavouring and the nut—fresh, if possible—added until a paste of the right consistence is formed. This should be stiff enough to roll out unless it is desired to have a rough surface; then it must be softer, and after it is spread on the top of the cake the surface should be marked with a fork or skewer. This applies to almond icing also. When this mode is followed, the cake should be set in a cool oven for the top to get firm. The flavour may be varied by using brandy, orange flower water, orange juice, or vanilla.

Coloured Icing.—(*See* BRIDE CAKE or WHITE ICING.) Add any colouring and a few drops of flavouring, if liked; for example, rose essence with pink, lemon essence with yellow. Vanilla is a favourite flavour, then the lemon juice may be omitted. Delicate colouring is to be preferred to the highly-coloured icings sometimes seen. A pretty effect is always readily obtained by coating a cake with icing of one colour, and dotting it all over with chopped candied fruit of another, as green on pink, yellow or pink on brown, and assorted fruits on a pale yellow ground.

Coffee Cake, Good, or Gâteau de Mocha.—Required: five eggs, six ounces of castor sugar, two and a half ounces each of flour and potato

flour, a teaspoonful of vanilla essence, and a dessertspoonful of coffee essence and icing as below. Cost, about 1s. 3d. to 1s. 6d.

The above ingredients are to be used in the manner described under SPONGE CAKE; or, if liked, an ounce of butter may be put in the flour. When the cake is done, ice it with coffee glacé icing, and pipe it in a pattern with vanilla icing. (*See* GLACÉ ICINGS.)

Another way is to use the two icings from a bag with a fancy pipe, putting a row of each alternately. The shape of the cake is a matter of taste. A Madeira cake mixture may be used for a richer cake, flavoured as above; no other flavouring must be added.

Coffee or Chocolate Éclairs.—Required: a foundation as for BOSTON CREAM CAKES, and other ingredients as below. Cost, about 2d. each.

Add to the mixture given for the cakes an ounce of sugar and the yolk of another egg; then proceed as directed in the recipe, except that the batter is to be forced out in finger shapes on the tins. Just before the cakes are taken from the oven they may be dredged with sugar and put back for a minute. When cool, split and fill with whipped cream that has been flavoured with coffee essence or with vanilla as liked, and coat with coffee glacé or butter icing; the latter must be put on from a bag and pipe. (*See* recipes in this chapter.) A thick custard is sometimes used for the filling. The cakes are lighter if the sugar be omitted in the foundation; then the filling and coating must be a little sweeter than usual.

For *chocolate*, use chocolate preparations of the same kind in place of coffee. In different shapes, and according to the filling, cakes of the kind are called by various names. They are very nice when filled with a purée of fruit and cream, and the top may be garnished according to taste with icing, &c., or left plain.

Corbeilles.—Moulds as shown on page 212, or some similar ones, are wanted, and the mixture may be of any kind without fruit, such as sponge, snow, Madeira, and others. When done, the tops of the cakes are to be trimmed, and the centre scooped out so as to leave a wall and a foundation at the bottom; then cream or custard is put in, and all sorts of fruits, either fresh or dried, used for the top garnish; or coloured sugar answers; or sometimes the top is spread with preserve, and the edges piped with coloured icing. The handles of the corbeilles or baskets are formed of angelica; or a strip of cap-wire can be bent, and piped with white bride-cake icing. These are dainty dishes for a supper as well as for tea. Fruit purées are sometimes used for the filling.

Corn-Flour Cakes.—(*See* SNOW ROCKS and WHITE CAKE.) Use corn-flour in place of potato-flour.

Crisp Cream Biscuits, for serving with coffee, tea, or chocolate.—Required: three-quarters of a pound of fine flour, the same of corn-flour, a saltspoonful of salt, an ounce of white sugar, an ounce of butter, and some cream. Cost, about 1s.

The flours are to be mixed with the sugar and salt, and the butter rubbed in until lost to sight; the cream is then added to make a stiff paste; the goodness of these is doubtful should the cream be in too large a quantity. They should be so stiff that it is not easy to roll them; and, after mixing, the dough should be beaten with the rolling-pin. About a gill of cream should be poured in at first, and the rest added a spoonful at a time. Roll out thinly, and cut in rounds or squares; then prick with a fork, or docker, and bake in a good oven. They keep well. With a trifle more salt and a pinch of white or cayenne pepper, and no sugar, they make a good cheese biscuit. The butter may be increased to two ounces should cream be short; and for a plainer

biscuit, half milk and half cream may be used.

Crumpets or Pikelets may be made with the batter given for muffins (page 1035), but softer. They are about half an inch thick when done, and should be full of holes. They are baked in rings on a hot plate. The thin kind, like pancakes, are baked on a hot plate, and are sometimes the size of a dinner plate. They vary in different localities. They can be bought better and cheaper than they can be made, apparatus and trouble considered.

Cup Sponge Cakes.—Sponge cake batter is baked in cup-shaped moulds, a few currants being dredged in after buttering. These remain and form a "black cap," hence the latter name in some parts. They are often stuck with almonds at the sides, and converted into small tipsy cakes. Served hot with a nice sauce, they are a substitute for a pudding. A fruit compôte also goes well with them.

Currant Buns.—Required: two pounds of flour, six ounces of lard or butter, or mixed, the same of sugar, a little salt, an egg, four to six ounces of currants, and milk and water as below. Cost, about 1s.

Rub the fat in the flour, then add the yeast, and half a pint of tepid milk and water, and mix with some of the flour to a batter; then, when risen, add the egg, sugar, fruit, and as much more liquid as may be wanted to make the whole a light dough. The dough should be weighed, and the pieces formed in small balls, then flattened and put on tins and allowed to rise over hot water. Bake in a hot oven and glaze them. (*See* GLAZE FOR BUNS, &c.)

NOTE.—More fruit may be used for richer buns, and an ounce or two of candied peel. Sultanas may replace the raisins. A few drops of lemon essence or spice essence improves them.

Currant Cake, Plain. — Required: two pounds of flour, two eggs, a pinch of salt, two teaspoonfuls of baking powder, half a pound of nice dripping or clarified fat (or half may be lard), six ounces of sugar, and three-quarters of a pint of milk. Cost, about 1s. 2d.

The fat is to be rubbed in the flour, and the dry materials all put in; then beat the eggs and milk together and stir them in the mixture as quickly as possible, and bake the cake at once in a moderate oven (*see* page 1006). Time, about two hours on an average. For a better cake, add two ounces more sugar, and a couple of ounces of candied peel in strips. A plainer cake can be made with one egg. Spice may be used to taste. For a plain raisin or sultana cake use either of those fruits in place of currants. A skewer will leave the centre clean when done.

Dates and Figs in Cakes.—These may be used singly, or mixed in the same way as currants and raisins for plain cakes. They find favour amongst vegetarians, being often added to wholemeal cakes. The dates should be rinsed, and stoned, and cut up, and both fruits are the better for soaking for a time in the liquid used for the cake. Even when added to bread dough, with an ounce or two of fat to the pound, a very good cake for children is the result.

Devonshire Cream Cakes.—Required: four pounds of flour, a pound of clotted cream, a pound of moist sugar, the same of currants, the fourth of a nutmeg, a quarter of a pound of candied lemon peel, two ounces of orange, four eggs, half a pint of milk, and a little liquid saffron. Cost, about 3s. 3d. to 3s. 6d.

The flour should be mixed with the cream, and the dry materials added, the peel being in thin shreds. Then beat the eggs with the milk, and mix well, adding at the last a tablespoonful of fresh baking powder. This will make three or four cakes, which should be baked in a moderate oven. A mixture of this sort is sometimes

converted into a yeast cake; a little less cream may be used, and the fruit and sugar decreased a little for a plainer cake.

Digestive Biscuits. — Required: a pound of finely-granulated, or if preferred, ordinary whole-meal, half a pound of white flour, a quarter of a pound of butter, a little salt, and an ounce or two of sugar, and some water. Cost, about 8d.

Mix the dry ingredients, then melt the butter in a little water, and add when tepid, with more to make a paste; it should be very stiff, and may be beaten with the rolling-pin for a few minutes with advantage. Roll in thin sheets, and cut in shapes to taste, prick *right through* with a fork or "biscuit docker," and bake in a moderate oven until crisp, and a pale brown.

NOTE.—The sugar may be omitted, and the biscuits eaten with cheese, &c.; more salt is then wanted.

Digestive Oat Buns. — Required: half a pound of medium oatmeal, half a pint of milk or water, two ounces each of sugar and fat, an egg, and some flour. Cost, about 6d.

Cream the fat and sugar, and add the meal and water, then cover and leave for two hours; add the egg, and more flour as required. If for rock buns, the mixture should be stiff; for cakes in patty pans, less flour is wanted. A teaspoonful of baking powder improves the cakes. A tablespoonful of barley-flour or maize meal may be used. These are suitable for those who cannot eat the oat cakes generally met with.

Dough Cakes, Very Light. —Take some dough, with or without fruit, as liked, and roll it out; supposing a pound, use two or three ounces of lard or butter, putting it on in small pieces, and folding and rolling as directed for ROUGH PUFF PASTE (page 744). The dough is then ready, and should be cut in small squares, and baked in a good oven. It may be glazed or left plain, and served hot or cold. Almost every kind of plain dough, except that given for MALT BREAD, may be thus treated. The richer dough mixtures that contain fat may be so treated if a portion of the fat be omitted, and worked in this way instead of being all incorporated as given in the respective recipes; always remembering that only such as are stiff enough to roll are admissible. The softer mixtures for *dropping* on tins are not suitable for rolling. These cakes are better while fresh.

NOTE.— Cakes under many names might be given for the above, having regard to differences in shape and size.

Dough Nuts. — Required: a pound and a half of fine flour, seven and a half ounces of fresh butter, one ounce and a half of lard, nine ounces of white sugar, half a teaspoonful each of salt, ground ginger, and cinnamon, an ounce of dried yeast, two eggs, and half a pint of tepid milk and water, mixed in equal parts. Cost, about 1s. 4d.

Beat the butter to cream, and add the sugar, yeast, and milk, and form a sponge, with a little of the flour added to the mixture. When risen, stir in the salt and spice, the eggs, and milk and water; make into dough, and leave for an hour in a warm place. Roll out half an inch thick. Cut in small rounds, then push the finger through to form a ring, and fry in plenty of hot fat to a golden brown. Drain, and sift sugar over, and serve for tea, alone or with stewed fruit. A little more moisture may be wanted, but this is the quantity to add at first. If liked plainer, reduce the sugar and fat, and increase the milk and water. Half white flour, and half brown gives another variety.

NOTE.—If the finger is not pushed through, the nuts will not get cooked in the middle.

Another way.—Make into little balls,

then push the finger through as before.

Dripping or Lard Cakes.—(*See* FLEAD CAKES.)

Easter Cakes, or Flat Simnels.—Required: a pound of flour, half a pound each of butter, sugar, and sultanas, ten ounces of currants, half a teaspoonful of baking powder, the same of ground ginger, and half as much grated nutmeg and cinnamon, a quarter of a pound of chopped candied peel, and two eggs. Cost, about 1s. 8d.

The mode of mixing is the same as for ordinary good cakes, the butter and sugar being well creamed at first. The flour and fruit are added last. If the eggs are large, it may need a trifle more flour. Roll out nearly an inch thick, in rounds of six or eight inches diameter. The oven should be moderate. Brush with egg when done, and sift with sugar, and return to the oven a minute to glaze.

Éclairs.—(*See* COFFEE OR CHOCOLATE ÉCLAIRS.)

Eccles Cakes.—Required: some paste, a filling made by mixing a pound of washed and dried currants, six ounces of moist sugar, two ounces of chopped candied peel, and a saltspoonful of grated nutmeg. Cost, about 1d. each.

The cuttings of puff or flaky paste will do for these, and are often used, though the cakes are nicer when paste is made purposely. It should be thinly rolled and cut in rounds; a teaspoonful of the mixture is put in the middle, and the pastry doubled over like a ball; it is then pressed on the board to make round flat cakes, the size of the top of a small tumbler. Three small cuts should be made with a knife, and the cakes finished off like BANBURY CAKES.

NOTE.—The filling for these is sometimes the same as BANBURY CAKES, or a little grated apple is added to the mixture given, with an increased quantity of sugar if required.

Finger or Savoy Biscuits.—Required: equal weights of eggs in the shell, sugar, and flour, with any flavouring approved—essence or grated lemon or orange peel. Cost, about 8d. per pound.

The mode is the same as for sponge cakes. The mixture is put in a bag with a pipe, and forced out on tins covered with sheets of white paper, in lengths of three inches. They are dusted with sugar and baked in a sound oven. Some practice is necessary, as the biscuits should be a little thinner in the centre. When done the paper must be damped a little and removed and the biscuits stuck together in pairs. Tins are sold for baking them and are very convenient for the novice, but when these are but seldom wanted, or in very small quantities, they are hardly worth the trouble of making at home.

NOTE.—If they do not stick readily, moisten the edges with raw white of eggs.

Finger Gingerbread.—Separate recipes are not given for these as the mixtures for NUTS (page 1028), can be cut in finger lengths. This form is often found convenient for the pocket by travellers; finger gingerbread is often called "sportsman's" or "hunting" gingerbread.

Flat or Oven Cakes that are made in some of the northern counties are often of dough only; it is divided into portions large enough to make a round the size of a pudding plate and an inch or so thick. The top is pricked in a few places and the cakes baked in a sharp oven. They are often served hot after splitting and buttering, and sometimes thin slices of cheese are put between.

For a sweet cake of the kind, which is also flaky, spread a little fat over the dough and put a sprinkling of sugar with a few currants, then fold and roll a time or two, as if making rough puff paste; shape and bake as above. These are served for tea.

Flead Cakes.—These are served hot for tea. The flead is skinned and sliced into the flour, and the mixture made up with water and a little salt as for pastry, then beaten with a rolling-pin, and cut in rounds of half an inch and baked in a sharp oven. The proportions vary from half a pound to three-quarters of flead for a pound of flour for good cakes, and sometimes a couple of ounces of butter is first rubbed in the flour. A quarter of a pound or six ounces to the pound of flour makes nice plain cakes. The addition of sugar and fruit is optional. They may be dusted with sugar.

Frame Food Bread.—This is made by adding an ounce of "frame food extract" to every seven pounds of white flour used for bread making in the ordinary way. The result is a highly nourishing loaf of good flavour. In the making of the extract the nutritious particles only are extracted from bran. The extract is calculated to improve the taste of all sorts of cereals to which it may be added, and may be used with ordinary materials for the making of cakes and biscuits, &c.

French Bread.—Required: four pounds of fine white flour, four ounces of fresh butter, two ounces of dried yeast, a teaspoonful of salt, and some tepid milk and water, about half a pint to the pound of flour. Cost, about 1s. 4d.

The mode of mixing this being rather peculiar, and the time for rising longer than usual, attention is directed to both points. Sift the flour into a dry vessel, melt the butter in about a fourth of the liquid, and blend with the yeast, then stir into the centre of the flour, and work in a little only to form a thin batter, sprinkle the top well with flour and set by covered in a warm corner of the stove, or in the fender, but not where it will become really hot; in three hours knead it up with the rest of the liquid and cover again for three-quarters of an hour, then make into shapes on a lightly floured board. These should rise for a quarter of an hour before baking, and a good oven is required.

Another way.—Required: half a pint of tepid milk, half an ounce of dried yeast, two eggs, two ounces of butter, two pounds of flour, half Vienna, and a little salt. Cost, about 8d.

Melt the yeast in the milk, add the eggs, and beat all; then put in the flour in which the butter has been rubbed, work it into dough—it will be stiff; then leave it to rise for an hour, and mould it into the required shapes, and bake on buttered tins in a well-heated oven. When cold the crust can be rasped off. Failing a rasp, use an ordinary grater. This is the dough that is recommended for the small dinner rolls and sandwich rolls referred to in various parts of this work. For some purposes the rolls may be the size of a Tangerine orange, for dinner rolls rather larger.

Note.—For unrasped rolls the softer dough above is to be preferred in some cases.

French Gingerbread (Pain d'Épice).—There are several ways of making this gingerbread. The following can be recommended:—Required: a dessertspoonful of brandy, vanilla stick, four ounces of butter, a pinch of salt, an ounce each of citron, lemon, and orange candied peel, half an ounce of ground ginger, half as much cinnamon, half a pound of treacle, and some flour. Cost, about 1s. to 1s. 2d.

About a teaspoonful of pounded vanilla stick is put in the brandy, and mixed with the spices and treacle and butter, then melted over the fire and stirred for a minute; the pan is then removed, and, when the mixture is cool, flour is stirred in a spoonful at a time, until the dough can be moulded. This is for thick gingerbread, which should be put in tins of the required shape; it will be quite firm when cold. Another way, and a common one, is to make the whole more like a thick batter, by using less flour; then the result is a softer loaf, which is generally better

liked. Square tins should be used, well greased, and the baking carefully watched. By brushing with the white of an egg when done, a bright gloss is formed. This will keep a long time. Many variations in the spice are to be made; and those who cannot get vanilla stick, must use essence. "Pulverised vanilla" may be bought in some places. The mixture may be dropped on wafer paper, and baked as nuts, and will be found delicious.

Frosted Icing.—This is sometimes used for plum cakes, &c., at Christmas. A cake is covered with white or coloured icing, and then dredged thickly over with crushed sugar candy before the icing is dry. The objection to this is that it is bad for the teeth; but the effect is very good.

Fruit Short Cakes, Various.—(*See* APPLE SHORT CAKE for the method of making.) Another way is to use a light short crust, and split and finish in the same way (*see* recipes in PASTRY). All sorts of fruit may be used, both fresh and cooked. A strawberry short cake is a general favourite, the fruit is put on as soon as the cake is split; it should be mashed and sweetened, and the cake should be buttered and sprinkled with sugar; the two parts are put together, and the cake served at once. Raspberries or blackberries are good so treated.

Galettes, Plain.—Required: a pound and a half of light bread dough, two ounces of sugar, the same of currants and raisins, a little spice, two ounces of fat of any kind (dripping is nice), and an egg. Cost, about 6d.

The above ingredients are blended, and the dough left to rise after mixing; it is then made into balls the size of an orange; these are flattened a little and snipped round the edges with scissors; the incisions are rather deep; this adds to the lightness. Then put them on a baking-tin with half an inch space between, and "prove" over hot water for ten minutes. Cover with a thin cloth. Bake in a hot oven about twelve to fifteen minutes, and glaze them; return to the oven for a minute to set, and serve hot or cold with butter.

NOTE.—Any of the richer doughs can be used, and the fruit, &c., increased for better galettes. Very rich galettes resemble shortbread. A galette the size of a dinner plate may be made; but the snipping must not be omitted, and it may be gashed a time or two on the top.

Gâteau à la Ceylon.—Required: a pound of sponge or cocoa-nut cake, half a pound of glacé cherries, the same weight of green almonds or other green fruits, cream, &c., as below. Cost, about 3s. 9d. or more.

The cake should be baked in a shallow tin, then cut in rounds of equal thickness with graduated cutters, either plain or crimped. The centres should be removed with a small cutter, and the slices piled one on another. Then mask the edges with some white icing, and sprinkle with grated cocoa-nut; cut the fruit up, and use it as shown in COLOURED PLATE NO. 9 while the icing is moist. The centre should be filled with whipped cream that has been flavoured with essence of vanilla. Then take some whipped cream and little piles of the two fruits, and arrange round the cake; the fruit should be soaked with a little wine or liqueur syrup first. Sprinkle the cream with cocoa-nut. Serve for a dinner or supper sweet, or for tea. Should fresh fruit be in season, use a nice compôte for the centre in place of the cream; or put alternate layers of fruit and custard, then finish off as above.

NOTE.—Pink pears and glacé greengages can be used in the same way.

Gâteau de Fruits.—Required: ten ounces of flour, half a pound each of butter and sugar, five eggs, three drops each of almond and lemon essence, and two ounces each of glacé cherries, greengages, French plums, and citron peel. Cost, about 2s.

Put a saucepan of boiling water on

the table, and set a basin over, so that the water does not quite touch the bottom of the basin; put in the butter and beat with the hand, then add the sugar and eggs, one egg and a little sugar, beating between each addition. The flour should be sifted and all the fruits cut up and mixed in; stir in and mix as lightly as possible. The whites of one or two eggs left out and beaten, and added, as for sponge cakes, at the end, will improve. Bake as directed for SAVOY CAKE. If served as a cake, leave to get cold in the usual way; if as a sweet, in which form it is excellent, pour a little cherry brandy and syrup heated together over the cake, and pour CHERRY BRANDY SAUCE round it. A flavouring of spice may be given to the cake if liked.

Gâteau de Mocha.—(*See* COFFEE CAKE.)

Gauffres.—These cakes require special irons for baking them. A first-class ironmonger should be applied to, as the irons are rather costly. There are many ways of making gauffres so far as the flavour goes; the consistence of the mixture is the most difficult part of the operation, and a practical lesson is of value. If this cannot be had, a small quantity of the mixture only should be prepared for a trial batch of cakes.

No. 1.—*Flemish.*—Required: butter, half a pint of milk, the same of thick cream, three-quarters of a pound of fine flour, half an ounce of sugar, the rind of an orange, two eggs, and the whipped whites of two more, and a little fresh yeast, or a quarter of an ounce or more of dried yeast. Cost, about 1s. 4d. to 1s. 6d.

The yeast, milk, and flour are to be mixed and set near the fire to rise. The rind of the orange is rasped on the sugar and crushed to powder, and mixed with the dissolved butter and the two eggs. These are to be mixed with the yeast, &c., after it has expanded enough. The cream and stiff whites go in last. The amount of butter should be about four ounces; if more be used, the cream must be reduced. This batter may want thinning, or more flour may be wanted. In some recipes the amount of sugar is doubled; then the mixture must be thinner. The irons are to be buttered, and the batter put in and baked, over a charcoal fire if possible.

Geneva Cake or Pastry.—Required: five large eggs, half a pound of fine flour, the same of fresh butter, and six ounces of castor sugar. Other materials as below. Cost, about 1s. 4d., without the preserve.

Cream the butter and sugar, and beat for ten minutes, then put the eggs in singly, beating between each addition. The blending of these materials should take at least twenty minutes. The flour should be sifted and slightly warmed, and must be very lightly stirred in. Put the mixture in shallow buttered tins, round or square, a quarter inch thick or rather more; if properly baked it will rise to double the thickness. The oven should be quick, but not fierce, or the edges will get dry. When done, spread any nice jam, jelly, or marmalade on the sides that were bottom in the tins, press well together, sift sugar over and cut into any desired shape.

NOTE.—The foregoing is the plain recipe, and this is often made in large quantities for ball suppers, &c., then variety is obtained by spreading some of the layers with orange or lemon curd as used for cheesecakes, and sometimes whipped cream is added; the tops may be dusted with coloured sugars, or any pretty design piped on with coloured icing. In such cases the shapes should be fanciful (diamonds and triangles are pretty and cause no waste); leaves look nice, but there is then a certain amount of waste, though the trimmings will always come in for puddings of the "cabinet" variety. Any flavouring may be added to the mixture, but it is usually made plain Should the edges be too dark in colour they must be trimmed, and the pastry

should be very carefully turned out on a board dusted with sugar, as being thin it is liable to break. For another way of making the cake, *see* GÂTEAU DE FRUITS, using the above materials.

Genoa Cake.—The exact composition varies a good deal. The best sorts are like a good pound cake, but with more fruit; sometimes as much as a pound and a quarter is added to a pound of flour; this is usually a mixture of candied peel, raisins, currants, and sometimes cherries. The raisins may be both sultanas and the large kind stoned and cut up. The cake is often flavoured with the chopped rind of a lemon; sometimes with brandy or sherry. The shape is oblong, the tins being about ten or eleven inches by eight. Plenty of chopped almonds should be strewn over the top. A plainer cake is made with half a pound each of fruit, eggs, sugar, and butter, to a pound of flour, and a wineglassful of milk and spice to taste.

Germ Bread.—The flour from which this bread is made is much recommended by many of the highest authorities on food stuffs. The patentees have succeeded in so treating the germ of wheat that good flavour and keeping properties are ensured. All the nutritious properties of ordinary brown bread, with none of its mechanical irritation, are here presented, the bran being removed. High nutritive value and ready digestibility are claimed for this bread. It is to be had of bakers, who also sell the flour with directions for use for its preparation at home. Since its introduction as germ bread, it has been registered as "Hovis" bread. The flour may be used for biscuits, scones, &c.

German Raspberry Cake.—Required: some paste to line a good-sized baking plate, round and rather deep, a pint of raspberries, two to three ounces of sugar, an ounce and a half of butter, an ounce of almonds, two eggs, half an ounce of icing sugar, and an ounce of grated bread. Cost, about 1s.

The paste for this is usually made from a light dough (*see* BREAD), enriched by the addition of an ounce of butter, half an ounce of sugar, and an egg to each pound; it should be rolled rather thickly. Line the plate, prick the paste, then cover with the fruit after it has been boiled with the sugar. The heating process should be gradual, and, as soon as boiling point is reached, the fruit should be removed; the syrup wants a few minutes more. The butter is to be creamed, and mixed with the other materials, the beaten whites of eggs going in last; this mixture is put over the fruit. A moderate oven is required, and, when done, the icing sugar is sifted over. This may be served hot or cold, and in the pudding course as well as for tea. The almonds may be ground or chopped, and more sugar should be served with the cake. For a better dish, this may be left to get cold, then decorated with leaves of almond paste, in which case a better paste should be used for the foundation. Other fruits may be so used.

Ginger Cake, Plain.—(*See* recipe for CURRANT CAKE, PLAIN.) Add a dessertspoonful of ground ginger and omit the fruit.

Another way is to take a piece of light bread dough, say a pound, and spread over it a couple of ounces of fat and a teaspoonful of ginger with a little nutmeg, and work up, and bake in a bread tin. (*See* MADEIRA CAKE.)

Ginger Rock Cakes.—These are very good. Required: three-quarters of a pound of flour, a teaspoonful of lemon juice, half as much grated rind, a saltspoonful of ground ginger, a tablespoonful of candied ginger, cut small, three ounces each of butter and lard, five ounces of sugar, one whole egg and the yolk of another. Cost, about 1s.

Mix the butter and sugar to a cream; add the eggs, and then the flour mixed with the other ingredients, except the lemon juice, which goes in at the last. Time, about a quarter of an hour

for a dozen to fifteen cakes. (*See* ROCK BUNS.)

Gingerbread Nuts, Plain.—Required: two pounds of flour, a pound and a half of treacle, an ounce and a half of ginger, six ounces of lard, and the same of butter, or use dripping in place of lard, a pinch of cayenne, and the same of ground cloves. Cost, about 1s. 6d.

The fat should be melted in the treacle and then left to cool, and worked up with the other materials. Roll out the sixth of an inch in thickness, and cut with round cutters the size of a florin or so, and bake fifteen minutes or more in a moderate oven. Grease the baking tins very little, and leave but little room for spreading.

NOTE.—Have more flour at hand to use in working up, if needed.

Another way.—Use half white flour and half brown, or take half a pound each of oatmeal and brown flour, and a pound of white. Finish as above, adding a very small quantity of milk if required. The oatmeal may soak for a time in the mixture of fat and treacle with advantage before the other ingredients go in. A little ground nutmeg gives variety.

Another way.—Use an ounce of ginger, and half an ounce of Jamaica pepper, with a pinch of cayenne to every two pounds of flour, and in addition to the treacle, &c., as above, add a quarter of a pound of chopped candied peel. These are very nice nuts.

Another way.—Very plain. Required: a pound each of brown and white flour, a quarter of a pound of dripping, the same of brown sugar, a teaspoonful of carraway seeds, the same of ginger, and a little nutmeg, half a pound of treacle, and enough milk to make a stiff dough. Finish as above directed. Cost, about 1s.

NOTE.—The above may be cut into fingers if preferred.

Gingerbread Sponge. — Required: a pound of flour, half brown and half white, four ounces of dripping, the same of moist sugar, half a pound of treacle, an egg, a teaspoonful of baking powder, a teaspoonful of ground ginger, half as much mixed spice, and about a gill of milk. Cost, about 9d.

Put the flour in a bowl, melt the dripping, and add with the milk and treacle to the flour; mix in the spices and sugar, and the yolk of the egg; beat all for a few minutes, then put in the white of the egg, beaten, and the baking powder, very lightly, and bake in a shallow greased tin in a gentle oven; moderate to begin with, and slow towards the end. Half fill the tin only. Time, an hour, more or less, according to depth.

For a richer loaf, use two ounces more sugar and dripping, and add two ounces of candied peel in strips. Reduce the milk to half.

NOTE.—A quarter of a pound of yellow maize may be used in place of the same weight of flour for a more nourishing loaf. For a lighter one use all white flour.

Glacé Icings.—*No.* 1.—This is a foundation icing. Required: a pound of icing sugar, and three and a half tablespoonfuls of liquid, of which half may be water, and the rest any kind of fruit or liqueur syrup, or pure liqueur, as liked. The water should be warm, and the mixture put in a stewpan and stirred until warm, then used as below. In this way any kind of flavouring may be given, as maraschino or other that is mentioned in the recipes. Any colouring to suit the dish may be added.

No. 2. *Orange or Lemon.* — Use the juice of either of the fruits with sugar as above; a teaspoonful or more extra liquid may sometimes be wanted. Now and then three tablespoonfuls will suffice for a pound of sugar.

No. 3. *Coffee.*—Two tablespoonfuls of essence of coffee, or very strong clear coffee may be used to nine or ten ounces of sugar; the mixture should be coloured with "coffee brown." A little water is often liked better than all coffee.

No. 4. *Chocolate.*—A little thick chocolate should be made and boiled as if for drinking, and a tablespoonful added to every quarter pound of icing sugar with a few drops of water.

Another way.—This is very nice. Cook an ounce of grated or soluble cake chocolate in a tablespoonful and a half of water until smooth, then stir in a quarter of a pound of icing sugar and a few drops of lemon juice; mix well, but do not put back to the fire.

No. 5. *Vanilla.*—Follow recipe No. 1, using three tablespoonfuls of water, and half a tablespoonful, or less, of vanilla essence.

To use above, pour over the cake or cakes while warm, and smooth the surface with a palette knife dipped in cold water now and again. A large flat cake is the easiest to do neatly. Small ones often want a second coating. They should be placed on a sieve or pastry rack to dry.

Glaze for Buns, Scones, &c.—*No.* 1.—Heat together in a small saucepan a tablespoonful of white sugar, the same of milk, and a bit of butter the size of a small nutmeg. This should be used while hot as soon as the articles are baked. They are then put to cool as usual if for serving cold. For a lighter glaze, the milk may be doubled.

No. 2.—Put some moist sugar in a basin, and pour over enough boiling milk to melt it. This is useful for buns or thick gingerbread, or anything with a brown surface. Use white sugar for pale goods.

No. 3.—Mix together hot milk and treacle in equal parts. This does for plain buns and tea-cakes, gingerbread, &c.

No. 4.—To half a tin of sweetened condensed milk (one of the sweetest of the brands is best for this) add a pint of boiling milk, and when beaten add an egg. This wash is often put on just before the goods are taken from the oven, but they must be watched when returned to set, as it soon burns.

No. 5.—The yolk of an egg beaten with a little milk and sugar, and a morsel of butter creamed makes a good wash for light-coloured fancy bread. The proportions are regulated by the depth of colour required, but a gill of milk will serve on an average for one egg. If warm milk be used, melt the butter in it.

No. 6.—A little dark treacle with water to thin it, and a few drops of browning, or a little essence of spice, makes a useful wash for plain buns, &c., especially if not quite as brown as they should be.

Graham Breakfast Biscuits.—Required: three cups of brown flour, one cup of white flour, a saltspoonful of salt, a teaspoonful of carbonate of soda, twice as much cream of tartar, two tablespoonfuls of melted lard, half as much sugar, and some milk. Cost, about 6d.

The white flour, and soda, and cream of tartar are to be sifted into the brown flour, and mixed with the sugar and salt. The lard and milk are added, about a pint of milk at first, and as much more as will make a very slack dough, which is to be cut in squares of half an inch and baked at once. Light handling and quick baking are the secrets of success.

Graham Bread.—This is the name generally given to the brown bread of America, which is made of whole meal and water or milk, without any ferment except the natural ferment of the bran. The dough is made up with a little salt, and rolled out an inch or so thick in round cakes, and baked in a hot oven. Hot water is used by some, cold by others, for the mixing. The taste for this is an acquired one. Some find it indigestible.

Griddle Cakes.—These are of two sorts. In one the mixture is stiff enough to be rolled out, and in the other it is like batter, and has to be poured on to the griddle. When a proper north-country griddle or girdle is not at hand, a stout sheet of iron may

be placed from hob to hob, or laid on the hot plate of a range, or over the burners of a gas stove. It should be well heated, and but slightly greased; a piece of suet or fat pork is sometimes used for the purpose. (*See* INDEX for recipes.)

Hominy Bread. — This is a dainty breakfast dish in some parts of America. Cold boiled hominy is mixed with about the same bulk of flour, and as much corn meal, and made into a very light dough with a little milk (sometimes an egg) and a little salt, sugar, and melted butter. This is baked in shallow tins, and served with a liberal allowance of butter, which all breads containing corn-meal appear to want. The hominy may be added to plain dough by way of a change. It is very nourishing. (*See* RICE BREAD.)

Hot Cross Buns.—(*See* recipe for CURRANT BUNS.) Add ground spice to flavour well, or use essence. Mark with a tin cutter in the form of a cross, or use the back of a knife; the cut should be deep. Bake and finish as before.

Hot Rolls.—These, though indigestible for the majority, are great favourites with some. They should be divided lengthwise in three, or two parts, according to thickness, and the butter laid on in flakes, when they should be put in the oven for a minute in the original form; the butter is then lightly spread over without pressure. Then cut them through, and serve on a hot dish. If the rolls come from the baker, they often want re-heating. If the oven is not hot, and it seldom is in the morning, set them over a saucepan of boiling water, covered, or put them covered on the hot plate. They *should* be hot to be worth eating.

Household or Family Bread. —Required: a stone of flour, about six pints of tepid water, a good teaspoonful of moist sugar, a scant tablespoonful of salt, three ounces of dried yeast. Cost, about 2s. to 2s. 3d., on an average.

Mix in a large bowl or wooden dough-trough the flour and salt, and make a hollow in the middle; then mix in another basin the yeast and sugar, and rub together with the back of a wooden spoon; add the water by degrees, stirring all the time; then pour in the centre of the flour. Then work in some from the sides until it looks like thick batter, and sprinkle a little flour on the top. Cover with a cloth or piece of flannel, and leave in a warm place until the top is covered with bubbles and the dry flour has disappeared; this may take from twenty to thirty minutes, according to the goodness of the yeast. Then mix into dough with the hand; it should be soft, but not sticky, and should leave the vessel quite clear; from half to a full pint more liquid may be wanted if the flour be good and dry. At this point knead a little until smooth; then gash the top twice in the form of a cross, cover again, and leave to rise until the bulk has doubled —from two to three hours for this quantity. Then knead again thoroughly, using as little flour as possible. Divide into loaves, either four large, six medium, or eight small. For cottages, put a small ball of dough on the top of a larger one, press and push the finger through, then gash round the sides a time or two. For tin bread, flour the tins, half fill with the dough, prick the top, and leave to rise a little longer before baking. Small loaves will take about fifty minutes. (*See* page 1003 for test.)

Icings for Cakes, &c. — (*See* ALMOND ICING, BRIDE CAKE, COLOURED ICING, FROSTED ICING, GLACÉ ICINGS, SIMPLE SUGAR ICING, VIENNA ICINGS, &c.)

Indian Flappers.—Required: a quart of Indian meal, half a pint of flour, a quart of milk, three eggs, and a little salt. Cost, about 1s.

Mix the meal, flour, and salt; beat the eggs; add them to the milk with

the meal a little at a time; give a *hard beat* and bake on a griddle. This quantity makes a good number.

Indian Meal Muffins.—These are extremely light and delicate, if well made. Required: a pint of milk, a tablespoonful of water, four eggs, a teaspoonful of carbonate of soda, twice as much cream of tartar, an ounce of sugar, two ounces of butter and lard mixed, ten ounces of fine meal, and six ounces of flour. Cost, about 1s.

The butter and milk should be made tepid together. Beat the yolks, and add the milk, then the soda mixed with the water. Mix the meal and the flour with the acid, and beat the whites to a froth; add these alternately, a little at a time to the other ingredients, with the sugar; blend very quickly and lightly, and bake at once in rings or tins. (*See* MUFFINS).

Jam or Marmalade Buns.—Required: a pound of flour, half a pound of ground rice, six ounces of sugar, half a pound of lard and butter mixed, a teaspoonful of cream of tartar, half as much carbonate of soda, two eggs, and a little milk and jam. Cost, about 1s. 3d.

Cream the fat and add the sugar and eggs; then the flour, &c., and enough milk to make a stiff paste that can just be moulded into balls the size of a Tangerine orange. Put them on the baking-sheet, and make a hollow in the tops; insert a little preserve free from stones, and draw up the dough to cover. Flatten the tops. Bake in a sharp oven about ten to fifteen minutes. Add any flavouring liked to the bun mixture.

NOTE.—A similar bun is met with with a little chocolate in, and iced over with a thin chocolate glacé icing. (*See* VANILLA BUNS.)

Jumbles.—Required: a pound of flour, the rind and juice of half a lemon, an egg, a quarter of a pound of butter, five ounces of sugar, and a little colouring. Cost, about 10d.

The butter and sugar should be creamed and beaten with the egg; then add the grated lemon rind and the strained juice (if a small lemon, use the whole); add the flour and work to a stiff paste, but, should it require it, a spoonful of milk may be added. Either cut in fancy shapes, or cut strips and roll round, then form them into little coils; the strips should be the thickness of a lead pencil, and the coils the size of a crown-piece. Sift sugar over after baking. These may be varied by using an orange and adding finely-chopped peel; or by flavouring with carraway seeds or spice of any other sort. If cut in rounds or fingers, the mixture makes good dessert biscuits for mixing with other kinds. Currants may be added.

Layer Cake, American.—Required: a teacupful of milk, three times as much flour, a scant cup of sugar, half a cup of butter, an egg, a teaspoonful of cream of tartar, half as much bicarbonate of soda, and flavouring to taste. Cost, about 7d. without the filling.

Beat the butter and sugar for a few minutes; add the egg, and beat again. The flour and cream of tartar go next, and then the soda, dissolved in a little warm milk. The tins are shown in Fig. 163.

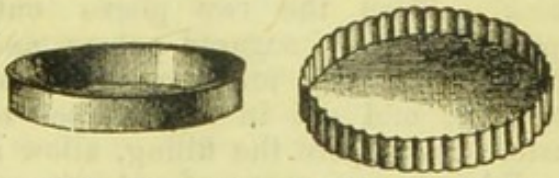


FIG. 163.—PLAIN AND FLUTED LAYER CAKE OR SANDWICH TINS.

The cakes are often only half an inch thick when done, but they may be thicker if liked. The oven must be sharp, then they will bake in about seven to ten minutes. Turn out, and spread the under side with the filling, of which there are many varieties, and build up in three. To save trouble, some make one thick cake, and split and spread it. Leave room for rising. The two should be half-filled. The tins cost from sixpence to ninepence each.

Layer Cake Fillings.—No. 1.—Mix the white of an egg with a tablespoonful of fine white sugar, after the egg has been well beaten; add a cup of apple or other fruit pulp, well sweetened and spiced. Sometimes cream is added, and the mixture spread on the top of the cake as well.

No. 2.—Take some chopped cooked figs, with only as much of the syrup as clings to them; add a little corn-flour and milk, boiled together as for blancmange. Use as above.

No. 3.—This is a favourite. Take half a pint of custard of medium richness, and nicely sweetened and flavoured. Add an ounce of dissolved butter, and a little corn-flour or rice-flour and milk boiled together. This should be thick enough to keep in place on the cake. For good cakes, dried fruits are cut up and mixed in the custard.

Lemon Sandwiches. — Required: a cake mixture, and a lemon filling as below. Cost, according to quantity.

Take a mixture as given for Swiss Roll, Sponge Cake, Geneva Cake, or any other of a similar sort. Bake on two shallow tins, so that when done it shall be only a quarter of an inch thick. Turn the two pieces out, upside down, on sugared papers, and spread with the mixture, then put together, and cut in any shapes to taste. To prepare the filling, allow a small lemon, two ounces of castor sugar, and a beaten egg; the proportions must be doubled or trebled according to the size of the tins used for the cakes. The lemon juice is first to be heated in a saucepan, and the sugar stirred in, then the grated lemon rind, and the beaten egg *off the fire;* set by to cool before using. For richer sandwiches, use the curd given for Lemon Cheesecakes, but this will be more generally preferred. (*See* Orange Sandwiches.)

Macaroons, Almond. — Required: a pound of ground sweet almonds, two pounds of castor sugar, and the whites of some eggs, about ten; but use a smaller quantity first. Cost, about 2s. 6d. to 2s. 9d.

The mixture should be prepared as for Ratafias, and run out on to wafer paper laid on a tin. Some Jordan almonds should be blanched, and cut in strips; two should be laid on the top of each, and the macaroons baked in a cool oven. An ounce of bitter almonds, in place of some of the sweet, is an innovation often thought an improvement, and the almonds may be pounded, but are more trouble; for a plainer sort, a little flour is added. Test the mixture as directed for ratafias.

Pistachios are used for macaroons in the same way, but are very expensive.

Madeira Cake, Medium. — Required: a pound of flour, half a pound of sugar, a quarter of a pound each of butter and lard, four eggs, a little flavouring, two or three tablespoonfuls of milk, and a teaspoonful of baking powder. Cost, about 1s. 3d.

The fat should be creamed with the sugar, and the eggs and milk beaten a little together, then added, and the mixture beaten again; the flour and powder should be sifted, and stirred in. Water may replace the milk; and if not to be eaten for a day or two, the quantity may be doubled; the cake will then cut very moist. Peel in or on the cake is optional.

A pinch of powdered carbonate of ammonia, as much as will lie on a threepenny piece, can be used in place of baking powder; it gives lightness, but the cake sooner gets dry. Should the eggs at any time show a tendency to curdle, work in a tablespoonful or two of flour, which often remedies it. By adding half a teaspoonful of ground ginger, a good medium ginger cake is made.

Madeira Cakes, Rich.—Required: a pound of eggs in the shell, the same weight of flour, three-quarters of a pound of sugar, the same of butter, a few drops of essence of lemon, and some pieces of citron or

orange peel. Cost, about 2s. Will make two good-sized cakes.

The butter should be put in a large basin, and beaten with the sugar until like thick cream. In cold weather the bowl should be heated for the butter to soften, but not to oil, or set over hot water for a minute; if stiff, it will not cream properly. Then add the eggs one at a time, with a good beat between each addition. Add the flavouring, and then the flour, ready sifted and dry (a mixture of the best English and Hungarian may be used with certainty of success). Do not beat, but incorporate the flour lightly. A tablespoonful of sherry is sometimes added. Bake in papered tins, leaving room for rising, and lay a couple of strips of peel on the top, dredge with sugar, and sprinkle very lightly with water. Take care not to shake the cakes or open the oven door until they are set on the top, or they will sink in the middle. When done, there will be freedom from any moist look on the top, where they usually break open. They should be a nice rich brown, not too dark, and want a sound oven. These keep well. A still lighter and better cake is made by using a pound and a quarter of eggs to eighteen ounces of flour, with butter and sugar as above, but it is a trifle less sweet.

Another way.—Four large eggs, six ounces of sugar, the same of flour, four ounces of butter, and the rind of a fresh lemon will make an excellent cake. The butter may be creamed as above, or just dissolved, and stirred in after the eggs and sugar have been well mixed; then finish off as above. This may be varied by flavouring with a hint of nutmeg and a spoonful of brandy. Some cooks cut up some citron or lemon peel small, and mix in the cake, and omit the pieces on the top. Either of the above can be baked in small dariole or other tins.

Madeira Sandwiches. — Required: some Madeira cake of a day or two old, and preserves and cream as below. Cost, variable.

These are very dainty for tea, and for tennis and other parties. They may be served as a sweet for luncheon and dinner. Cut into fingers or other shapes, allowing three pieces for each sandwich. On the bottom slice put a thin layer of apple jelly, then lay the second slice on, and spread it with thick cream (Devonshire or Cornwall clotted cream is delicious); put the third slice on very lightly, and just smear it with clear honey, then strew either chopped almonds or grated cocoa-nut over. When a good number are prepared, make half with pine apple jam or marmalade, in place of apple. A pound of cake, half a pound of preserve, and a small jar of cream will make a good number. Any cake of a similar kind will serve; Madeira is given as a type.

Malt Biscuits.—The recipe for DIGESTIVE BISCUITS, with malt as below may be followed; the addition of any spice or other flavouring is optional; very little water should be used, and the thinner the biscuits the better. Another way is to add a teaspoonful of the malt flour to a pound of white and brown flour mixed, and nothing else but water and a pinch of salt. The proportion of malt flour may be greater than this if liked, but the more malt the less water. A little ground carraway seeds or essence of carraways is a suitable flavouring for persons who suffer from flatulence. Bake with great care. In too cold an oven they will be spoilt.

Malt Bread. — Required: four pounds of flour, half an ounce of salt, three ounces of malt flour, an ounce of good dried yeast, a teaspoonful of moist sugar, and a pint and a half (or nearly) of tepid water.

Mix the flour, salt, and malt flour, and sieve them, then put in a large bowl. Cream the yeast and sugar, and add the water, and pour into the flour, taking care not to hollow it right through, but to leave a "bed" at the bottom. Form a leaven as for HOUSEHOLD BREAD, and when ready

mix thoroughly, but do not knead at all. Gash the top, and cover, and guard against draughts. The bulk should quite double itself. Then knead a little (less than for bread of the usual sort), and make into rolls or loaves. Tinned loaves are recommended, that handling may be avoided. If two are made from the above they will take about an hour to bake.

NOTE.—The flour may be all white, or half brown; if the latter, it must be finely ground, whether whole meal or decorticated. It must be dry, and free from lumps, and set in a warm place for an hour or two before use, or failure will result. The water must be the right temperature. More flour or more water may be wanted; the dough should be as soft as possible without stickiness. The directions are necessarily minute, but the process is practically very simple. This keeps well. If not intended for keeping more than a couple or three days, the malt flour may be reduced to half or two-thirds the quantity.

Malted Cakes or Fancy Bread.—Any recipes may be followed for plain cakes, or fancy bread, of which scones may be taken as a type, if it be remembered that as malt gives moisture and sweetness, and a certain richness, the proportions of sugar, fat, and any liquid, whether water or milk, should be considerably reduced. It is well to start with only half the amount of liquid that would be used under ordinary circumstances, then to add more if required. From a teaspoonful to as much again of malt flour may be used to each pound of flour. In the case of rock buns, the mixture should be very stiff; supposing a pound of flour and a quarter of a pound each of sugar and fruit, and about the same weight of fat, if an egg be added, with malt flour as above, no liquid of any kind will be wanted. For cakes in tins a little milk could be added. To all kinds of rolls, &c., whether made from baking powder or any of the self-raising flours, the rules for light handling, &c., should be followed.

Malted Rusks. — Required: dough as for malt bread, with the additions under-mentioned. Cost, about 4d. to 5d. per pound.

To every pound of flour used, allow an egg, and an ounce of butter. The butter should be melted *in* the water, and the egg beaten up *with* the water; to allow for the moisture added, reduce the water a trifle. Form into rolls, and bake in the usual way, then cut into slices half an inch thick, and return to a cool part of the oven until brown and crisp on both sides. Or, if the shape known as "tops and bottoms" is preferred, the dough should be moulded into tiny loaves, or round cakes; these, after baking, should be quickly divided by means of the finger and thumb, and returned to the oven, inner side up. These are lighter and nicer than the above if for making food for children, but many invalids will like the first kind.

A still nicer batch may be made by using milk instead of water, or adding an extra egg. Take care to store in tins in a dry cupboard.

Montreal Custard Cakes.—Required: some good short paste, and a filling as under. Cost, about 2d. each, if small.

Line some deep patty pans with the paste, and prick the bottoms. Mix two ounces of flour and two ounces of corn-flour, stir in a quarter of a pint of cold milk, and add by degrees three-quarters of a pint of boiling milk, beating well. Then put the mixture on the fire, with three ounces of butter, six ounces of sugar, a table-spoonful of orange flower water, the grated rind of a fresh orange, and a pinch of salt; boil up, and when cool fill the patty pans and bake. When done and cold, dredge well with orange sugar; if the latter finish cannot be given, use more sugar in the mixture. These are varied by adding a spoonful of grated cocoa-nut or chopped almonds to the custard. And sometimes a little

fresh orange pulp pounded with sugar is laid on the paste before filling, nice cakes being the result. The yolks of two eggs, beaten in first before baking, improve the filling much.

Muffins.—These are plain. Required: two quarts of milk, two teaspoonfuls of salt, about six pounds of flour, and two ounces of German yeast. Cost, about 1s. 10d.

The yeast should be blended with a teaspoonful of sugar, and the warm milk; a soft dough is then formed with the flour, which should be left to rise for some hours. Then mould, and put on floured trays to rise again, and bake in greased rings on the hot plate, giving plenty of room to rise. The dough is sometimes made too soft to be moulded by hand; it is then put in the rings and left to rise before baking. For "cup muffins" the dough is still softer, and baked in deep patty pans, or cup moulds.

Narbonne Biscuits. — Required: three-quarters of a pound of honey, three ounces of butter, three ounces of sweet almonds, half a teaspoonful of ground cloves, the grated rind of half a lemon, three-quarters of a pound of fine flour, and a teaspoonful each of essence of vanilla, and brandy. Cost, about 1s. 6d.

Put the honey and butter to melt by gentle heat, then add the flour and other materials by degrees; the almonds may be ground or chopped. Half a teaspoonful of carbonate of soda should be dissolved in a tablespoonful of hot water, and added at the last, and the mixture covered with a clean cloth, and left in a cold place until next day. Then roll out, adding a little more flour as required. It should be thin, and cut in finger shapes, then baked in a gentle oven until quite crisp. If liked, decorate with strips of candied orange or citron peel before baking, or dust over with sugar after baking.

Nelson Gâteau.—Required: a sponge cake of a pound in weight, jam, wine, biscuits, &c., as below. Cost, about 2s. to 2s. 6d.

Slice the cake and remove the middle, leaving a rim an inch wide; spread each with jam or jelly, as many sorts as are at hand, build the cake up, and put a layer of clotted cream on the top, and dredge it with coloured sugar. Crumble the centre part, and mix with two ounces of grated ratafias, two ounces of chopped raisins, the same of chopped apples, the grated rind of an orange and the juice, a little sugar, and enough raisin wine to moisten. Cream may be used in place of wine. Press this into its original place, making the top even. Put a compôte of apples round the cake, and send cream or custard to table. In serving, take portions from the centre to the outer edge. This is suitable for high tea, or almost any other meal.

Nuremberg Gingerbread.—Required: four eggs, half a nutmeg, two ounces of finely-minced citron and lemon peel, half a pound of white sugar, a pinch of salt, the eighth of an ounce of carbonate of soda, half a pound of sweet almonds, a little milk, half a pound of dried warm flour, and a pinch of ground cloves. Cost, about 1s. 6d.

The eggs should be beaten, and again whisked after the addition of the spice and sugar; the flour goes next, then the fruit, and almonds in thin strips, and finally the soda, dissolved in a little milk. The mixture is sometimes baked in a shallow tin lined with buttered paper, and sometimes on wafer paper; it should be a quarter of an inch thick before baking. Cut into fingers, or as preferred, while warm, or mark while warm and cut when cold, but it is often served hot, and is exceedingly nice.

Oat-cakes.—Oat-cakes, or oatmeal cakes, are very common in the North of England. They are eaten with butter or cheese, either toasted or plain. When first made they are quite soft, but after they have been

dried before the fire for a few minutes they become crisp and hard. When made in perfection they are as thin as wafers, and are certainly very good eating, though not very digestible to some. They are baked on a bakestone, or backstone, which is a kind of thick frying-pan, made of iron or stone.

Oat-cakes, Crisp.—Mix two or three tablespoonfuls of oatmeal with a pinch of salt and a little cold water. Knead it well round and round with the hands for some minutes, then spread it on a pastry-board as thin as possible, and strew meal under and over it. Move it by means of a baking spittle to the bakestone, and bake it on both sides over a clear fire. Some bake them one side only, and toast the other. It is well to mix sufficient oatmeal and water for one cake at a time, as the batter soon dries. Time, two or three minutes to bake the cakes. Probable cost, 3d. per dozen.

NOTE.—If they become soft, crisp them before serving. Many omit the salt, and consider the cakes are thus improved.

Oat-cakes, Lancashire. — In Lancashire oat-cakes are partially made either with butter-milk or with meal which has been mixed and left for a few days to turn sour. They are baked very much in the same way as in the preceding recipe. It is necessary, however, to see these cakes made by someone accustomed to the work before attempting their manufacture.

Oat-cakes, Short. — These are made by rubbing a couple of ounces of fat into a pound of meal, and making into paste with cold water; salt is sometimes added, and sugar is optional. These are flattened with the knuckles, then rolled thinly and cut in rounds for baking. Serve hot with butter. Flour and oatmeal mixed will be liked by many.

Oatmeal Parkin. — Required: three and a half pounds of medium oatmeal, half a pound of flour, two ounces of ground ginger, half a pound of brown sugar, a pound of fat, which may be a mixture of lard or butter with good dripping, or either alone, and treacle and milk as under. Cost, about 4d. per pound, but varies with the fat. Clarified bacon fat is very good.

The fat should be rubbed in the flour, &c., and the dry ingredients added. The treacle should be added until the mixture is stiff, but not stiff enough to roll out; it should be just right for pouring in the tins. More than three pounds of treacle may be used, or a cup of milk may replace some of it. The tins should be papered and greased, and the mixture poured in so as to be about two inches thick when done. This will keep some time, and is good for children. The oatmeal alone may be used, but the flour helps to bind and prevents waste in cutting; with oatmeal alone it is very crumbly. Another kind is made with equal parts of medium and fine oatmeal, which is closer when cooked. Other spices are often added, a pinch of cayenne is thought an improvement by some. If for keeping, leave the paper on. Glaze when done (*see* page 1029). (*See* also TREACLE IN CAKES and SPICE IN CAKES.)

NOTE.—Coarse wheatmeal may be mixed with oatmeal in this way.

Orange Cake, Rich. — Make the cake as for Madeira, last recipe, and add two ounces of shredded orange peel and the same of citron and crystallised or glacé oranges, and flavour with orange flower water. When the cake is done, glacé icing should be put over the top, and a little green icing used for piping if liked. Another way, for a more elaborate dish, is to lay slices of green fruit on the glacé icing, and pipe round with the green. A gold lace paper, garnished with green leaves, is the best for dishing this; or a white paper, with fern or other green leaves, is pretty. This is suitable for festive occasions. The above quantity of fruit is for a cake of a pound and a half or so. The citron may be omitted. The cake should be

a rich yellow, and if eggs are pale increase the amount of colouring in proportion.

NOTE.—This may be served as "golden wedding" cake.

Orange Meringue Cake.—This is as good for a dinner or supper sweet as for tea as a cake. Take a round slice of sponge or other cake, about an inch thick, and soak a little with wine, milk, or custard, and lay it on a second slice of unsoaked cake, and place on a baking tin of its own size or a little larger. Then put some of the orange mixture given for orange sandwiches below on the top, piling it a trifle in the centre; in making the filling use the yolks of the eggs only; then use up the whites with some sugar and a few drops of essence of orange, or some grated fresh rind, and pile it on the top as given for MERINGUED TARTS (page 860). Put it in a very moderate oven for about ten minutes until the top is a light brown, and serve cold. Cream or custard may be served with the cakes. They may be made small enough to serve one to each if liked, or may be piled up tipsy-cake fashion, and the meringue put all over if preferred.

Orange Sandwiches. — Required: a mixture as below, and either of the cake mixtures referred to in LEMON SANDWICHES. Cost, according to quantity.

Allow an orange, a little lemon, and an ounce and a half or rather more of sugar to each egg, increasing the proportion of each as required. The orange juice and sugar are to be mixed over the fire, and the grated rind added; the pulp of the fruit is then to be scooped out, free from pips or white pith, and added, and the egg off the fire; the whole to be beaten well. The lemon goes in last thing; just a little juice, or rind as well if liked. The same mixture makes good layer cakes as well as sandwiches, and may also be used for Swiss roll and many other dishes. (*See* ORANGE MERINGUE CAKE.)

Pine-apple Cake. — This is made like a Madeira cake, but no flavouring is added other than a few drops of pine-apple essence; for the best sorts, a few ounces of crystallised pine in shreds should be stirred in the flour. A mixture of pine with other dried fruits converts this into a METZ CAKE.

Plain Cake, Vegetarian.—Required: a pound of flour (half brown and half white), a quarter of a pound of rice-flour, a teaspoonful of baking powder, an egg, a quarter of a pound of cocoa-nut butter, the same of sugar and currants or raisins, a little salt and spice, two ounces of pine kernels or walnuts, and a gill and a half of milk. Cost, about 1s.

The butter should be used in the ordinary way, by rubbing it in the flour until fine; the dry materials are then added and the cake mixed with the milk and egg beaten together; or the butter may be just melted in the milk and used when cool to mix the dry materials. This must be put in the oven at once. The nuts should be ground finely, and an improvement is effected by soaking them in the milk for a time. Time to bake, from an hour and a half to two hours, according to depth of tin. The fruit may be omitted for a plainer cake, and seeds added, or extra spice (*see* TREACLE IN CAKES).

Plum Cake, Dark.—Required: a pound and a half of white and brown flour mixed, four ounces of dripping, the same of lard or butter, a quarter of a pound of treacle, six ounces of brown sugar, half a pound of raisins (stoned and halved), the same of currants, four eggs, a teaspoonful of carbonate of soda, nearly half as much mixed spice, and half a gill of milk. Cost, about 1s. 6d.

The fat should be melted in the treacle, and, when cool, the milk and soda added; stir the liquid to the dry ingredients, with the beaten eggs, and bake for two and a half hours or more in a moderate oven. This is a good

looking cake, and keeps moist, and is useful when a rich *looking* cake is wanted, say, for a children's party.

Porridge Cakes. — These are best known amongst vegetarians. Any sort of cold porridge may be mixed with enough flour to form a paste, and, with a little fat and sugar, it makes good cakes of the scone order. Or they may be cooked in a stout frying-pan or on a griddle. A little grated cheese and suitable seasoning may be used, and the cakes served as a savoury.

Potato Cakes.—Required: two ounces of dripping, the same of lard, a pound of flour, the same of mashed potatoes (as dry and mealy as possible), an egg, a little salt, some milk, and a teaspoonful of baking powder. Cost, about 7d.

The fat should be rubbed in the flour, and the other ingredients added, with as much tepid milk as will make a light, smooth paste. Sugar or currants may be added. Sometimes no milk is wanted. For better cakes, use another egg and rather more fat. Cut in triangles or rounds, and bake on a stout frying-pan or griddle, or in a hot oven. They are spoilt in a cool oven, or if made too soft.

Potato Rolls.—Required: a light bread dough of the usual kind (*see* HOUSEHOLD BREAD); but with the addition of a pound of mashed potatoes to every four pounds of flour. An ounce of fat should also be used to each pound of flour, and the dough is nicer if made up with milk (skim will do). A pound of dough will make four nice rolls. Bake in a good oven, and, if liked, glaze when done. In preparing the dough, some of the potatoes should be put in the flour, and some with the yeast when the leaven is started.

For large rolls, use a pound of dough. These keep moist for some days.

Potato Muffins.—Required: four good-sized potatoes, water, salt, two ounces of lard or butter, two eggs, three pounds of good flour, an ounce of dried yeast, and a teaspoonful of sugar. Cost, about 1s.

Take the potato pulp, which should be obtained from potatoes baked in the skins, mix it with the butter, and add a little warm water and beat well. Put the flour in a bowl and make a bay in it, drop in the potato mixture and the eggs, then the yeast, mixed with the sugar and a pint of tepid water. Knead well, adding as much more water as may be wanted to make a very soft dough. It must rise for some hours, and is then ready for baking. (*See* MUFFINS.)

NOTE.—Allow half a teaspoonful of salt to the pound of flour. If handy, use skim milk instead of water, or half new milk and half water. More potatoes may be used if liked.

Potato Flour Cakes. — (*See* SNOW ROCKS and WHITE CAKE.)

Pound Cake.—Required: a pound of butter, or half lard, the same of sugar, currants, and flour, an equal weight of eggs, and other materials as below. Cost, about 2s. 6d. on an average.

The fat and sugar are to be creamed, the eggs added, and the mixture well beaten. Chopped lemon peel may be used for flavouring, or essence of lemon or ground spice, or a spoonful of brandy. The fruit is to be very well dried and mixed with the sifted flour; a few ounces of shredded candied peel may be added. Stir into the first mixture, and mix as gently as possible, or the fruit will sink. This will make two or three cakes; if made in one, it should be a shallow tin, and will take about three hours. Sultanas may replace half the currants. A little baking powder or a pinch of carbonate of ammonia will lighten the cake; but, when intended for keeping, the addition is not advised. A rather plainer cake is made with a pound and a quarter of flour, eggs as above, and twelve ounces each of sugar and fat. Or the eggs are often reduced a trifle, and a few spoonfuls of milk added; in very cold weather it should be just chilled. For a cocoa-nut or almond pound cake, the currants should be omitted and the nut

added; about a quarter of a pound to the pound of flour. If to be iced, *see* recipes for icings in INDEX.

Premier Buns.—Required: a pound of flour, half a pound of sugar, half a pound of butter, four ounces of halved cherries (glacé or crystallised), the same of chopped raisins, three ounces of sweet almonds, chopped and baked a pale brown in the oven, a few drops of almond essence, a pinch of ground mace or nutmeg, two eggs, and a tablespoonful of brandy. Cost, about 1s. 10d.

These are to be made as ROCK BUNS (page 1041), the brandy going in last. Mix very thoroughly. Drop from a dessertspoon on tins, and bake in a good oven. They can be baked in patty pans; then another egg or a couple of tablespoonfuls of milk may be used. A little baking powder improves for the latter mode. The top may be dredged with more almonds, unbaked. These keep fresh for some time.

Pulled Bread.—This is mostly eaten with cheese, and is quite easily prepared. To make it, take a loaf of bread while it is still warm, and pull the inside out in pieces the size of an egg or thereabouts; then bake them in the oven to a delicate brown. When cool, they will be crisp, and if the bread be good, of nutty flavour. Fancy breads, as well as ordinary household, may be thus prepared. If kept until the next day (though pulled bread is better made as wanted), store in a tin box in a dry place.

Queen Cakes, Rich.—Required: four ounces of butter, the same of sugar, four eggs, the rind of a lemon, two ounces of candied peel, four ounces of currants, and six ounces of flour. Cost, about 1s.

The butter and sugar are to be creamed, and the yolks added one at a time, the mixture being well beaten. The flour should be mixed with the currants and peel, the latter in strips or chopped; these should be added lightly, alternately with the whipped whites of eggs. Heart-shaped tins only, or either of the other shapes shown below may be used. They should be buttered and room left for rising. A sharp oven is a necessity. A little nutmeg is sometimes added, or a few drops of essence of lemon in place of the grated peel.

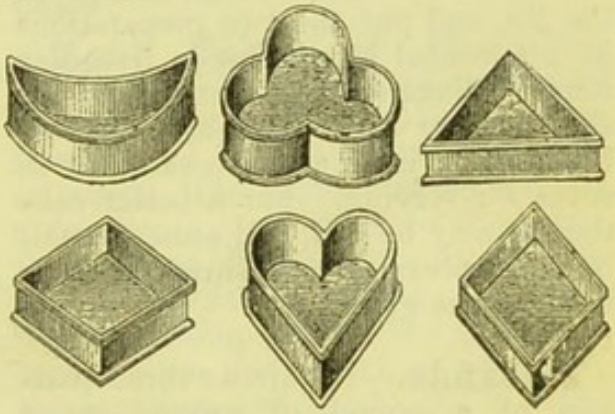


FIG. 164.—QUEEN CAKE TINS.

Another way.—These are plainer. Use two ounces more flour and omit the currants; then when the tins are filled, just sprinkle a few currants over the surface and grate a little nutmeg over. A mixture of butter and lard may be used, and half a teaspoonful of baking powder, one of the eggs being omitted, and a tablespoonful of milk added.

NOTE.—The tins here shown may be used for all sorts of fancy cakes. They must be well dried after use, and greased thoroughly, especially in the corners, to ensure the cakes turning out well. They are all adapted for cakes that are piped or otherwise ornamented after baking, and afford scope for endless variety. Cherries and other fruits, strips of candied peel, carraway comfits, &c., can all be used for the surface before baking, or the cakes can be coated with glacé icing and decorated with fruits, &c.

Raspberry and Pistachio Cake.—This is a very good type of the marbled cakes that are now so popular. Required: a mixture as for good Madeira cakes, and to each half pound of flour used in the mixture the

following: an ounce of pistachios, a heaping tablespoonful of good raspberry jam, and some red and green colouring.

When the cake mixture is ready, divide it, and add the blanched and chopped nuts and some green colouring to one half, and the red colouring, with the jam passed through a hair sieve, to the second. Then butter and paper the tin, and put the two preparations in a spoonful at a time, in irregular lumps. Bake steadily that the outside does not get dark. A square shallow tin is often used, and the cake cut in slices for serving. For a better cake the top may be iced, and some crystallised raspberries and shredded nuts used for the garnishing.

Ratafias.—Required: three-quarters of a pound of ground sweet almonds, a quarter of a pound of ground bitter ones, two pounds of castor sugar, two ounces of fine rice flour, and the whites of some eggs, as below. Cost, about 2s. 6d.

The flour and almonds are to be mixed with the sugar in a basin, and the whites of eight or nine eggs added; it should then be beaten for some time with a wooden spoon to a paste; the whites of a couple more eggs may be needed, but the mixture should be tested first. Fill a forcing bag with a plain pipe about half an inch diameter, and force out the mixture on to baking sheets covered with smooth white paper. Dust fine sugar over, and bake in a cool oven. Remove the paper. If they spread too much, add a little more flour, and if too stiff the white of another egg, and work the mixture again. These proportions are varied to taste, the bitter and sweet almonds being sometimes in equal parts; sometimes the sugar is not much more than the weight of the almonds; the above is an average recipe. A waterproof bag is recommended for ratafias, as the mixture oozes through an ordinary bag and is very wasteful. Ratafias should be but little larger than a shilling when done. (*See* GARNISHES for bags and pipes.)

Rice Bread.—This is much liked by some people and it keeps very moist. It is useful when wheaten flour is very dear. There is no special recipe for its concoction, as the amount of rice added depends upon circumstances and taste. A pound or more may be used for seven pounds of flour. It should be cooked until done, by boiling or steaming, and then be pounded or sieved. If cooked in water and drained, we advise that the rice water, when of the right temperature, be used for mixing the bread, or there is loss of nutriment. When the rice is boiled in a sufficient amount of water to become absorbed in the cooking, the water used for mixing the bread should be reduced in proportion. Yeast should be used in the usual way. (*See* RICE in *Cereals*.) This dough must not be too soft. In America, to bread of this kind a little yellow maize meal is sometimes added; many advise the addition of a few mashed potatoes to the yeast, and milk in place of water.

Rice Cake, Good.—Required: four ounces each of fine rice-flour and Vienna flour, five eggs, half a pound of butter, the same of sugar, and flavouring to taste; lemon, or orange, or vanilla is commonly used. Cost, about 1s.

The butter and sugar are to be beaten until creamy, and the eggs added one at a time, with some of the flour and rice-flour mixed together alternately until all be used up. The mixing should be very thorough. Should baking powder be added, stir in a teaspoonful at the last, which will lighten it for present use, but the cake will keep moister without it. Bake from an hour and a half to two hours in a very moderate oven, according to depth of tin. Rice cakes are sometimes made without the addition of wheaten flour, but they are not so light and good. Should ground rice be used, wheaten flour is still more necessary; as the ground rice is coarser, therefore the cake is closer. Another way of mixing is to stir in the flour,

then the whites of eggs last, as given in many other recipes.

Rice Cakes, Plain.—Refer to any of the recipes either for fruit or plainer cakes, and simply use rice-flour or ground rice in place of half or thereabouts the ordinary flour given in the recipe. A mixture of flour, rice-flour, and corn-flour makes very good cakes. The baking powder should be in rather more than the usual proportion.

Rock Buns, Plain.—Required: a pound of flour, an egg, a pinch of salt, a quarter of a pound each of moist sugar, currants or sultanas, and lard, dripping, or margarine, or other fat, a teaspoonful of baking powder, two ounces of candied peel, and a gill of milk. Cost, about 8d.

Mix the flour and fat, rubbing it in with the tips of the fingers; then add the other dry ingredients; the peel should be in strips. In the centre drop the egg and milk, mixed together, and mix with a fork lightly. Put in rough heaps on a greased tin, leaving half an inch space between, and bake in a good oven about twenty minutes. Enough for sixteen small buns. Larger may be made if the time for baking be increased. Should the fat be very soft, a little less milk may be used. All rock bun mixtures should be firm enough to retain their shape on the baking tins, not so soft as cakes baked in patty pans.

Another way.—These are better: Reduce the milk by a third or so, and increase the sugar, fat, and fruit, each by two ounces.

Another way.—Omit the fruit, and add a little ground spice to flavour; add the yolk of another egg, with other materials as in the first recipe above, reducing the milk as required, rather more than half a gill may be enough. These are varied by using a mixture of flour and corn-flour or ground rice for the foundation.

Rose Cake.—This is very good. Required: a mixture as for Snow Rocks, or sponge, or any other white cake batter. This should be flavoured with rose essence, and coloured a rose pink. Bake in a tin as for Genoa Cake, and when cold coat with white icing and sprinkle with crystallised rose leaves. This is very useful for cutting up and mixing with other kinds of cake. (*See* Violet Cake.)

Rout Cakes or Biscuits, Almond.—These are nicest made of Almond Paste. It should be rolled thinly, and, if liked, some can be coloured. The paste may be left for a few hours, then dried in the oven; the process being so slow it can hardly be called baking. Another way is to simply leave the paste in a warm place for a day or so before ornamenting, and not to put it in the oven at all. Some of the paste may be coloured a deep pink, and some paler, and green is not uncommon. The icings used should be in contrast to the foundation. Dried fruits cut up, coloured sugars, and carraway comfits, as well as small silver sweets, are all used. The purchase of some rout cakes from a first-class confectioner is a good investment, by way of a pattern, for those who would make them at home; the shapes are so numerous. Small nests, with comfits in for the eggs, and spots of colour round, are often seen; then there are nuts and wheat ears, &c. The paste that is not baked is often cut in diamonds, &c., and covered with glacé icing, on which sugar is sprinkled just before it sets. (*See* Index for icings.)

Rum Cakes.—Many kinds are met with under this title. One is a mixture resembling those given for Babas and Savarins (pages 1011 and 1043), but with more fruit in, and a thick syrup flavoured with rum poured over; or the cakes are dipped in rum as soon as they come from the oven, and then shortly after into coarse sugar. Small pound cakes are similarly treated. A Madeira cake mixture is also baked in small cup tins or

darioles, and coated with rum glacé icing. The cakes are flavoured with rum and vanilla sugar, and sometimes with spice of various sorts. Small, rich plum-cakes are brushed over with a mixture of rum and treacle when baked, and present a dark sticky appearance, and are a variety of the same thing.

Rusks.—(*See* MALTED, SPONGE, and VIENNA RUSKS.)

Saffron Cakes.—Saffron water is used in some parts of the country in the mixing of plain cakes; it gives colour and flavour. A handy substitute is to be found in essence of saffron; and the quantity to use is a matter of taste.

Sally Lunns (Carême's recipe).—Sift twelve ounces of flour, separate a fourth part, in which make a hollow, put in it nearly half an ounce of yeast, and a little lukewarm cream; mix the flour gradually with this, and put it into a small stewpan to rise (it should be very soft). When double its first size, form the remaining flour in the requisite manner, and put in the centre a quarter of an ounce of salt, one ounce of pounded sugar, four yolks of eggs, five ounces of butter made warm only, and a gill of lukewarm cream; stir this mixture, mingling the flour with the liquid until of a soft consistence, and beat the paste for some minutes with the palm of the hand; then, if perfect, add the leaven, and work it yet some minutes to render it smooth and elastic. Put it into a plain mould six inches wide and five inches high, well buttered, and set it in a proper place to ferment. When double its primitive volume, wash the top with egg, and place it in a quick oven for an hour. When serving, divide it horizontally about the centre, turn the top upside down, and the cake should present the appearance of a honeycomb; throw on it a pinch of salt, and butter it with five ounces of the best butter, putting equal quantities on each; put the top on again, and serve hot.

For plainer cakes, follow the above, using milk, and an ounce or two less of butter, and two eggs only. The milk must be increased by half a gill.

Sandwich Bread.—When sandwiches are required on a large scale, it is best to order the bread of a good baker. Special tins, called sandwich tins, have sliding lids, and the bread is very moist and nice. Tins called double, or box, are also used. Failing either of these loaves, the next best thing to use is a good ordinary tin loaf.

Sandwich Rolls.—Take any nice dough, as French or Vienna, and roll it thinly, then put it in two layers in a tin, with a dust of flour between them. When done, the parts are readily divided for the reception of the sandwich mixture. Before baking, the dough may be marked in squares or oblongs of the size required. Glaze, if liked (page 1029).

Another way.—Make little egg-shaped loaves; and when done, cut the flat bottoms smoothly off, and scoop out some of the soft part, then fill and replace the bottoms, sticking them on with a little beaten egg, and putting them in the oven for a few seconds. These are often filled with hot minces, and served in the savoury course.

Saucer Cakes.—Baking tins, the size and shape of an ordinary breakfast saucer, are handy for cakes that require to be baked quickly and served hot. Any of the plain cake mixtures may be thus baked. The following is a good light mixture at small cost. Required: ten ounces of flour, an ounce of lard, the same of dripping, two eggs, half a gill of milk, three ounces of sugar, a saltspoonful of grated lemon peel, or some spice to taste. Cost, about 6d.

Rub the fat in the flour, add the other dry ingredients, and beat the eggs and milk; then add to the rest. At the moment of putting in the oven, stir in a teaspoonful of fresh baking powder. Bake in three saucer tins.

If served hot, hand butter with them. They are often liked with less sugar, and then eaten with preserve, &c. Given a sharp oven, these will eat short and nice; they are better broken than cut.

Savarin.—This is a French dish of the gâteau class, which may be served hot or cold; in the former case it takes the place of a pudding. The recipe given is simple; many are much richer and more complicated. Required: a pound of fine flour, a teaspoonful of salt, half an ounce of fresh yeast, or less of dried, a quarter of a pound of sugar, ten ounces of butter, three eggs, a little thin cream or rich milk, almonds, &c., as below. Cost, about 1s. 6d. without syrup.

The yeast is mixed with the sugar, and the eggs added singly, with a tablespoonful of tepid water; this is poured in the flour, the salt added, and the butter, melted enough to run, but it should not be oily; then add the cream, a spoonful at a time, until a nice moist paste is formed. A deep border mould, fluted for choice, should be used for the baking, or a timbale mould with pipe. Butter it, and strew with chopped almonds all over; put in the mixture to half fill it, and tie a band of buttered paper round, and cover until well risen before baking. Then bake, and finish as directed for Baba (page 1011). Two ounces of chopped candied peel, or the same of chopped almonds, may be put in the mixture. In some recipes more butter is used, and a little less sugar. The syrup is often flavoured with curaçoa, or maraschino, or kirsch. Plenty of holes should be made with a skewer before the syrup goes over; sometimes it is so thick that it is just put on with a brush, and none allowed to run in the dish. Cream is sometimes served with savarins. More eggs and less cream are used for the lightest sorts.

Savoy Cakes.—The mixture for these may be the same as for Sponge Cakes (page 1047); but for some dishes it is preferred plainer and less sweet, if for a Tipsy Cake or any similar purpose; on the other hand, more sugar is sometimes used and the cake made light by the addition of a larger number of eggs. A pound of eggs, fourteen ounces of flour, and twelve of sugar will meet the first case. A pound of eggs, twelve or thirteen ounces of sugar, and ten ounces of flour—or, for a very light cake, eight ounces—will meet the second. (For the mode, *see* Sponge Cakes.) The tins must be quite dry and prepared as for Sponge Cakes, Penny, or brushed with clarified butter and dusted with icing sugar or a mixture of flour and sugar. A good-shaped mould is shown in the illustration. They are to be had much higher

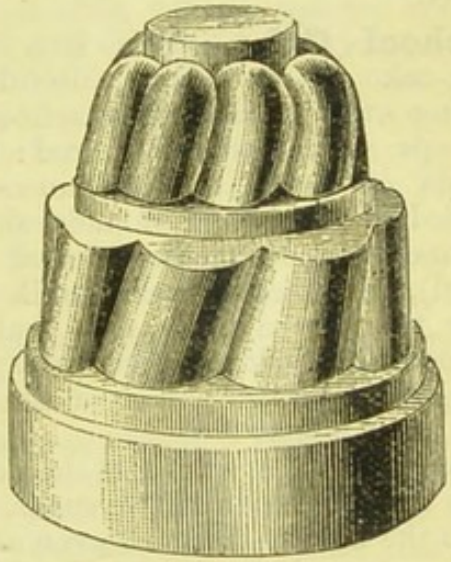


Fig. 165.—Savoy Mould.

and more tapering at the top; but such are more difficult to turn out and more liable to burn. They always want care and a slower oven than a sponge cake baked in a plain tin. The mould should be filled to within a few inches of the top, and a thick band of buttered paper pinned and tied round a few inches above the top. When the cake has been in the oven for about half the time, a layer of salt may be put on the tin on which the mould rests. Great care is wanted in turning out, and the top generally, even with every precaution, looks a little rougher than the rest of the cake. The flat top shown

lends itself readily to decoration—such as the piling up of a compôte of fruits, &c.

Savoy Cake, Superior.—This is recommended. By this process a larger cake is got for the same money as when made in the ordinary way. Supposing four eggs to be used, take their weight in fine sugar, and half, or rather more, their weight in flour. Any flavouring may be added. Boil the sugar to syrup with half its weight of water, and add the eggs, after beating them; then beat together for a quarter of an hour. The flour is to be added, and the mixture baked in a mould brushed with butter and dusted with icing sugar. A plain or fancy mould may be used.

School Cake.—This is a very good cake at small cost, useful for sending away to children at school, as it keeps very well. Required: four pounds of flour, twelve ounces of clarified fat, the same of moist sugar, a pound of good raisins (stoned and halved), an ounce of yeast, milk and water to make a pint and a half, a teaspoonful of salt, the same of spice, two eggs, and a few ounces of candied peel. Cost, about 2s.

The yeast and a portion of the liquid are to be mixed with a little sugar, and put to the flour to form a leaven as for bread; when risen, the fat should be melted in the rest of the liquid, and added with the eggs, &c., to the flour, and the whole mixed and left to rise well, then be baked in a moderate oven. This is preferably made into two cakes, which will want about two and a half hours.

Scotch Spice Cake.—Required: three-quarters of a pound of flour, half a pound of butter, the same of sugar, half a pound of sultanas, the same or rather more, if liked, of currants, two ounces each of candied orange, lemon, and citron peel, a tablespoonful of treacle, two tablespoonfuls of milk, six large eggs, the grated rind of half a lemon, half a teaspoonful of carbonate of soda, a good pinch of salt, and the following spices:—half an ounce of ground carraway seeds, a quarter-teaspoonful each of mace and cinnamon, the same or less of cloves, half a teaspoonful of ground ginger, a good pinch of allspice, and the half of a small nutmeg. These proportions should be increased if the spices are not freshly ground, and the finer the powder, the nicer the cake. Cost about 2s. 3d. to 2s. 6d.

The butter and sugar are to be beaten to a cream, and the yolks of eggs added, and the whole beaten. Then mix the flour with the grated lemon peel and the spices and salt; cut the peel up, and prepare the fruit in the usual way; add them to the flour, and put to the eggs a little at a time, stirring gently. Then put in the stiff whites of eggs in the same manner. The treacle, soda, and milk are to be beaten and added last, and a final stirring given. This must be baked in a tin lined with buttered paper, in a steady oven. The time is in proportion to the depth—from two hours upwards on an average. A very deep tin is not advisable. This cake keeps well, and is very nice plain, or it may be iced if liked. The proportions of spice may be altered to taste, and whole carraway seeds may be used; then double the weight can be allowed.

Seed Cakes, Rich or Medium.—Follow either of the recipes for Madeira Cakes, adding carraway seeds to taste—about a small teaspoonful to the pound of flour is enough for most tastes; a larger quantity induces dryness. A hint of nutmeg or mace or cinnamon is sometimes added; and an ounce of chopped candied peel to the pound of flour is a great improvement, as well as a few drops of lemon essence. A smaller quantity of *ground* seeds will answer; but the cake suffers in colour. Many persons use a small saltspoonful of ground ginger to every teaspoonful of seeds. Essence of aniseed or cassia gives variety, and the flavour is good if used sparingly. For very plain cakes, a bread dough answers, with an ounce of sugar and fat, and a

sprinkling of seeds to every pound; or follow the recipe for CURRANT CAKE, PLAIN, using a teaspoonful of seeds in place of currants.

Seed Rolls, Good.—Required: a pound and a half of flour, an ounce and a half of dried yeast, four ounces of castor sugar, three ounces of butter, or half lard will do, a teaspoonful of carraway seeds, a grate or two of nutmeg or lemon peel, two eggs, and milk and water as below. Cost, about 1s.

Blend the yeast and sugar, add a gill of tepid water and the same of milk, and mix well. Put the flour in a bowl, rub the fat in, add the other dry ingredients, and drop in the eggs. Pour the yeast in, and work the whole to a dough with the hand; add a little more liquid as required; the mass should be stiff enough to mould into little rolls without sticking to the hands. Lay them close together on a floured or greased tin; cover with a cloth and set them in a warm place for an hour, then bake and finish as directed for CURRANT BUNS.

In putting the rolls in the tin, a space should be left round the edge; but the rolls should touch each other in the rows.

Seed Rolls, Plain.—Spread out a pound of bakers' or home dough, made as for HOUSEHOLD BREAD, and sprinkle with a teaspoonful of carraway seeds, a little grated ginger or other spice, and two ounces of sugar; then work in a couple of ounces of lard or dripping, knead and let it rise; then make into rolls, and bake and finish off like BUNS (page 1021).

Buns may be made by forming the dough into rounds.

Short-Bread.—Required: a pound of flour (half or all Vienna), half a pound of fresh butter, a quarter of a pound of sugar, or five ounces for some tastes, and some comfits. Cost, about 1s. 2d.

Sieve the flour and rub the butter in, then add the sugar, and work to a paste with the tips of the fingers on a slightly floured board in a cold place. Form in rounds half an inch thick, pinch the edges and put carraway comfits on, and bake in a gentle oven to a very pale brown. Do not remove from the tin until cold. Chopped almonds are sometimes used on the top or in the short-bread. Dried fruits and candied peel are added and the butter and flour increased for richer varieties, and the top is then decorated with strips of candied peel and cherries or other dried fruit. The richer the mixture the more care in making. Squares and oblongs are common shapes for large short-bread. Good short-bread will keep a long time in a dry place. When for immediate consumption, and if the short-bread is wanted light and plain, a little baking powder may be added, and clarified fat used in place of butter. The yolks of eggs are often added to good short-bread. Rice-flour, potato-flour, and corn-flour may be used alone, or with ordinary or Vienna flour for variety.

NOTE.—If rolled thinly and cut into fingers good biscuits are the result.

Short Cake.—(*See* APPLE SHORT CAKE.)

Shrewsbury Biscuits.—(*See* SHREWSBURY CAKES.) Follow the first recipe and cut out the mixture with small cutters. Bake pale and sift sugar over when done.

Shrewsbury Cakes.—Required: an egg, a teaspoonful of grated lemon peel, four ounces of butter, the same of castor sugar, and about nine or ten ounces of flour, very dry and well sifted. Cost, about 8d.

Cream the butter and sugar, add the egg and lemon rind, and beat well for a few minutes; put in half a pound of flour first, lightly, and as much more as is wanted to make a soft paste that can be rolled out thinly on a floured board. A floured wine-glass or tin cutter should be used for cutting the cakes. Bake gently for about twenty minutes. For richer cakes use the yolk of the egg only. A little cinnamon

or other spice is sometimes added. Plainer cakes, in imitation of the above, are made by using an egg to a pound and a half or two pounds of flour, with less sugar and fat, and adding milk to make up the paste. Essence of lemon is used to flavour, or spice only.

Simnel Yeast Cake.—This will be liked by many better than the rich varieties of this cake. Required: half a pound of flour, ten ounces of currants, four ounces each of fresh butter, candied peel and castor sugar, two eggs, some milk and spice as below, and half an ounce of dried yeast. Cost, about 2s. 6d.

Make a dough with the flour and yeast, after dissolving the latter in a gill of lukewarm milk and adding a spoonful of the sugar; this is to be put to rise for an hour, then mixed with the fruit and eggs, and the creamed butter and spice; the latter may be all mixed spice, when about a teaspoonful will be wanted, or the fourth of a small nutmeg can be grated and mixed with a saltspoonful of cinnamon. The materials are to be well worked in, and the dough left to rise for another hour in a warm place, covered. Then put half of it in a tin lined with a few folds of buttered paper, and insert a layer of almond icing half an inch thick (*see* page 1007); the remainder of the cake mixture goes next. It is then ready for baking for a couple of hours or so in a steady oven. When baked and cold the outside of the cake can be coated all over or only on the top with more almond icing, rolled half an inch thick. The icing for the centre should be rather softer than that for the outside. It is sometimes put in between the other layers of cake in a ball, but we advise the mode above given.

Another way.—Omit the almond icing from the centre, and when done put a layer both top and bottom of the cake.

Simple Sugar Icing.—When anything of the kind is wanted just for the purpose of improving the appearance of ordinary buns, &c., for children, without adding much to the cost, some icing sugar may be mixed with the white of an egg and enough water to thin it. This is applied thinly with a brush, and when dry the top of the cake shows through. Or either of the glacé icings may be thinned with more water in the same way. Another way is to boil a quarter of a pint of water and half a pound of icing sugar together for a few minutes and use when cool.

Sly Cakes.—These go by other names and are very nice. Any scraps of pastry may be used for them when a plain dish is wanted. They are, however, often made much richer than here given. Required: three-quarters of a pound of flour, a pinch of salt, an ounce and a half of castor sugar, a pinch of spice, a little rum or wine, and some currants, fat, and cold water. Cost, about 1s. to 1s. 6d. per dozen, according to size.

The flour, sugar, salt, and spice should be mixed to a smooth stiff paste with the water and rolled out three times, two ounces of fat being spread over each time as if for pastry. Then cut out in squares or rounds, after rolling thinly. Take some currants that have been just moistened with the rum—a tablespoonful is enough for a quarter of a pound or more, and sprinkle them on half the pieces, then cover sandwich fashion, glaze them (page 1029), and bake in a hot oven. These are often eaten hot.

Snow Rocks.—Required: half a pound of flour and potato-flour mixed, four ounces of white sugar, the same of lard, a little essence of almond or vanilla, and two eggs. Cost, about 10d.

The lard and sugar are to be creamed, and the eggs and flour worked in a little at a time, the beating being kept up. The time occupied in the mixing should be at least twenty minutes. Bake in rough heaps on a greased sheet in a steady oven, a little quicker at first. When done, dust with sugar. The same mixture, with another egg,

may be baked in a tin as a cake, and butter may be used if liked. It is nicest in a shallow tin, and should be cut in squares for serving.

Soda Cake.—Required: a pound of flour, six ounces of sugar, a teaspoonful of carbonate of soda, the same of tartaric acid, or twice as much cream of tartar, half a pound of butter or lard, six ounces of currants, two ounces of candied peel, three eggs, and about the sixth of a pint of milk. Cost, about 1s. 2d.

The soda should be free from lumps and sieved with the flour; the fat should be rubbed in and the fruit, &c., added, the peel being in shreds; the acid should be mixed well in, and the eggs and milk added at last, after beating them well together. Another way is to sift the flour and acid, and add the soda dissolved in milk at the last moment. Either way, the cake should be got into the oven without delay. Time, from an hour and a quarter to an hour and a half. This is a good cake, light, and of medium richness. The fruit may be increased for a better one, or for a plain one use dripping, and two eggs only, with a little more milk. The soda used alone, without acid, produces a dark cake which is appreciated by many, but when this is followed we advise that only half a teaspoonful of soda be used to the pound of flour, and that it be most carefully sifted. It is very unpleasant to meet with soda in lumps, which is also apt to give the cake a "soapy" flavour. Another way of making soda cakes is to add a tablespoonful of lemon juice to each teaspoonful of soda.

Soda Buns.—For buns in patty pans, follow the above recipe; for rock buns use less milk; or if the fat be creamed with the butter, no milk is wanted. The eggs will moisten it enough.

Sovereign Gâteau.—Required: a cake, and sauce, &c., as below. Cost, varies with adjuncts.

Take a plain border mould, rather deep, and bake the cake in it. This may be made the same as Swiss Roll, or Geneva Pastry, well coloured with yellow colouring, and a few ounces of candied oranges and apricots cut up and mixed in. When baked, serve cold as a cake, with a decoration of glacé or Vienna icing flavoured and coloured to taste (orange is the most suitable flavouring), or as a sweet with Sovereign Sauce. Some gold leaf jelly (or, if that is not convenient, some good lemon jelly) should be cut up and piled in the centre of the border.

Another way of finishing off is to cut shapes of either of these jellies for the garnishing of the dish, omitting the sauce; the gâteau should then be soaked with a little syrup (*see* page 1049), and some whipped cream be put in the centre; this is to be dredged with orange sugar or grated orange peel.

Spanish Sponge Cake.—The foundation is the same as for an ordinary sponge cake, the additions being almonds, wine, and ground cinnamon. A couple of ounces of almonds may be used to each half-pound of flour, and a saltspoonful of cinnamon will be enough for most tastes. A tablespoonful of light wine should be beaten with the eggs. Very thorough beating before the flour and nuts are added is a feature of these cakes.

Spice in Cakes.—Reference to the Index should be made for spices suitable for cakes. Many sorts of spice essences are useful. They have also the merit of solubility.

Sponge Cake, Good.—Required: five eggs, their weight in sifted icing sugar, or half castor and half icing, then the weight of four is sufficient, half their weight in fine flour, and the grated rind of half a small lemon or orange, or a few drops of essence. Cost, about 9d.

This is very good cake if carefully made and baked. Sift the flour and

put it in a warm basin. Put the sugar in another basin, and keep both warm. Add the yolks of eggs to the sugar, and beat for a quarter of an hour. The whites are to be beaten to a stiff froth and put to the yolks a little at a time, alternately with the flour; these cannot be too lightly added, for if *beaten* in, the cake will be quite heavy. Blend well to avoid streakiness, then put the mixture into a tin that has been buttered or oiled, and bake in a moderate oven for an hour, or more, according to depth. Another way of mixing is to beat the whole of the eggs with the sugar, and then add the flour in the manner described.

Another way.—Use equal weights of eggs and castor sugar, and two-thirds the weight of eggs and flour. Or for many, fourteen ounces of sugar to a pound of eggs will be enough, and the result should be a light cake. It may be made in either of the ways given above.

Another way.—This is plain. The materials are equal weights of flour, sugar, and eggs, with flavouring. Owing to the increased amount of flour, this is not so light and spongy as the above, but it answers for many dishes, and when sponge cake crumbs are wanted it serves the purpose of a richer cake.

Note.—The weight of eggs in the shell is intended.

Sponge Cakes, Penny.—When made in a large quantity, the tins are often prepared as follows: Grease them with lard which has been creamed up with a little flour, brushing it into the corners; then dust with fine sugar, shaking out the loose. When the mixture is in, sift sugar over the tops. The tins are sold in frames—that is, joined together—at about a shilling the half-dozen. The second mode of mixing the materials is often followed for these, and to be a success a mixing machine is required. (*See* Kitchen Utensils.)

Sponge Rusks. — Cut a stale sponge cake in fingers, and brown both sides in the oven. When crisp, put in a canister. These are nice for invalids.

Sultana Cakes.—(*See* Currant or Plum Cakes.) There is more flavour if the sultanas are divided; if used whole, they may be mixed with some raisins, chopped or halved if liked.

Swiss Coffee Biscuits.—These are very light, and as well suited for invalids as for serving with coffee. Required: a pound and a half of fine flour, an ounce of sugar, an ounce and a half of butter, four eggs, and two tablespoonfuls of milk. Cost, about 8d.

The butter is rubbed in the flour, and the rest added to make a firm dough, which should be beaten and folded a few times until smooth. Then cover with a cloth, and leave for an hour or two. This cannot be too thin. Cut in ovals or oblongs and prick thoroughly all over. Put on tins, floured very little, and not greased, and bake in a hot oven; they should curl up. They will keep indefinitely in a dry place. Corn-flour and flour mixed may be used, and a trifle more milk.

Swiss Cream Cakes.—There are few more delicious cakes than this, but it is some little trouble to prepare. Required: milk, butter, sugar, egg whites, flavouring, colouring, flour, and cocoa-nut, as below. Cost, about 1s. 8d.

First mix a pinch of salt and half a teaspoonful of bicarbonate of soda in a spoonful of hot water; add half a tin of Swiss milk, and two and a half ounces of butter, half an ounce of lard, and an ounce of white sugar that have been beaten together, then beat all for some minutes. Add half a teaspoonful of essence of vanilla, the same of essence of musk or rose, as preferred, and the whites of six eggs that have been whipped to a stiff froth; put the eggs to a spoonful at a time, adding a little flour from time to time, and this should be a mixture of fine English and Vienna, seven ounces of

each. Do not beat, but blend as thoroughly as possible. Bake in three sandwich cake round tins (page 1031), to a pale brown. Extra care is required in buttering the tins, as the mixture has a tendency to stick. While the cakes are baking make a filling by mixing half a grated cocoa-nut with the whites of two eggs, and enough sugar to make a rather stiff mixture. This is to be put on the tops of the cakes after they have become cool, and they should be put back for a minute for the icing to set. The icing may be flavoured with vanilla or rose.

Swiss Roll.—There are many recipes for this, but however made the oven should be sharp; the mixture put evenly and thinly over the papered tin, one with turned-up edges; the jam should be warmed and stoneless; and the baking must be watched, that the sheet does not brown and harden at the edges, as, if it does, it will break in the rolling unless trimmed first, and this entails waste. Cost, about 1s. per pound on an average.

No. 1.—Allow an egg to every ounce of sugar, and the same weight of flour. The mode is the same as for sponge cakes, and any flavouring may be added. This is very light. Turn out and remove the paper from the back of the sheet, wetting it slightly if needed, then spread with the jam, and roll quickly, brush with raw egg yolk and roll in coarse sugar, then cool on a sieve. Some turn the sheet out on a piece of flannel and cover for a moment with a second piece before rolling. This is thought to prevent breaking. For a plainer roll, use equal weights of eggs, sugar, and flour. It should be a quarter of an inch only before baking. An old or burnt tin will spoil the roll.

Another way.—Use equal weights of flour, eggs, sugar, and butter. The mode is the same as for good cakes. A little baking powder will lighten it considerably. This keeps well. Clarified fat does for a plain roll.

Note.—Jam sandwiches are made in either of the above ways, and baked in shallow round tins and spread with jam, and then put two together, the brown side up, and cut in triangles.

Victoria sandwiches are the same thing, made light with a half teaspoonful of carbonate of ammonia in place of baking powder. This gives puffiness, but the cakes soon get dry.

Syrup for Cakes.—There are two ways of making cake syrups in general use. The first is to use about equal weights of sugar and water, or a little more water than sugar, say half a pound of sugar to rather more than half a pint of water; water is twenty ounces to the pint. The other is to use about two-thirds water, or sometimes more, to one-third sugar; that is, a pint or more of water to half a pound of sugar. It matters little which mode is adopted. In the first case the syrup is soon made; in the second it has to boil for the water to reduce a good deal, so pretty much the same results are brought about. By the longer boiling and frequent skimming a richer syrup is obtained. It is also clearer. Rum or other spirit or liqueur that may be used for flavouring should be put in at the end of the boiling, and the average amount is a wineglassful to the pint. Syrups of this sort are variously flavoured with essences, orange and lemon juice, and the like. They are also coloured sometimes. When rum is used, as for a baba (page 1011), vanilla flavouring is often added. For simple dishes, a syrup with a little home-made wine added, or some fruit jelly or anything similar, answers very well. Currant or cherry, and many other fruit syrups, are nice in the same way. It is useful to remember that by the aid of a syrup, a cake may be served in place of a pudding very often.

Toast, Buttered.—Cut slices from a loaf a few days old, or one day only is liked by many. The removal of the crust is a matter of taste. Hold it at sufficient distance from the

fire to avoid burning and to crisp the surface; the colour should be uniform and a nice brown. Butter and serve at once; the plate should be very hot and set over boiling water, but the toast should not be held to the fire after it is buttered.

Toast, Cold or Dry.—This is generally liked thin and minus crust. Proceed as above and serve in a toast rack; triangles or squares are the usual shapes; oblong pieces may be cut, or for sending to table with beef-tea, &c., fingers are usual. If allowed to stand and become sodden, dry toast becomes indigestible; from the fire to the table is the thing.

Toast for Savouries. — For placing on the dish to be coated with a purée of vegetables, &c., the buttering is optional and is often omitted. Cut slices the size required and remove the crust. For garnishing hashes, &c., thin toast is wanted; triangles are a common shape.

Treacle in Cakes.—When treacle is used in any quantity, as for various sorts of loaf gingerbread, a dark, rather laxative cake is the result. Such cakes burn quickly, and want watching. The same may be said of the crisp, flat sorts of gingerbread containing treacle. When used in very small quantities, treacle gives a rich appearance. If soda be used in a cake with treacle in, there is an effervescence set up which lightens the cake.

Turin Rolls.—These rolls are excellent, and are made both sweet and plain; in the latter form they are served in place of ordinary bread at dinner, and are a pleasant change from rasped rolls; their only drawback is the cost. Required: a pound and a quarter of dry flour, all or half Vienna; a quarter of a pound of butter, half an ounce of yeast, a salt-spoonful of salt, an ounce and a half of white sugar, the yolks of four eggs, and half a pint or so of thin cream and milk mixed. Cost, about 1s. 2d.

The yeast and sugar are blended with the tepid cream and added to the warm butter, and beaten into the flour until a light dough is formed; more flour may be wanted. When risen, the rolls are made up with pointed ends; the shaping is not easy at first, and those who find it difficult may make little plaits. They are washed with raw egg-yolk and baked in a hot oven. For the plain rolls omit the sugar, and use a little more milk and increase the salt to a small teaspoonful. For the raising of the dough, refer to HOUSEHOLD BREAD, page 1030.

Twelfth Cake. — (*See* BRIDE CAKE.) When the cake is baked and cold it should be stored for a time, if convenient. When required for use, ice the cake with the icing used for bride-cakes, and cover the top with "twelfth-cake ornaments," to be bought of a good confectioner. Novelties of this sort are constantly being introduced. A high ornament is generally placed in the middle. Should nothing more be available, use good cream fondants for the decoration, with some rout cakes, if liked. A cardboard ornament, suggestive of the season, is often used for the middle, and the dish garnished with bright-coloured crackers, &c.

Vanilla Buns. — (*See* JAM OR MARMALADE BUNS.) Omit the jam. Flavour with vanilla essence, and increase the sugar a little if liked. When baked, either coat with vanilla icing, or dust with vanilla sugar. These eat well with coffee.

Vienna Bread.—Required: two pounds of Vienna flour, two ounces of butter, an ounce of yeast, a teaspoonful of salt, the same of white sugar, and a pint of tepid milk. Cost, about 1s.

Rub the butter in the flour, and mix the other ingredients, except the salt, in a separate basin, the yeast and sugar being first rubbed together; then pour to the flour, add the salt, and mix to a dough; cover, and in two hours make into fancy-shaped

rolls, twists, plaits, rings, &c. This will make from a dozen to sixteen. Put them on a baking-tin, and throw a thin cloth over; then set over a pan of boiling water for ten minutes, bake in a sharp oven, and as soon as done glaze them. They are sometimes brushed over with beaten egg before baking. For richer bread, an egg to each pound of flour is added. The sugar may be left out, if objected to; then the yeast should be mixed with a little flour and the milk, or a portion of it, and set in a warm place for a few minutes to test it before adding to the flour. Very good yeast is wanted.

To make "crescent" rolls, the dough should be a trifle stiffer than the above; roll it into thin pieces, cut them square; then make four triangles by cutting the dough from corner to corner. Take the pieces by the corners furthest apart and roll the dough firmly upon itself, drawing the corners together into a crescent shape as it is put on the baking-tin. These are sometimes baked before brushing with egg; then it must be put on the instant they are out of the oven.

NOTE.—This is delicious baked in tins, and used for bread and butter or toast.

Vienna or Butter Icings.—*No.* 1.—*Brandy.*—Required: half a pound of icing sugar, three ounces of butter, and half a glass of brandy. Cost, about 8d. Sherry or other wine may be used in the same way, or any liqueur may be used alone or with the brandy. The materials are to be worked to a creamy consistence with a wooden spoon.

No. 2.—*Chocolate.*—Required: twelve ounces of icing sugar, six ounces of butter, from three to four ounces of finely-grated chocolate, and a teaspoonful of vanilla essence and a little brown colouring. Cost, about 1s. 4d. Mix as above directed. A little spice essence or ground spice may be added if liked. Cinnamon is a favourite flavouring.

No. 3.—*Lemon.*—Required: half a pound of sugar, icing or castor; a quarter of a pound of fresh butter, the rind of a lemon and some of the juice, and a little yellow colouring. Cost, about 8d. The materials should be blended as above, the juice being added drop by drop at the end. For a stronger flavour, add essence of lemon.

No. 4.—*Rose.*—Use butter and sugar as above, and add enough carmine to colour, and essence of rose and a little rose water to give the required flavour. A rose-*coloured* icing may be made and flavoured as liked.

Various icings may be made by altering the colours and flavours to suit the taste or the particular dish for which they are required. The proportions of sugar and butter may be altered, but the mixture must be stiff enough to retain its shape when passed through the pipe for garnishing purposes. (*See* GARNISHES.)

Vienna Rusks.—These are very good, and will keep indefinitely if the instructions are carefully carried out. Required: two pounds of Vienna flour, half a pint each of milk and water, two ounces of castor sugar, the same weight of butter, one ounce of French or German yeast, a saltspoonful of salt, and two eggs. Cost, about 1s.

Mix the yeast and sugar with a little of the milk and water, blended and made just tepid. Take care to have no lumps in the yeast. Then add about a fourth of the flour to form the sponge, cover, and leave to rise. When fully risen, stir in the butter, just melted, and the eggs, with the rest of the flour and the salt, and mix into a light dough on a board. Cover for an hour, then form the dough into long rolls about the thickness of a rolling-pin; grease the sides that they may part more easily, and put them together on a tin; set this over boiling water, and lay a cloth over. In twenty to thirty minutes bake the rolls on a slightly greased tin in a sharp oven. Break them apart, and leave until the

next day; then rasp the tops and bottoms and cut into thin slices; lay them on tins or wires, and brown in the oven on both sides. When quite cold, store in tins with well-fitting lids. Serve with cheese or butter. If with cheese, omit the sugar in making them. They are also suitable for invalids.

Violet Cake.—(*See* Rose Cake.) The mixture is left uncoloured, and flavoured with vanilla or to taste. When done, the top is coated with white or pale green icing, and covered with crystallised violets.

Wafers.—These require special irons; the usual shapes are round and oval. There are various kinds of wafers; some mixtures are in the form of a paste when inserted, and others are a stiff batter; the latter are the more troublesome to bake, and want trimming when done.

Wafers, Dutch. — Required: seven ounces of flour, half its weight in butter, the grated rind of an orange, two to three ounces of sugar, and just enough raw egg to make a soft paste. Cost, about 8d.

The paste should be very thin, and shaped to the irons, then baked carefully. When both sides cannot be cooked at once, the irons should be often turned. A couple of minutes should bake small wafers. (*See* also Gauffres and Waffles.) The recipes may be made to serve for the above.

Wafers, Ice.—Wafers for serving with ices are made by the leading biscuit manufacturers, and may be had of grocers. They are of various colours and flavours, the most popular being lemon, vanilla, and raspberry. They soon lose their crispness, unless kept in a very dry place; if they become damp, they should be crisped up on the stove, or a cool oven, but must not get discoloured. Time for getting cold before serving must be allowed.

Waffles.—Required: half an ounce of butter, a pint of milk, two eggs, a little salt, a couple of tablespoonfuls of fresh yeast, and enough flour to make a thick batter. Cost, about 8d.

Dissolve the butter in the milk, warmed, then add the beaten eggs, and flour to make a stiff batter, stir the yeast in, and leave to rise; then heat and grease the waffle irons, put in a spoonful or more of the batter, close the irons, and cook over hot coals. Turn after a few minutes, and cook the other side; the waffles should be a good brown and leave the irons freely when done. Butter them, and serve with sugar and powdered cinnamon, or sift this or powdered cassia over them.

Another way.—Required: half a pound of butter, the yolks of three eggs, two ounces of sugar, half a pound of flour, a pint of warm milk, and the whites of two eggs beaten to snow. Cost, about 1s. 2d.

These materials are to be made into a batter, the butter and milk being incorporated, and the whites of eggs added at the last, after the mixture has stood awhile. Any flavouring may be added in the form of essence or ground spice. The irons should be heated, after buttering, for each fresh supply of batter. Sugar is dredged over when done. This is a Danish recipe. German waffles are made in a similar way, but flavoured with brandy or rum, and raised with a little yeast; ground spice is a regular accompaniment.

Another way.—Required: a quarter of a pound of rice, half a pound of flour, four ounces of butter, two eggs, and the white of a third, a little salt, and some flavouring. Cost, about 8d.

The rice is washed, and boiled in milk, which should be absorbed, and the rice be quite a thick, soft mass. Then mix it with the flour, and add the other ingredients; the butter should be melted, and as much warm milk put to as will make the mixture the right consistence. This is a German recipe. Waffles are not much made

in England. The irons shown below may be obtained of Jewish ironmongers; most good ironmongers will get them if ordered.

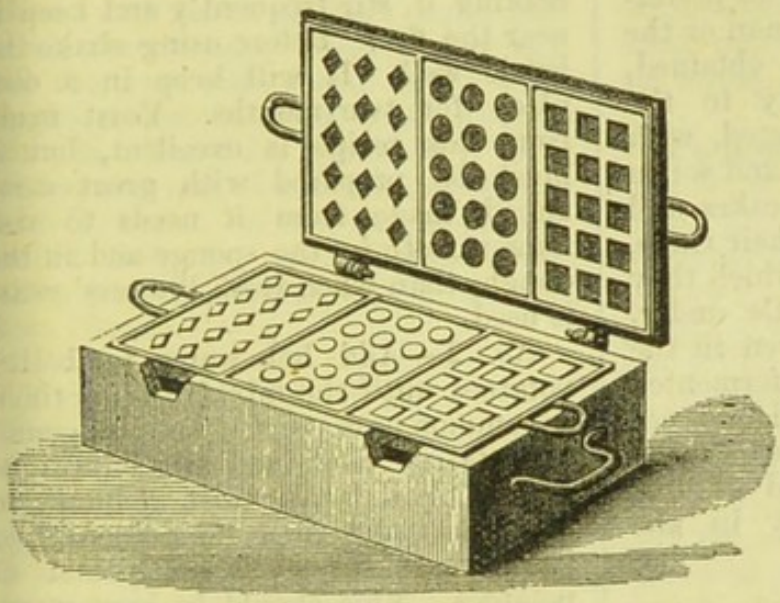


Fig. 156.—Waffle Irons.

Wedding Cake. — (*See* Bride Cake.)

White Cake.—Required: half a pound of lump sugar, a gill of water, the yolks of four eggs, and the whites of six, a quarter of a pound of potato flour, the same of Vienna flour, and a little ground mace or ginger. Cost, about 10d.

With care, this is a very good cake. The sugar and water are to be brought to the boil, and simmered a minute or two, then poured over the yolks in a bowl, and well beaten; the yolks should be beaten a little first; a quarter of an hour should be spent in working these to a creamy consistence. Sift, warm, and mix the flours, and beat the whites to a foam; add these by degrees alternately with a steady hand. The mould should be oiled and sugared, and a band of paper pinned round the top. (*See* Savoy Cakes.) The oven must be moderate all through the baking.

Note.—Any flavouring of a concentrated kind may be used, but lemon juice, or anything that would thin the mixture, is not suitable, owing to the water in the cake. This is nice iced, or may be served quite plain. (*See* also Snow Rocks.)

White Gingerbread.—Required: a pound and a half of flour, as dry as possible, three-quarters of a pound of fine white sugar, six ounces of good butter, an ounce and a quarter of ginger, pale ground, a lemon, a gill and a half of milk, a pinch of ground mace, two ounces of candied lemon peel, and half a teaspoonful each of carbonate of soda and cream of tartar. Cost, about 1s. 8d.

The butter is rubbed into the flour, and the grated lemon rind, and spices, and acid added; the peel should be chopped small. The milk is to be made tepid, and the soda dissolved in it. When worked to a smooth paste, finish as for Gingerbread Nuts Plain (page 1028). Nicer gingerbread, but not quite so pale, is made by adding a beaten egg, and omitting half the milk. For plainer ones, use half clarified fat and half butter.

Wholemeal Bread.—Sir Henry Thompson's recipe: "Take two pounds of coarsely-ground whole wheat-meal, and add half a pound of fine flour, or, better still, the same weight, or more if preferred, of *fine* Scotch oatmeal. Mix thoroughly with a sufficient quantity of baking powder and a little salt, then rub in two ounces of butter, and make into dough, using a wooden spoon, with cold skimmed milk or milk and water, soft in consistence, so that it can be almost poured into the tin ring which gives it form when baked. In this manner it is to be quickly made into flat cakes like tea-cakes, and baked on a tin, the rings used being about an inch high and seven or eight inches in diameter, each enclosing a cake. Put them without delay into a quick oven at the outset, letting them

be finished thoroughly at a lower temperature. If made with yeast, which is for general purposes preferable, when either good German or the fresh home product can be obtained, add the necessary quantity to the dough, made as above directed, with the two meals, butter, salt, and warm milk and water. Make the cakes and put them on the tin with their rings, and set near the fire to rise, which they will do in an hour or a little under. Then bake in a medium oven in the same way as for other fermented bread. When yeast is used and not baking powder, a medium coarse oatmeal may be added instead of fine oatmeal, which is necessary in the foregoing recipe."

Yeast, Brewers', to prepare for use.—Should the yeast be bitter, pour over it a good quantity of cold water, and let it stand for twenty-four hours, when the yeast will be found at the bottom of the vessel. This may suffice, or it may require a second treatment. Yeast may be kept in cold weather for some days covered with cold water. When it seems to lack strength, a teaspoonful of honey or brown sugar may be added to half a pint. If good, half a pint or less should be enough for a stone of flour, but more may be wanted.

NOTE.—Bread is better when the minimum quantity of yeast sufficient to raise it is used.

Yeast, Dried, French or German.—(*See* page 1002.)

Yeast, Home-made.—*No.* 1.—Boil two ounces of best hops in two quarts of water for half an hour. Strain the liquor, and let it cool down to the heat of new milk. Put into it a small handful of salt and half a pound of moist sugar. Beat up a pound of fine flour with some of the liquor, and mix all well together. Two days afterwards, add three pounds of potatoes which have been boiled and mashed. Let the preparation stand for twenty-four hours, then strain it, and bottle for use, but do not cork it till it has ceased working. Whilst making it, stir frequently and keep it near the fire. Before using shake the bottle well. It will keep in a cool place for two months. Yeast made from this recipe is excellent, but it must be prepared with great care. Bread made from it needs to rise longer, both in the sponge and in the dough, than when fresh brewers' yeast is used.

No. 2.—Add hot water to boiled potatoes until the mixture is as thick as common beer yeast. To each pound of potatoes used, add two ounces of treacle, and when just reduced to blood-heat stir in a tablespoonful of fresh yeast for each half-pound of potatoes. This should be kept warm until the fermentation is over, and in twenty-four hours it will be fit for use. A pound of potatoes should make nearly a quart of yeast, which answers the purpose well. The bread made from it can hardly be distinguished from that made with yeast in the usual way, and it is, therefore, a useful recipe to fall back upon when the supply of yeast runs short.

No. 3.—Boil half a pound of flour and a quarter of a pound of sugar in a gallon of water for a few minutes, and when cooled to blood-heat, put with it two ounces of dried, or a gill of fresh yeast; leave it to ferment for a couple of days, then bottle and store it in a cool place. The next time any is made, add a pint of this in place of the yeast above given. In this way "the thread," as it is called by bakers, is not lost; that is, anyone starting with yeast for the first brewing may go on without adding yeast so long as some of the old is all the time left to add to successive supplies. This is a handy recipe for use in places where fresh supplies of yeast are not obtainable.

Yeast Wreaths.—These are much made in Germany. Some light yeast dough is enriched with a little butter, sugar, and eggs; an ounce or more of the first-named, and an egg to

each half-pound. Fruit is sometimes added. The dough is twisted or plaited into rings the size of a tea-saucer, and about an inch and a half broad, then brushed with beaten egg and dredged with coarse sugar, and, for the richest varieties, with chopped almonds. They are baked to a deep yellow, and want watching, as they are liable to burn. When flavoured with vanilla they are often served with coffee, and sometimes called Coffee Ring Cakes.

York Biscuits.—These are very old-fashioned favourites. Required: two pounds of flour, two ounces and a half of butter, the same of sugar, an egg, half a pint of milk, and a pinch of carbonate of ammonia, not more than would half cover a threepenny-piece. Cost, about 10d.

The butter is dissolved in the milk and added to the rest. The ammonia should be sifted with the flour. Roll out a quarter of an inch thick, and cut in fingers an inch wide and three long, or as liked. They may be brushed with egg or left plain, and want moderate baking.

Yorkshire Brown Bread.—The exact proportions differ, but a common recipe is a mixture of three and a half pounds of flour, with a pound each of rye-flour and coarse bran. The mode of baking is the same as directed in Household or Family Bread. Small loaves and a moderate oven give the best results. Sometimes a mixture of rye-flour and white flour of the best quality, and a small proportion of barley-flour is used for bread, which is very satisfactory.

Yorkshire Tea-Cakes. — Required: a pound and a half of flour, half a pint of milk, a quarter of a pint of water (both luke-warm), two ounces of any fat, two eggs, an ounce of dried yeast, a teaspoonful of castor sugar, and a little salt. Cost, about 9d.

Melt the fat in the milk and water, and when the right heat, add to the yeast and sugar creamed together in a basin, then pour through a strainer into the middle of the flour; beat the eggs and add them and mix all to a dough, form into cakes the size of a saucer, place on tins and let them rise for an hour or so, then bake for about twenty minutes.

Another way is to let the dough rise as for bread, then bake the cakes as soon as they are shaped on the tins. For a plainer mixture use one egg only; for a better one, all milk. Sometimes as much as a teaspoonful of salt is added to the above flour; others like very little; should fresh barm be used the sugar may be omitted, and the liquid must be reduced in proportion; a dough just soft enough to handle without stickiness is wanted.

Note.—The above may be baked in tins and served as plain Sally Lunns.

FOOD FOR INVALIDS AND INFANTS.

INVALID COOKERY.

In almost every illness there are special points to be noted with reference to the diet, and it is very questionable if any book, however exhaustive, could meet the requirements of every case. There must of necessity be much left to the discretion of the nurse, and the facilities she has for obtaining the particular article ordered; and those who are well acquainted with the composition of food will best succeed, and will be more able to ring the changes, where changes are a desideratum. In the present work the recipes given have been selected on account of their representative nature; and the methods of preparing the various articles of diet are such as will ensure good results, the principles being sound, and in accordance with the views of the best medical food specialists of the present day. The sick room fare of to-day is vastly different from that of even a few years ago; and care has been taken to include no recipe that shall violate right principles.

The most important rules to be observed in illness generally are epitomised below. Those who have had but little experience may refer to them with confidence. A mistake that would be of little importance in the *cuisine* of daily life, may be attended with fatal results in the case of acute illness. And it should be remembered that after a patient is convalescent, the same scrupulous nicety should be observed in the preparation of meals; indeed, this is sometimes *the* period when every effort must be made to tempt the appetite, and to prevent errors in over-eating or partaking of unsuitable food; this is very often a much more difficult task than it appears.

Rules for Invalid Cookery.

1.—Serve everything in small quantities, appetising in appearance, and scrupulously clean. If possible, keep special utensils for sick-room cookery. Fireproof china is strongly recommended.

2.—The food should be kept in a well-ventilated place away from the direct rays of the sun and open drains. Animal food, as a rule, should be fresh, particularly for such dishes as beef tea. The very best of meat should be selected.

3.—Fish should be chosen with care; it *must* be fresh. White fish is the most digestible; whiting is first favourite. Shell fish and oily fish are generally forbidden, and must not be given except by permission of the doctor. Oysters are the exception to this rule; they are very digestible in the raw state, but the reverse is the case if cooked.

4.—If vegetables are allowed they must be fresh, cleaned, and cooked

thoroughly. When forbidden, they must *never* be given, as much harm might result even from their employment as seasoning for a dish.

5.—Fruit should be ripe and sound; if over-ripe it may be as hurtful as unripe.

6.—Salt, pepper, and spices of all sorts must be used with extreme caution. In some cases even a pinch of salt is forbidden, and in others a dash of pepper is calculated to give rise to troublesome irritation of the throat and chest. "Essence of spice" is sometimes of service for flavouring gruels and other dishes, by reason of its absence from irritating particles. Store sauces and the like are seldom allowed in the sick room, or until convalescence sets in.

7.—Eggs and milk must be fresh. The latter should be kept lightly covered for fear of dust. It should be scalded or boiled, as the doctor may direct, as soon as brought in the house. Where facilities for getting it exist, it should be delivered in sealed cans.

8.—Pastry, new bread, and cakes are, speaking broadly, amongst the things that should not be given. Twice cooked meat (unless most cautiously re-heated) comes under the same head. So does cheese.

9.—Fried food is not good for the sick or any whose digestive powers are feeble. Other modes are preferable to frying, but if for a change a morsel of fried fish is allowed by the doctor, freedom from fat is the thing to aim at. It should not be given without permission.

10.—In certain diseases any *solid* food is forbidden. Violation of this rule may mean death; were a volume written on the subject no more could be said.

11.—Sugar is best added in small quantities; it is easy to put in more, but an over-dose at first may render the dish uneatable, for some patients have a great aversion to anything sweet. Saccharin is often preferred.

12.—Always carry up any food, whether hot or cold, covered; this may seem unnecessary, but various reasons might be given for the suggestion.

13.—Try to prepare little surprises of a suitable kind for the patient, who, as a rule, *should not be consulted* with regard to the diet. Monotony must be guarded against.

14.—Concerning drinks, let the hot ones be hot, and the cold ones cold. Under ICES are given some hints useful for cold drinks. Cold drinks as well as hot need to be kept covered. Tea should not stand many minutes; coffee must be clear and pure; cocoa should be made from the nibs, or the best powder used.

15.—Bulk does not necessarily imply nutriment; and cost is no indication of true food value.

NOTE.—Whatever the kind of food ordered, notice should be taken of its effect, and if unfavourable symptoms present themselves, whether pain, vomiting, or any other, the medical attendant should be told. It will be found sometimes that a food cooked in a certain way will agree, while in any other way it will not. Trouble should not be considered in making any necessary experiments. Should a particular amount of food be ordered at certain intervals, say a tablespoonful every hour, and this be found too much, the doctor should be consulted about giving *half* the

quantity every *half* hour. This is given by way of illustration only. Measuring glasses should be in every sick room; table and other "spoons" vary too much in size to be of use, where accuracy is demanded. Medicine, particularly at meal times, should be removed out of sight of the patient.

Acute or Serious Illness.

In many cases of this sort, for some time all solid food may be forbidden, and the changes (of a limited kind very often) are restricted to slops. Too much care cannot be taken to combine real nutriment with dainty service, and to vary the modes as far as practicable. After slops pure and simple give place to liquids of a slightly thickened kind when convalescence sets in, much may be done by forethought. Any form of meat tea, for instance, can be thickened one day with arrowroot, another with baked flour, a third with barley or lentil flour, or any of the patent foods that the doctor may order. Then there are the French cereals, referred to on page 545. The flours of the same grains, too, come in very handy; oatmeal is allowable sometimes, and is very nourishing; and it must always be remembered that when the patient may have tired of the liquids themselves which form the foundation of the dish, the slightest change in flavour imparted by these various additions gives zest, and food eaten with a relish (particularly after any wasting disease) is more beneficial than that which is forced down. All additions are, of course, subject to doctor's orders; but a doctor often speaks broadly. He may say, "give any farinaceous food:" then it becomes the duty of the nurse to exercise her inventive faculties to the fullest extent. These hints may appear unnecessary; but we once *knew* of a case where the doctor ordered "a rice pudding" by way of a change, and the patient was served with one every day for a fortnight!

In regard to Rule 10 above, typhoid fever is a disease in which the regulation of the diet is of extreme importance, and where the giving of solid food too soon, against the doctor's orders, has often caused death. A single crumb of bread, or curd of undigested milk, or scrap of pudding, or fruit, may seem a small thing, but in this case has often caused fatal perforation of the softened intestines. Although the treatment will vary according to the views of the doctor and the gravity of the case, it should be regarded as a sacred duty to *carry out his orders to the letter.*

Pre-digested Foods.

In severe illnesses the patient is often not able to digest food of any kind without some assistance. This is owing to lack of the digestive juices; the gastric or pancreatic juices may be deficient, and this is sometimes a serious condition. But certain foods can be digested outside the body, and the patient may be tided over a critical period. Thus it is easy to make milk, beef tea, gruel, &c., perfectly digestible. Any chemist will supply the materials, of which there are several kinds. The foods may be either *peptonised* by the aid of "peptonising powders," or *pancreatised* by the assistance of "liquor pancreaticus." "Pancreatic extract" is another name for a similar article to the last-named. The most generally used medium is peptonising powder; this is sold in small glass tubes, with

complete instructions for use, so that the most inexperienced can prepare the foods. The doctor will, as a rule, say whether any particular kind of peptonising agent is called for. In the absence of such instructions, it is useful to know that the ingredients sold under the name of "pancreaticus" are the most powerful, as they not only have power over the casein of milk, and the albumen of meat, thus taking the place of natural gastric juice, but likewise convert the starch of gruel, &c., into sugar, and make the whole available for nutriment; in other words, as an all-round agent for the pre-digestion of various articles of diet, the peptonising powders (being substitutes for the natural juices of the stomach only) are less powerful than the above-named. At the same time, especially for milk foods, these powders are exceedingly useful. But there are other uses for preparations of this sort; that is, to take them in water after a meal by way of aiding the digestion. The quantity to take, and the time it should be taken after a meal, depends upon the kind of meal; directions are given suited to various cases. These instructions must be carried out to the very letter if the slightest good is to be done. It is also well to remember that artificial digestion is only a substitute for the real thing. Dr. Bridger says,* "Even if artificial aids to digestion succeed in increasing the weight of the individual, they do not effect this by strengthening and improving the digestive powers, but by temporarily suspending them; and if their use be persisted in too long, they may even lead to further incompetency. We must then regard our pancreatic and other preparations as crutches—bad things for a man whose locomotive powers are but slightly impaired, indispensable where all power of locomotion is temporarily or permanently lost."

Liquid Nourishment.

The maintenance of life on liquid food is possible, so long as the essential elements are present: that is, the liquid should so far as possible combine the necessary ingredients of a perfect food. One of the best articles of this kind is milk, where it can be made to agree with the patient. When milk is in question, the old idea which some people seem unable to shake off, that any liquid is only a drink or a thirst quencher, must be got rid of. Milk is a *liquid food*, and those who serve it as an adjunct to other foods often do harm to the patient, and would find a glass of water more acceptable. (*See* Milk, page 1063, and Water, page 1062.)

Wines and Spirits in Illness.

Any advice here is not intended for those who are "a little out of sorts," so far as the recommendation of the expensive wines, &c., is concerned. Not that poor or adulterated stuff is good for anyone; but often only in acute illness would people feel justified in going to the expense of the best qualities. It is a fact, however, that money is well spent in getting the right thing when stimulants *are* ordered by the doctor, who will very often select a particular brand. When this is not

* "The Demon of Dyspepsia; or, Digestion, Perfect and Imperfect."

done, a reliable wine merchant should be applied to; he will assist if the requirements of the case are specified. It is foolish to buy such articles haphazard in small quantities from the nearest shop.

Champagne.—This is ordered sometimes in cases of severe vomiting. The doctor will then almost always mention the brand; if not, for ordinary use it may be laid down as a broad rule that a dry wine is intended; sweetened champagne is often harmful and generally hateful to an invalid. The price varies according to the age and brand. It often happens that one particular brand is sold in the same town at various prices by different dealers. In order to make the most of a costly article, a champagne tap is wanted; small quantities of the wine can then be drawn off, and the rest kept good, or fairly good, to the end. When a little only is drawn off, small bottles should be purchased, though they are dearer in proportion than full-sized ones. Do not put ice into champagne unless ordered; when wanted very cold, set the bottle in ice or cold water. (*See* page 960 in ICES.)

Sherry.—This should only be given when directed by the doctor. A careless choice of sherry may lead to much harm; it is one of the most difficult of wines to get pure, even when its use is indicated. *Madeira* is now often ordered in place of sherry.

Port.—This is often not only "fortified," but "plastered," *i.e.* treated with plaster of Paris. Good port, and "unfortified," specially light for invalids, is to be had if one goes to the right people. When port of any kind does not agree with the patient, *Burgundy* may be tried.

The various sorts that are classed as light wines need not be specially mentioned here. They should only be taken when prescribed.

Brandy.—Whether for use in a critical illness, when it may be the means of saving a patient's life, or for convalescence, good, pale, old brandy is required. One medical man goes so far as to say that it should cost at least 6s. to 7s. a bottle, and that it will be probably cheaper to pay 10s. or more. It is sometimes freely prescribed in cases of great prostration. Needless to say, it is to be taken in the light of a medicine, and not of a beverage.

The medicinal uses of wines and spirits may be summed up in a few words. Red wines are generally indicated in conditions of poorness of the blood, and port is often ordered after a long and exhausting illness. Should Burgundy replace it, a sound wine must be chosen. When wine disagrees, as all sorts do with some people, whisky is often found to answer; this or any other spirit should also be carefully selected; some of the stuff sold as "whisky" can only be classed as poison. Any of these things are only to be given by medical advice, but a special note of warning may be sounded in the case of children. However weak a child may seem, or however much the administration of a stimulant may appear to be desirable, the doctor should be consulted. This applies equally to the number of medicated wines, and other ingredients sold in a mixed form, and put before the public as good for all sorts of ailments. Some may be useful in certain cases; but to take them indiscriminately is like going into a chemist's shop and choosing "some drug of which you know little to put into a body of which you know less."

Remarks on Bread.

Miss Nightingale and others who have had long experience in sick nursing say that many patients, especially country ones, often crave for home-made bread. Change of bread is sometimes of service, and reference to the chapter on Bread will meet most requirements. Bought bread must be good and pure, and never given new. Bread kept too long is equally bad, and there must be no trace of damp or mould. In serving toasted bread, with beef tea and the like, it should never be got ready too soon, and left to get soft; the object is to get rid of the moisture, and it should be served crisp and warm. Unless ordered, it should never be put in the liquid. It is worth remembering that liquids sometimes disagree by being too hastily consumed; the mastication of the bread prolongs the time taken over a meal, and thus benefits the patient. After an illness, a change from white to brown bread, which need not be coarse, is often of benefit in constipation.

Fruits.

Many kinds of fruit may be given to the sick; those of a juicy sort, as oranges, being most used in feverish conditions. Grapes are generally welcome, but neither should be given in cases where the swallowed pips might cause perforation of the bowels, as, for instance, during recovery from typhoid fever; unless someone will undertake to free the fruit from seeds and pips. The doctor should always be consulted as to the kind of fruit to give. Pineapple is often forbidden, on account of the woody fibre it contains, as it is hard to digest. Bananas are nourishing where they agree; in some disorders they would be too clogging: they are a food rather than a refresher. Where they can be indulged in freely, the best way is to buy a good-sized bunch, not quite ripe, and suspend it where it may get the sun or warmth; the fruit is then picked as it comes to maturity. For dishes of cooked fruit, *see* the chapter on Fruit, many of them being as suitable for the sick as for the healthy.

Jelly.

Jelly was thought much of in the days when bulk and nutriment were supposed to go hand in hand. As usually made there is but little true nourishment in jelly, the kinds made from good wine excepted. But a jelly often seems to be irreplaceable by other forms of nutriment, and a patient often craves for it; and so long as the nurse is not deceived into the belief that it represents, or can take the place of food proper, there is generally no harm done by giving it. But a special warning should be given in case the doctor has ordered "no acids;" then naturally, a jelly containing lemon or orange juice would not be suitable. The cooler it is served, and the softer it is, consistent with retaining its shape, the nicer. Should it be too soft to turn out, it may always be chopped or cut in dice and served in a glass. Never take up more than is likely to be eaten at once, as it is very messy-looking when it begins to melt. A little ice is a help in keeping jelly nicely. (*See* page 960, in Ices.)

Re-heating Food.

First, the principles on which this should be conducted. These are the prevention of dryness, loss of flavour, and indigestibility. Foods often suffer considerably by re-heating, even when great care is exercised. The temperature must be adapted to the nature of the dish, and the extent of the cooking in the first instance. The best ways are, for animal food and liquids, either a double saucepan—kept for the purpose—or a jar set in water, as detailed in various recipes; or by putting a basin in a saucepan of hot water, so that the rim of the basin rests on the saucepan, the basin, of course, being covered. As soon as the food is of a temperature convenient for its administration, it should be served, for nothing is gained by prolonging the time. Other convenient ways are to set the dish containing the food in a potato steamer; this is good for liquid foods. Or a bit of fish and other solids may be put between two plates over a saucepan of hot or nearly boiling water. There is no difficulty; the only requirement is intelligence.

Water.

The employment of occasional drinks of pure water in illness is recommended by a number of writers. Sir Dyce Duckworth says, "This is much neglected. Patients are plied with strong essence of beef, and milk with stimulants—all this *ad nauseam*; but cooling draught of water is withheld. Water, however, is generally relished, and is of real service. It promotes appetite for the next food, and cleans the mouth." The remark quoted refers to fever cases. There are others in which the hint might well be borne in mind, especially where sick children are concerned. Should it be necessary to boil and filter the water, care must be taken to freshen it by pouring it from jug to jug from a good height. Otherwise, from its flatness, it is not likely to be relished. The precaution of covering the vessel must be observed, as exposed water rapidly becomes tainted.

INFANTS' FOOD.

The first thing to be grasped by those who have the management of infants, who may from any reason be deprived of Nature's food, is that starch is foreign to their requirements, and beyond their powers of digestion. This fact is pressed home with such persistency that one would imagine it to be as familiar as household words. But is such the case? Let coroners' inquests, and the many verdicts of "Died from improper feeding," tell the story. There are also those who are aware that a no-starch diet is preached but who contend that soaked bread is the right food for babies. It would be of mournful interest could we learn how many children have been killed by "sop." A little knowledge of one chemical fact should settle the matter for those who are willing to learn. A certain substance known as "ptyalin" is not secreted in the mouths of very young children in sufficient quantity to digest starch. Not until the teeth appear are thickened foods safe, and even then discretion is wanted. If given too soon, the result will be colic, sickness, and other disorders.

Milk.

Milk and water should form the first food. The exact proportions vary, and the doctor will advise; no hard rule can be laid down. Barley water is relied on by many medical men in place of plain water, not only by reason of the greater nutriment, but because it has a good effect on the curd of the milk, which it renders more soluble. Lime water has also its adherents, and malted milk is much in favour. A half teaspoonful or so of malt extract to each pint of milk or milk and water is considered by many authorities to be better than sugar as a sweetener, and to aid in the digestion of the milk. Some, again, pin their faith to "sugar of milk," in place of cane sugar. In some cases, after all else has tried and failed, the addition of this will make the milk quite digestible. Some children seem to thrive better when cream is added to the food, and others get on upon a mixture of whey and cream; this is in those somewhat rare cases when the milk cannot be made to suit the child by any treatment, save by taking away the curd in this manner. Some can get along very well on peptonised milk, while now and then it is found that the peptonising does not decrease the trouble. It is, perhaps, after trying milk in many ways, that people are tempted to fall back upon starch by way of satisfying the craving of the child. But it is generally the digestion that is faulty, and if milk is hard to bear the addition of starch will make it harder. Besides, a starchy food has a constipating effect, while it is of no use to make healthy flesh. It is not too much to say that a child may look fat on such fare, but may actually be starving. This is notably so when corn-flour or arrowroot is the food given.

No pains should be spared to get milk of guaranteed purity. In some towns nursery milk is readily obtained. Many assert that the milk of one cow is best; others think the contrary, giving as a reason that in the case of the animal being out of sorts the milk will, of course, suffer, and it is better not to be dependent on one cow; also, that a mixture of milks is safe, as, providing the animals are healthy, there is more chance of uniform quality than from one cow's milk. Of condensed milk be it said that, when employed, the brands richest in cream must be used if the baby is to thrive. Those with ten or more per cent. must be selected, and there is no difficulty, for many of the leading firms publish an analysis. The advantages claimed by some writers for condensed milk are its uniform purity, as it is put up under strict regulations so far as cleanliness goes, and its freedom from any germs of disease, such as are sometimes present in fresh milk. But we share the opinion that where a good supply of fresh milk can be got, condensed milk ought not to supplant it.

Humanised Milk.—"Many of the large London dairies prepare artificial human milk, made from that of the cow. The price is high, and for poor persons prohibitive. We therefore give Frankland's method, which is simple and easy. Take half a pint of new milk and let it stand for about twelve hours. Then skim off the cream, and add the cream to a pint of perfectly fresh milk. To the half pint of skim milk add a piece of rennet about an inch square, and let the vessel containing it stand in hot water till the milk has thoroughly curdled. Remove all the curd. To the

remaining whey add a little powdered white sugar, warm it, and then pour it into the pint of new milk, to which the cream has already been added. No dilution is necessary in the use of this milk for infants." *

Malted Foods for Infants.

These, when bought, must be of the best kinds. Such as bear the name of a good house (and there are a number known to chemists) are reliable if the directions are followed, but no food is more readily spoiled by careless treatment. When made at home by the aid of malt flour (*see* page 553 in Cereals), the same principle must be put into practice. The food is to be well cooked before the malt flour is added, and the temperature must not again reach boiling point, though time should be given for the action of the malt. The food must be reduced in temperature before the malt is added; some writers say cool enough to sip, or at any rate, not much hotter than it could be taken by the child. Those who use a feeding bottle with a thermometer inside are on the safe side with regard to the temperature of the food when administered. Speaking generally, malting may be looked upon as an aid under medical advice, to any ordinary system of feeding.

Sick Children.

Tact, patience, and common-sense, are all called for here. It has been well said that children who have been properly fed in health are the most likely to recover from an illness. On the other hand, such as have been indulged with all kinds of messes in health are not easily induced to take suitable food in sickness. More, perhaps, than in adult feeding, is change in the method of service important. A tiny pudding "all to himself" will probably be taken, when a slice from a large one would not. The yolk of an egg spread over a slice of toast—all the better if cut in some pretty shape—may be eaten, when a plainly boiled egg would not. Has fish become weariness? Try it in the form of a little pudding, turned out of a pretty mould. Many a drink has been coaxed down by the aid of a coloured glass. These are but trifles, but they are well worth bearing in mind. A particular thing may be ordered by the doctor, and it may be highly desirable that the child should take it. When it palls in one form it is wise to try it in another, and if aversion is created, by the exercise of a very little ingenuity the particular ingredient may be so disguised that its presence is not suspected. In drinks, take barley water for instance; in its homely form it soon grows tiring, but with the addition of a little fruit syrup, should such things be allowed, both taste and appearance may be completely changed. In hosts of ways this principle may be carried out.

* The above is taken by permission from Dr. Bridger's work, "The Demon of Dyspepsia." It will be noted that the principle above detailed consists in removing a portion of the curd from the milk, the compound of fresh and skimmed milk containing but two-thirds of the original amount of curd. The process seems more troublesome than it is in reality, for by arranging the milk supply in advance it is quite easy to have the skimmed and the fresh ready at the same time, and the after-treatment is easy.

Apple Water.—There are two ways of making this refreshing drink. One is to take two or three raw apples of a good sharp kind, wipe and cut them up without paring or slicing, as they will yield a better flavour, and put them in a jug, with a couple of ounces or more of white sugar, and a little lemon peel or spice essence; if the latter, add it during the cooling. Then pour over a quart of boiling water, and stir well with a wooden spoon; cover the jug, and strain carefully for fear of pips when cold. The other way is to use some baked apples, and add them to the water, but this is a thicker drink. Either can be mixed with barley water. Apple water and toast water are sometimes mixed.

Arrowroot.—(*See* page 543 in CEREALS for general remarks. *See* also INDEX for dishes from arrowroot, corn-flour, and kindred preparations.)

Cup of Arrowroot.—The general proportions are about a scant tablespoonful of arrowroot to half a pint of liquid, water or milk, the latter being the more nourishing; but sometimes when wine or brandy is added, water arrowroot agrees better. The ordinary mode of making is to mix the raw arrowroot with a little of the cold liquid to a paste, and to add the rest while boiling, and then stir and serve. Sugar is added to taste. A little cinnamon is a common flavouring, as it is very useful in disorders of the bowels, when arrowroot is so frequently of service. In such cases it is better taken tepid than hot. It is often ordered to be made thicker than this, and some medical men advise the addition of a teaspoonful of raw arrowroot, sprinkled in just before eating; the arrowroot is made in the above way. The addition of the raw arrowroot increases the astringent action, and if properly mixed in there will be no unpleasant roughness.

NOTE.—In ordinary cases, we think that a minute or two's simmering improves the arrowroot; a tablespoonful of arrowroot to a pint of milk is thought thick enough by some.

Egg Arrowroot.—Make a teacupful of arrowroot with milk in the proportion first given above, and, when a little cool, beat in the yolk or the whole of an egg; this may be given as it is, or may be set in a steamer, covered with paper in the usual way like a pudding, and simmered for a few minutes (about ten), then served, or taken when cool. Half a pint of milk arrowroot, beaten up with an egg or two, and poured in a shallow dish, and baked slowly for about ten to fifteen minutes, makes a very nice little pudding. This is lighter if the white of the egg be beaten and added last like a soufflé. (*See* page 1082 for MOCK OMELET.)

Wine Arrowroot.—Mix the arrowroot with wine (or brandy) to a paste, then add boiling water, and serve without further boiling.

Barley Custard Soup.—This is very nourishing and inexpensive. Required: a pint of stock from the bones of any white meat or poultry, unflavoured and free from grease, half an ounce of potato-flour, the same of butter, a tablespoonful or two of cream, a gill of milk, the yolk of an egg, and an ounce of fine barley-flour or prepared barley. Cost, about 4d.

The stock should be brought to the boil, and the butter and flour blended in a separate pan and added, and the mixture stirred; the barley is to be mixed with the milk and put to the rest, and the boiling continued for a quarter of an hour if "prepared barley," half an hour if ordinary barley-flour. The cream and yolk of egg are to be beaten up in the hot tureen, and the soup put to by degrees, and the beating continued for a minute. This is improved by putting over the fire and stirring for a minute, if care be taken that it does not boil. Add salt to taste, and, if allowed, the soup may be flavoured with a morsel of spice or celery, or a little essence of any kind.

Barley Gruel.—(*See* BARLEY in *Cereals.*)

Barley Water.—The patent or prepared barley sold in packets is useful for this. It is made in a similar way to barley gruel, but thinner; directions are given on the packets. About a tablespoonful to a pint of water will be right for most people, and any of the usual flavourings may be added, such as orange or lemon juice, or fruit syrup.

To make barley water from pearl barley, use two ounces to two quarts of water with a couple of ounces of lump sugar and flavouring to taste. Unflavoured barley water, although sometimes called for, is very insipid. Wash and scald the barley (*see* page 543); then boil it very gently with the two quarts of cold water for an hour and a half to two hours; longer will improve it. The sugar should be stirred in at the end. If half a lemon be used, the peel may be boiled with the barley, and the juice stirred in at the end. The juice alone is often liked; orange juice is equally nice. The proportions are to be regarded as approximate, for some like barley water almost as thick as gruel, and others who take it freely in the cold state will like it very thin. If on cooling it is found too thick, add more water that has been boiled. Equal parts of hot milk and barley water, to which no acid must be added, form a very nutritious drink in many forms of sickness. The two beverages may be mixed while hot and taken cold with benefit also. Sometimes a raw egg can be taken when beaten up with a little of the mixture better than alone. Fresh fruit juice may be added in some cases. (*See* also APPLE WATER.)

Beef Essence.—Required: a pound of gravy beef, free from fat and cut high up the leg, a little salt, and three or four tablespoonfuls of water. Mince the meat, and pound it in a mortar, adding the water a little at a time; cover, and let it soak for two to three hours, add the salt, and put all in a jar with a lid; close this tightly, and set in a gentle oven for three hours; or put the jar in a saucepan, with hot water half way round it, and let the water simmer only, for about three to four hours. The second mode produces a liquid rather less rich in flavour. Strain through a coarse strainer, pressing the meat well, and keeping nothing back but the bits of meat. There may not be much more than a gill. From a teaspoonful to a tablespoonful may be given at a time. This is of use whenever concentrated nourishment is wanted. It should be made in small quantities, being very apt to go bad in hot weather, and must be examined before it is given to the patient. Keep in a cold place. Good fresh beef skirt, or beef steak, is sometimes used in the same way, or a mixture of either with gravy beef. The very freshest meat must be chosen, that the gravy may be all drawn out.

Beef Jelly.—This can be made plain or savoury; if the latter, make such additions as are given in the recipe for BEEF TEA, SAVOURY (page 1069). Allow a pint of water to each pound of meat. The shin of the meat is to be chosen, not the thick part of the leg. This should be cut up small, and allowed to soak in the water for an hour or two before the cooking begins; for although heat is necessary to extract gelatine, the soaking aids the cooking process indirectly. A little lemon peel or juice is often added to this. Tie the jar down with bladder or thick paper, or use a flour and water paste; the flavour should be preserved as much as possible; cook in a moderate oven for about four to five hours. The liquor may be strained off into small cups for use. Only in very cold weather should much be made at a time. In cases where the meat is not sufficiently gelatinous to cause setting, a little gelatine may be added. It may be taken warm or cold. The meat will yield further nutriment if put in the stock pot.

NOTE.—For stronger jelly, use less water.

Beef Juice.—The best way of preparing this is in a jar tied over with bladder. The meat should be minced or scraped, and a little salt added unless forbidden. It is then set in a water bath of cold water, brought to the boil as slowly as possible, and the water kept boiling gently round it for five hours. The extract thus obtained may be given cold or iced, or heated up to about ninety degrees according to the case. The primest and freshest meat should be chosen.

Beef Tea, General Hints.—The first thing is the quality of the meat. It should be juicy and freshly killed, and used fresh; meat that has been hanging and lost its juices by evaporation is not suitable. For this reason frozen meat is useless. When from the leg it should be cut high up; other parts may be used, such as "leg of mutton" piece, or steak, and a little of the skirt may often be added for the sake of its flavour. The slightest particle of tainted meat may work great harm to the patient, and in hot weather the tea should be made in very small quantities. The meat should be freed from skin and fat, and the finer it is divided the better; the thing is to draw the goodness out, and large lumps of meat yield far less moisture than if cut small; therefore a little extra trouble is well bestowed. It is often an advantage to pound the meat. It should not be chopped on a board, or a good proportion of the gravy is absorbed; a plate or marble slab is best for the cutting. It should be put at once into the water, and when all is in covered if to be left to stand.

Another way to prepare the meat is to take slices and lay them flat, and then scrape with the point of a knife so that only the skin is left. When the tea is required to be gelatinous, follow the rule given for BEEF TEA (SIR HENRY THOMPSON'S) p. 1068. Otherwise gelatinous meat is not to be got for it; it is a common error that beef tea should be a firm jelly when cold; nine times out of ten the gravy only is wanted. These hints are equally applicable to mutton. The flavour of beef tea can be varied in many ways, as shown in our recipes, and in hosts of others by a little ingenuity. Beef tea is much less relied on by the medical profession than it was formerly, but opinions vary greatly as to its merits, and it is not too much to say that when it *is* made, it should be so prepared as to obtain all possible nutriment, for when carelessly made much is left behind. In straining, a fine strainer or muslin should not be used, or much will be left that should be given. When left to get cold, the fat (if any) is easily taken off, first with a spoon, and then by passing a piece of paper over the surface. In serious illness, salt is generally the only condiment, and not always that. (*See* RULES FOR INVALID COOKERY, p. 1056.)

Beef Tea, Good, Ordinary.—Required: a pound of beef, a pint of water, and a pinch of salt. Cost, about 8d.

(*See* GENERAL HINTS above.) Remove fat and skin, and cut the meat up, the finer the better. Add the salt and water, and put all in a jar; cover, and let it stand for an hour, or a little longer if convenient. Then tie the jar down with a piece of paper, and put a saucer or plate over; set it in a saucepan with cold water, from half to three-parts of the way up the jar, put the lid on, and place it over a very gentle heat, that the water may come to the boil slowly. After this, it should simmer for two hours. The tea can then be strained off for use through a coarse sieve or a strainer. If a fine one were used, a good deal of the nourishment would be left behind, whereas every particle should go through except the hard dried-up meat itself. If it can be left until cold, any specks of fat can be removed, and in that case it is not necessary to be

so careful in the first instance. Another way is to prepare the meat, &c., as above, and set the jar in a gentle oven for two to three hours. The tea thus made has a richer flavour, but is not always acceptable. (*See* BEEF TEA, SAVOURY.)

Beef Tea (Sir Henry Thompson's). — Chop fine or mince with a machine a pound and a half of gravy beef, from which the fat has been removed. Place it in an earthen jar with a lid, add a pint of cold water, and let it remain for an hour, occasionally stirring and pressing the meat firmly with an iron spoon. Then place the jar, with the lid on, in a saucepan large enough to cover it, with water sufficient to reach nearly to the lid, but not near enough, when gently boiling, to rise above it and enter the jar. The water is to be kept at about boiling point, or just under, at the corner of the stove for three hours, adding a little water occasionally to replace that which evaporates. When the time has expired the jar may be removed, the beef tea drained from the meat, which is then to be pressed as closely as possible through a coarse straining cloth, so as to extract all the liquid. After standing a short time the beef tea will become clear, much light brown, flaky matter falling to the bottom. By no means remove this, as it is nutritious material, unless any special orders have been given to the contrary. When cold, the fluid will be slightly gelatinous, varying somewhat as the meat used may vary in the amount of skin, tendon, or other fibrous tissue contained therein.

If, however, shin of beef, which, of course, includes bone, is used as well as gravy beef, say a pound of each, add the meat detached from the bone to the pound of gravy beef, and treat them together as already described; but utilise the bone, by breaking it with a chopper or hammer, after which the pieces are to be placed in a saucepan apart, with a pint of cold water for an hour. This mode might often be followed with benefit when dealing with other sorts of meat, as well as poultry, &c. &c. Then the whole is to be slowly brought to the boiling point, and to be maintained at the same until the liquor is reduced to the third of the pint, which is to be strained off and mixed with the beef tea already made; a firm jelly will result when cold. A strong solution of gelatine has thus been added to the meat extractives and albumen obtained by the first process, materially improving the value of the compound. When cold, remove the small quantity of fat which is always to be found on the surface, and heat what is required as wanted. If to be served as soon as made, without cooling, remove as much fat as possible with a teaspoon, and the small remainder by means of white blotting paper.

Beef Tea, Raw. — The meat should be laid on a clean slab or plate, and scraped very finely with a knife. Fat and skin are not to be used, and the finer it is scraped the better. Put it at once in a glass or jar (not metal of any sort), and add cold water. Sometimes its own weight is ordered, or in cases of weakness half its weight. Then cover, and let it stand about half an hour, unless a longer time has been named by the doctor. There are various reasons for departure from any fixed rule here. A short time for standing is best in some cases; it just depends upon the advisability, or otherwise, of drawing out certain substances from the meat; and it should be taken that if the doctor names a particular time for the process he has reason for so doing. In straining, press the meat well to get the juice out. Or place it in a piece of muslin, and wring it well in contrary directions. Children sometimes take this better with a little sugar than salt. The appearance is improved by serving it in a red glass; in a white one it is not appetising. This is sometimes given warm, in which case it

must be most carefully heated, never boiled. In other cases it may be given cold or iced, being less a food than a medicine very often.

Beef Tea, Savoury.—For a pound of meat and a pint of water allow half a dozen peppercorns, a small onion or a shalot, a couple of cloves, a morsel of toasted bread, and, if the case allows, a sprig of any herb. The whole should be cooked as usual, and the bread passed through a strainer. The tea may be left thin if preferred. This is only suitable in convalescence.

Beef Tea with Tapioca.—Required: half a pint of beef tea, and other materials as below. Cost, varies with the strength.

Take the beef tea made by any approved recipe, according to the requirements of the case, and bring it nearly to the boil. Have ready in a separate saucepan half a pint of white stock from meat or poultry, and about three-quarters of an ounce of French tapioca that have been cooked together for twenty minutes, the tapioca to be sprinkled in a little at a time; then mix the two preparations, and season to taste, and serve. This is soothing in irritable conditions of the throat and chest, and a pleasant change from ordinary beef tea, but the mode must be followed exactly, unless water be preferred to stock for cooking the tapioca, in which case the beef tea should be a little stronger than usual. On no account must the grain be cooked in the beef tea, or the latter would be spoilt.

Note. — This principle may be adopted in the cooking of sago, &c., or various kinds of flour may be boiled with the stock and added to the tea. Stock from veal bones answers for cooking the tapioca.

Boiled Flour.—This is used for infants' food, also for thickening milk and other foods, as beef tea, &c., for invalids. It is very nourishing and digestible. Tie a pound of flour in a cloth tightly, and put it in a saucepan of boiling water, and keep it boiling for four hours. Then leave it until cold after taking it from the water, and remove the outer moist part of the ball of flour, and grate the rest; put it in a bottle for use. There is difference of opinion as to the time required for the boiling; some authorities give two hours only, and others six or more; as detailed above, we have found it very satisfactory, though longer boiling could not hurt it. Being so thoroughly cooked, this requires but a few minutes' boiling with milk, &c., for invalids. When for beef tea it is better to boil it with a small amount of water, and add the beef tea to it by degrees. Or a little of the tea may be used for the boiling; do not bring the whole to a high temperature.

For infants, the thickness of the food is determined by the age of the child; the flour is to be mixed with a little of the milk, or milk and water, as the case may be, and the rest added, and the whole boiled. Another way is to mix the flour with cold liquid, and add the rest boiling, and then return to the fire to boil up. Biscuit powder has similar uses (*see* page 1012).

Note.—White flour is often used, but decorticated, finely-ground whole meal is excellent thus prepared. Prepared barley is sometimes added in small proportions with considerable advantage.

Bread and Milk.—There are three ways of making this. The first is by means of crumbled bread; the second with bread in dice; and the third by putting thinly-sliced bread in the milk. The first is recommended by some where mastication is difficult; the bread should soak for a time in the hot milk, and then be brought to the boil again, something on the principle of bread sauce; the thickness is a matter of taste. Some sick people will relish this as a change from gruel. Bread in dice should also soak for a time in the milk, which

is first to be brought to the boil and poured over, and then covered with a plate. If set on the hob it will keep hot enough, and may be served without further treatment, but many advise that it be left to get cool, and be finished off as above. The only objection is the time taken. Sliced bread may be treated in either of the above ways. Without wishing in any degree to disparage this dish, we may say that where growing children are concerned, many medical men are of opinion that it is better to make a rule of giving the hot milk to drink and the bread separately to eat, the mastication being good for the teeth and the digestive organs. Where there is tenderness of the gums, or before the teeth are all cut, there is nothing to be said against bread and milk in health; while in sickness it is often very useful. Brown bread is often liked better than white, and salt preferred to sugar. If plenty of time be allowed for soaking, this is a good way to use up crusts if broken small. They may be put in a little cold milk an hour beforehand, or all night in cold weather.

Broth.—This is best described as a weak form of meat tea. The liquid is made more nourishing and substantial often by the addition of cereals of some kind. A mixture of broth and milk frequently suits well, and affords change. Isinglass is useful, as it gives a little body. If stale or dirty meat be used, there is much skimming to be done to make any broth look appetising. The best known is perhaps mutton broth. In cases where cream agrees, and milk does not, a little cream, say, a tablespoonful to the half pint, is added to broth by way of variety, and for the purpose of increasing the nourishment. (*See* INDEX for recipes.)

Brown Soup. — Make a thin stock by adding a teaspoonful of extract of meat to a pint of water, or, if preferred, use a pint of weak beef tea (home-made) for the foundation. Then add a couple of table-spoonfuls of minced vegetables, one kind or mixed as allowed; these should be separately cooked in a little stock or water; a slight thickening may be given by the aid of brown flour, or of roux if the patient can take it; if wine be allowed, a teaspoonful or more of good Madeira may be put in. This furnishes a change from the ordinary "slop diet" so soon as vegetables are allowed. When game is ordered, a weak game stock may replace the one given (*see* STOCKS). A little vermicelli or macaroni may be used as thickening. It is sometimes better to make a purée than to add vegetables in pieces. (*See* VERMICELLI in *Cereals.*)

Butter. — When this ingredient has been forbidden, it must be excluded from soups, puddings, &c. &c.

Calf's Feet Jelly.—The average proportions are a set of four feet to a gallon of water, but the size of the feet and the weather should be taken into account, and it may be found necessary to add a little gelatine; the stock should be tested in a saucer (*see* page 938 in JELLIES). If the feet are small, a pint or so less water must be used. Supposing them to be prepared by the butcher, wash them in hot and then in cold water, and divide them, remove all traces of hair and fat, and put them on with the water; boil and skim, and when the flesh has dropped from the bones and the liquor reduced to half or rather less, strain into a clean basin. This may take from six to seven hours; rapid boiling is of no use—the thing is to draw out the gelatine by long cooking. Set in a cold place until firm, and then remove the fat from the top, and take up the solid stock quite free from the sediment which is always found at the bottom. The final treatment consists in clarifying and making such additions as the condition of the patient allows. We are considering this solely in the light of an invalid dish, and may here say that in nine cases out of ten jelly made from isinglass or the

best gelatine will answer the purpose equally well. We give two recipes which will serve as guides to others.

No. 1.—This is to meet cases where little sugar is liked, and acids are allowed in moderation, and wine or spirit forbidden. Take a quart of the stock made as above, and put it in a clean pan, with the whites of five large or six small eggs, the strained juice and thinly pared rind of a small lemon or an orange, two to three ounces of lump sugar, and, if liked, a few drops of colouring. Finish off as directed on page 939 in JELLIES. If not clear, pass again through the bag. It is always more difficult to clarify a jelly of this sort than when a larger proportion of acid is used, as the acid assists the process.

No. 2.—Required: two and a half pints of stock as above, a pint of sherry or other wine, the juice of two good lemons, the rind of one, half a pound of sugar, the whites and shells of four or five eggs, and half an ounce of isinglass. The isinglass may be omitted, but it facilitates the clearing; if not used, the wine must be reduced or more stock used in proportion. The stock should be melted and left to get cold, then be put on with the rest; after standing for a few minutes off the fire, bring gently to the boil. The directions given for ordinary jellies (page 939) should be referred to. Some authorities recommend that the isinglass be thrown in just as the jelly is at boiling point. If not required moulded and turned out, but only to set, and be cut up or chopped for serving, this may be made thinner; and if much more sugar is wanted, more stiffening must be allowed.

Jelly made in either of these ways may often be given warm, being made sweet or savoury as required. It is not always necessary to clarify it if strained and skimmed well first. In hosts of cases it is very soothing to throat and stomach. For the sake of economy, gelatinous meat of other sorts may be added.

NOTE.—If first-class wine be used, such as Madeira, or if brandy replace a portion of wine, it may be added after straining, but it is always safer to strain sherry of medium quality. When fine qualities of brandy are employed a smaller quantity answers; then, should the jelly appear too stiff, it may be diluted with a little water. Oranges can replace lemons if preferred. Cost, varies with the wine used; the average is about 1s. per pint, including wine and spirit.

Calf's Foot in Milk.—This is a cheap and good dish. Required: a calf's foot, a quart of milk, and seasoning, &c., as below. Cost, about 10d. to 1s.

Take a foot that has been parboiled; cut it up, and put in a jar in the oven with the milk, and stew it until it falls literally to pieces. A bay leaf, or a strip of lemon, or a little spice may be used, and sugar to taste. Strain while hot, and give as it is if liked, or it can be served cold, and is enriched by beating up an egg or two to the warm stock. By omitting sugar, and adding savoury seasonings, it takes the place of soup or beef tea.

NOTE.—A similar dish is made by taking some stock from calf's feet (*see* JELLY above), and adding an equal measure of boiling milk. Serve hot or cold.

Carrot and Bread Soup.—Required: a pint of young carrots, half a pint of bread-crumbs (half brown and half white), a pint of new milk, a quart of white stock, thickening, &c., as below. Cost, about 9d. or 10d.

Put the carrots in boiling water to cover, and simmer for a few minutes, then rub the skins off; add the hot stock from white meat or poultry, and boil for half to three-quarters of an hour. Add the bread, and boil a little longer, then pass through a sieve, and return to the pan with the boiling milk. An egg, if *allowed*, will enrich the soup; it should be beaten in, and the soup kept for a minute or two below boiling point. A pat of butter is a further improvement. For a

plainer thickening use a tablespoonful of rice or corn-flour mixed with cold milk, and give ten minutes' more boiling.

NOTE.—This soup is recommended to those who prefer a mild flavour of carrots, as the bread modifies it. The seasoning must be left to taste; a dash of sugar, in addition to salt and pepper, is recommended, and parsley is optional. This is very wholesome, and should be regarded as a type of soup that may be made with various sorts of vegetables.

Cereal Pudding with Eggs.—Required: two ounces of rice or other grain, a pint of milk, sugar and flavouring to taste, and one or two eggs. Cost, about 5d. or 6d.

The grain and milk are to be cooked together until done, the sugar and flavouring being added towards the end. When the mixture has cooled a little, the eggs are to be added, and the pudding baked for about twenty minutes in a gentle oven to a pale brown only.

NOTE.—The yolks alone are often ordered in puddings of this class for the sick, and cream is frequently considered a good addition; it should be put in with the eggs. Or where fatty foods are required, and cream is not handy, a little chopped suet can be used. It is very important that the grain be well cooked; some will like a thinner pudding, then an ounce and a half to the pint will be enough. (*See* the chapter on CEREALS for the preliminary preparation of the different sorts of grain.) Excellent puddings are to be had from any of the French cereals, and take a shorter time to prepare.

Another way.—After baking the pudding, one in which the yolks of eggs only have been used, pile the stiffly-beaten whites on the top, after flavouring and sweetening a little, then put in the oven to set. If jam or stewed fruit be allowed, a thin layer may be put between the top of the pudding and the beaten whites. This will often be relished when a plain pudding would not. Another way is to omit the jam, and send a little fruit syrup or sweet sauce to table.

Chicken Dishes.—The amount of space devoted here and in a previous chapter to dishes of chicken may appear disproportionate. They are given with an object. Frequently the first solid nutriment allowed to a patient is in the form of white fish or chicken; besides, these dishes should be regarded as typical of hosts of others, for the same treatment could be carried out in respect of rabbit or veal, or whenever a mixture of white meats is advised. Again, in preparing a chicken for the sick, some people never seem to rise above the ordinary roast and boiled, both good in their way, but not always suitable, and, when they are, they are apt to pall when frequently administered. Therefore, it is hoped that the other modes given herein may supply a want. A very perfectly cleansed, and—when the flesh is to be taken—a very tender, bird is required.

Chicken, Economical and Nourishing.—When it is a matter of importance to serve all the meals hot, and where re-heated food would not be suitable, the following will be found a good way of cooking a chicken. A jar or double saucepan should be used. Cut a wing or leg off, and put in the vessel with a little stock made from the trimmings, or water, or milk, or half of each, just to cover, and cook it "jugged hare fashion" if a jar be used. The water round the jar should be warm to commence with, and boil softly all through. The time taken depends upon the age of the bird; it may be ready in little over thirty minutes if very young, or may take an hour. The breast and wings only may be reserved for this mode of treatment, and the inferior parts boiled down for stock for the cooking of them. The legs might be converted into chicken tea; they are handy, too, where a "mixed meats tea" is ordered; beef and chicken can be used together, and a very nice tea is

the result. When the bones of a chicken are not used in invalid cookery —and there are cases when the meat only is ordered—they will come in for family dishes. In serving the joint, add a little thickening to the liquor and boil it up, or serve it plain if liked. The seasoning is according to circumstances; a morsel of lemon, or a sprig of parsley, or dash of nutmeg is suitable, and sometimes a morsel of vegetable. For acute illness, we advise milk for the cooking, and this may be enriched by cream or egg. (*See* pp. 1073 and 1074).

Chicken Purée. — Required: a chicken, and other ingredients as below. After cleansing and drying the chicken, the flesh should be removed, and cut in slices, and then in strips, and again to form very small dice; the mode of cutting makes a good deal of difference to the dish. This is to be put in a vessel with cold water to cover, and such additions in the way of seasoning as may be allowed; in many cases nothing more than salt is permissible. If acids agree, a teaspoonful of lemon juice gives savour and whiteness. This is to be cooked gently for an hour and a half, and then rubbed through a sieve. The bones must be put on separately, with water, and cooked for an hour longer than the bird, or, better still, give them four to five hours. The liquor from the bones is to be strained and added to the purée, and, if liked in the form of a soup, it may be made thin; or for a purée proper, less of the bone liquor can be used, or such additions in the way of roux or any cereal, or any of the other usual thickenings made be made, as will bring the whole to the desired consistence. In skilful hands, many changes may be made in the manner of serving this. It is well to use no vegetable in the preparation at first, then in cool weather it will keep nicely for several days in a cold place. In some cases it may be advisable to pound the meat as well as sieve it.

Note.—The bones should be well broken up.

Chocolate Gruel.—This is a good substitute for ordinary well-known gruels of various sorts, as it forms an agreeable change, and is very satisfying and nutritious. Required: a quarter of a pound of good chocolate, grated, the same weight of fine rice-flour, two ounces of arrowroot, and the same weight of fine oatmeal, or if preferred, barley-flour. These should be mixed and kept in a tin ready for use, and when required a tablespoonful, or more or less according to taste, is to be mixed with a little cold milk, then added to a pint of boiling milk, and stirred and simmered for a few minutes; it should be kept a little below boiling point, and frequently stirred for about another quarter of an hour, then served with sugar to taste. "Prepared" oatmeal or barley is intended. Chestnut-flour may replace the arrowroot or corn-flour. A smaller proportion of chocolate will be liked by some.

Cream.—There are many wasting diseases in which cream is of the highest value, and many medical men order it freely. An objection is sometimes made to it on the ground of expense. The cost should not be considered if it can be afforded. Besides, it usually happens that those put upon such a diet are not taking meat and other articles which would cost as much, and cream is often the only form of fat that can be tolerated. In rickets and other disorders of childhood, cream is often given; we know more than one medical man who advises it with porridge or in any form in which the child will take it. There are various recipes in this chapter in which cream is one of the main ingredients; they are given with a view to meet such cases as we are here considering. In many others, some of the milk may be replaced by cream when required. Double cream is the richest and most expensive; but in the majority of

cases single cream suffices, unless special orders be given for double.

Cream Sauce for Fish.—The bones of a sole or other fish may be put on with a pint of cold water, and a sprig of parsley, a little salt, and a couple of peppercorns, and simmered down to a little less than a quarter pint; frequent skimming is necessary. A morsel of lemon peel or a shalot gives more savour. Then add cream to make up to nearly half a pint after the liquor has been strained, beat in the yolk of a new-laid egg, and remove from the fire before boiling point is reached. This is very good and nourishing, and any fish can be re-heated in it by moistening the fish with it, and putting it between two plates over boiling water. Other additions are permissible according to the condition of the patient; a little lemon juice or wine, when allowed, in other forms.

Note.—Even with rich milk in place of cream, a good sauce is obtained.

Cutlet, Boned.—The freeing of the meat from the bone is sometimes a troublesome task for an invalid. A cutlet cooked in this way will be nourishing and convenient to cut up. Take a lean cutlet of veal or mutton, and cut off the fat, which should be used up in other dishes, then cut the bone out neatly. Put the bone in a stew jar with half a pint of cold water and a morsel of herb and spice if allowed, or a slice or two of fresh vegetables, and simmer for a couple to three hours, adding more water if required. There should be a gill of stock. Then strain, and put the meat in, and simmer it softly until done. If rice or other cereal be liked, there should be more stock, and the rice cooked with the meat about an hour. Do not add salt until the meat is nearly done.

Another good way to cook the meat when vegetables are allowed in fair quantity, is to slice up a tablespoonful of celery, the same of scalded onion, and to grate the outside of a carrot until the same measure has been obtained, and cook the whole with a gill of the bone stock. A little chopped parsley adds to the savour. By putting a layer of the vegetables at the bottom of the stew jar, and the meat in the middle, with more vegetables over, the meat is kept from hardening if the heat be gentle. A jar set in a pan of water will answer, if a small stew jar is not handy.

A boned cutlet may also be grilled or broiled. Another way is to take some pure meat gravy, and stew the cutlet in it.

Eel Broth.—Required: a pound of eel, a bunch of sweet herbs, an onion, a few peppercorns and allspice berries, a couple of cloves, salt, and five pints of water. Cost, about 9d. or 10d.

This is only suitable for use in cases where oily fish has been ordered, or is known to be suitable. The fish should be cleansed and skinned, and put on with all the rest, and brought to the boil gently. The scum wants thorough removal. Simmer until the liquid has reduced to half. Strain through a fine hair sieve, and set by to get cold, then take the fat off, and warm up as required. It may be served plainly with sippets of toast, or a little wine may be added.

Note.—A little calf's head or foot is a great improvement to this. For stronger broth reduce the water.

Eggs.—(*See* Eggs on page 590.)—We may again call attention to the importance of freedom from taint, whether the eggs are to be given raw or cooked. It must be remembered that there are hosts of people who in health *cannot take eggs in any form*, and when they are ordered in sickness the doctor should be informed of this. Sometimes, too, they will suit, and can be relished in the raw condition, while they are not tolerated when cooked; more often the reverse is the case. Many a patient finds the addition of an egg to a rice or other

cereal pudding quite indigestible, but often the yolk only will agree better than the whole egg. (*See* hints on CEREAL PUDDINGS WITH EGGS, page 1072.) Always remove the "germ" with care. The remarks on page 1059, under LIQUID NOURISHMENT, may be of service in connection with egg cookery. (*See* also the INDEX, as various ways of serving eggs are detailed in other chapters.) A few modes of serving raw eggs are grouped here for the sake of ready reference. A raw egg is a very nasty dish as often prepared, and care is well bestowed in making it appetising.

No. 1.—*Egg Snow.*—Take a new-laid egg and divide it; put the yolk in a basin with half a teaspoonful or less of white sugar, and beat it up. Beat the white to a stiff froth, and add it little by little to the yolk, blending well but lightly; then put in a tumbler, and serve at once before it falls and turns to a liquid state. This may be made nicer by adding a little lemon or orange juice; a tablespoonful of cream adds to the nourishment and bulk. Properly made, this is light and free from the oiliness of the ordinary raw egg.

No. 2.—*Egg and Brandy.*—Put the yolk of an egg in a glass, and beat it well with a little sugar, and a tablespoonful of brandy. This is sometimes given in doses of a teaspoonful or less at certain intervals. Wine or whisky may be similarly used. A more acceptable mixture in some cases is made by adding enough scalded milk, after cooling, to half-fill the tumbler; this is given at once, or in small doses as the case may require.

NOTE.—A mixture of egg and any spirit is sometimes found to agree better when diluted; for this, use a little rice water or thin barley water. The first-named is of service in bowel complaints when the astringent action of rice, combined with a nutrient that will soothe the stomach, is called for; and we may remark that some medical men prefer the white of the egg only with rice water, and frequently brandy mixed with port is ordered. A little arrowroot may be used in the same way. (*See* ARROWROOT in the chapter on *Cereals*, and on page 1065 in this chapter.)

Egg Creams.—These can be made both savoury and sweet; and either way they are tempting in appearance and very nutritious. Where eggs in plainer forms have become monotonous, they are recommended for trial.

Savoury.—Butter a cup or china mould with fresh butter. Sprinkle with chopped parsley, if the case permits. Beat very thoroughly a fresh egg, strain, and add two tablespoonfuls of good cream, and beat hard again. Season with salt and pepper, or add a little nutmeg or essence of herbs, or as permitted. Then steam until just set; and serve in the mould, or turn out on a bit of nice toast. When sauces are allowed, a little of a plain kind poured round adds to the appearance. For convalescents, vary by adding a bit of chopped mutton or chicken, and serve a little gravy with it. A little white fish may be used in the same way. Either should be partly cooked beforehand, but not fully done when added.

Sweet.—Prepare the cup and egg and cream as before, but use a little sugar, with any approved flavouring. Or omit the sugar, and serve with a bit of fruit jelly, jam, or stewed fruit. Various harmless garnishes will suggest themselves. For a rather more substantial dish, add a teaspoonful of fine crumbs, bread, or biscuit.

Eggs, Poached.—*No.* 1.—This is very digestible. Break a fresh egg into a lightly buttered cup, and set it in a small saucepan with boiling water half way up, then put the lid on, and take the pan from the fire, and as soon as just set turn out on a piece of toast without crust. In cases where the toast would be too hard, a little hot milk or gravy may be poured over to moisten, then the bread may be rather thicker than usual. If extra

nourishment is needed, pour a little hot cream over.

Another way.—Take a little china frying-pan, and put in a couple of tablespoonfuls of stock or gravy, and when it simmers break an egg in, and poach in the ordinary way. Serve on toast with the gravy over. This is a change, and, if allowed, sprinkle a little chopped parsley over.

Another way.—Break an egg into one of the little china egg poachers, first buttering it; season with a pinch of salt and pepper, and set the pan in a saucepan of boiling water; put the lid on, and as soon as the egg is set serve it in the poacher.

Eggs, Steamed.—A small fresh egg can be cooked in a potato steamer in about four minutes; a large one will want five or more minutes. The water should simmer only. This hint is worth remembering when vegetables are being steamed, as the egg can be cooked at the same time, being often a very useful adjunct to a vegetable meal.

Another way.—Put the egg in a small saucepan of boiling water; put the lid on, and draw at once from the fire; it will be done in from five to six or seven minutes, according to its age and size. With ordinary care, it will be more digestible than when boiled in the usual way.

Fish Pudding.—Required: fish, bread, milk, stock, egg and seasoning. Cost, varies with the fish.

Free a little cooked white fish from skin and bone while warm, and cut it up or sieve it. Any firm sort may be used. For two tablespoonfuls of fish take the same measure of bread-crumbs, and soak them in a little fish stock or milk (warm) just to cover, and beat up after pouring off any moisture; add the fish and a beaten egg, with a dust of salt and pepper. Pour into a small buttered basin, and steam until just set. If sauce is allowed make a little (*see* other dishes in this, and the chapter on FISH), and pour over or round. A few drops of anchovy essence and a little colouring will improve the appearance and flavour. Sometimes, when fish is dear, and a person tires of it in one form, a dish of this kind is welcomed as a ready way of re-serving it.

Fish Soufflé.—Required: a heaping teaspoonful and a half of rice-flour or corn-flour, a quarter of a pint of milk, an egg and the white of another, a hint of pepper and salt, a few drops of lemon juice, and some white fish, equal in measure to the milk. Cost, variable.

Free the fish from skin and bone, and rub it through a sieve, or pound in a mortar. Make a little stock from the bone, &c.; it may be reduced to a spoonful or two only; mix it with the milk and thickening, and boil up, then add the yolks of eggs and fish, and the stiff whites when cold. Turn into a buttered pie-dish, and bake in a gentler oven than for ordinary soufflés. Time, about twenty minutes. This is very much better from all points than a soufflé made from cold fish, and may be re-heated with care without detriment (*see* page 1062).

Fish, Various Ways of Cooking.—(*See* INDEX.)

Flour, Baked.—(*See* BAKED FLOUR.)

Fowl Soup, from an old Bird.—Those with an invalid on their hands, and poultry at command, will find this a good recipe. A well-fed old bird should be cleaned and cut into joints, and then sub-divided. A few veal bones from the neck, loin, or breast, and quite fresh, should be added—about three-quarters of a pound. The vegetables and other flavourings are to be regulated by circumstances (*see* MUTTON BROTH, page 1082). A bunch of herbs is a great improvement. The saucepan should hold three quarts. Fill up with cold water, and let the meat stand by the fire, and come to the boil gently; skim and simmer, adding a little salt at first, and more later.

Give from four to five hours, the slower the better. This may be used at once, or left to cool and any fat removed. It can be taken cold, or re-heated as wanted, with various additions, and will be found useful. A calf's foot can replace veal bones, and a rabbit may be used in place of a fowl, reducing the water and time of cooking as may be necessary. For convalescents, a strip or two of ham in the water may do no harm, and is an improvement to the flavour.

Fruit Drinks.—The list of these might be a long one, but the recipes will serve as a guide. When black currant jam or jelly is employed—and this is the most convenient form—about a couple of tablespoonfuls may be added to a quart of water, and stirred over the fire until the preserve is melted. It should be covered, and strained before serving. It is often recommended that the preserve and water be stewed together for some time; but this we think destroys the fresh flavour of the fruit. It is, however, an economical plan should the supply of preserve run short. When a slightly thickened drink is liked, strain the liquid while it is hot, and add a little arrowroot mixed with cold water, then stir again to the boil, and leave to become cold; icing improves these drinks. It is only right to add that not only are they not suited in all cases, but even in certain disorders there is great difference of opinion as to their merits, such as in the treatment of sore throat, &c.

Damson or apple jelly, blackberry jam or jelly, or a mixture of that with apple, makes a nice drink.

Gruel, Effervescing.—This is very good for a cold in the head. It should be made thin, and drunk off while hot. Allow, for a breakfast-cupful of gruel, a teaspoonful of lemon juice, as much tartaric acid as will cover a sixpence, and the same of bicarbonate of soda. Citric acid and soda answer equally well, and the lemon may be omitted. The acid should be put in the hot gruel, and the soda stirred in at the time of drinking.

Gruels, Various.—(*See* INDEX.)

Iceland Moss Jelly.—This once popular remedy has been supplanted by others that are less trouble and more pleasant in flavour. Required: a quart of cold water, a quarter of a pound of Iceland moss, a quarter of a pound of sugar, a glass of sherry, the juice of a lemon, and the white of an egg.

The moss is washed in warm water, and put to boil in the quart of cold water; it must be stirred to the boil, then be left to simmer for an hour. The egg is to be whisked up with a little cold water, and put in with the rest, and the jelly stirred to the boil again, and strained through a flannel bag. The main uses of this are in chest complaints. By using less moss, a demulcent drink is obtained.

Icing of Food.—*See* directions, page 960, in ICES. Ice should never be put *into* a food, such as milk, beef tea, &c., unless ordered.

Imperial Drink.—This is useful for its action on the skin and kidneys. From two to three drachms of cream of tartar is to be mixed with a quart of boiling water, and sweetened to taste; a little lemon peel may be added to flavour it. It can be taken freely with good effect.

Isinglass Fruit Jelly.—This is very useful in cases of great thirst, as a little allowed to dissolve slowly in the mouth is very refreshing. Required: a pint of fruit juice. Raspberry may be especially recommended. Add as much isinglass as will just set it; it should be melted in water, just sufficient, and then strained into a china mould or dish after mixing. A good imitation can be made, out of the fruit season, by taking some syrup from bottled fruit, and adding a little citric acid and the isinglass, as above. Sweeten very slightly.

NOTE.—RASPBERRY VINEGAR may be treated in the same way, and so may several kinds of fruit syrup.

Lemonade.—Required: two lemons, a pint of boiling water, and about an ounce to two ounces of lump sugar. Cost, about 2d. to 3d.

The lemons should be juicy, and the skin wiped with a clean cloth; by rolling the lemons on a board they will yield the juice better. Take the rind off thinly, and put in a jug with the sugar, then squeeze the juice in, and pour the boiling water over; stir with a wooden spoon, and cover with a clean crumpled cloth, stuffed in the neck of the jug. Set by to get cold. This is sometimes iced. There are cases when lemonade is more welcome without sugar. The acidity may be increased by adding a little citric acid should the fruit not be juicy, or less water can be used. The quantities should be regarded as approximate. A nice drink is made by using an orange to two lemons, with a pint to a pint and a half of water and sugar to taste. For patients who cannot take sugar, a little saccharine may be used. Lemonade of this sort may be had of dealers in diabetic goods. Very great care is always required to peel the lemon so thinly that there is not a trace of the white pith, and that no pips get in; these give the bitterness so often complained of. A very nourishing lemonade is made by making some as above, but increasing the lemons to three, and adding at the time of serving about an equal measure of milk. A little liquid calf's feet jelly is a nice addition, as it gives a slight body; and equal parts of good lemonade and barley water may be recommended as a good nutritious drink.

Lemonade Syrup.—This is of use when a very acid drink is liked, or as a substitute for lemonade from the fruit, when the latter cannot be had. Required: an ounce of citric acid, half a pint of water, and half a pound of sugar. The water should be boiling, and poured over the sugar and acid, and stirred with a wooden spoon; when cold bottle for use, and add a tablespoonful to a half tumbler of water or soda water. (*See* LEMON SYRUP, in *Beverages.*) Tartaric acid may be used instead of citric, the quantity being increased to an ounce and a half. Some will like more sugar and water than given above; or reduce the acid a trifle.

Lemon Tea or Tea and Lemonade.—When cold tea is liked as a cooling drink, it may be served in either of these ways.

No. 1.—Make some tea rather weak, and pour quickly from the leaves; add an equal measure of lemonade, and a little extra sugar to taste. This is often liked hot as well as cold. A pinch of citric acid may be used when extra acidity is wanted.

No. 2. — Simply flavour the tea with lemon juice and sugar, or peel a lemon, and put a slice or two in the tea, taking care to remove the white pith. These beverages are improved by icing.

Lentil Flour Gruel. — Required: two to three ounces of lentil flour, a quart of water or milk, and sugar and flavouring to taste. Cost, about 6d., with milk.

Make in the way given for OATMEAL GRUEL (page 1083). Flavour to taste, and if liked stir in a little butter off the fire. This flour costs a few pence per pound only in the loose state; in tins it is dearer, but is generally sold under fancy names, and is sometimes mixed with barley-flour and other foods. Imitations of very high-priced foods of this kind are made by mixing two parts lentil-flour with one part of barley-flour. Salt should always be added unless forbidden, as it improves the flavour. A savoury gruel is often liked, and the liquid used for it may be any nice stock. Gruel made stiffer than usual, and left to cool, may be mixed with an egg to half a pint, or less, and baked as a pudding. Some of the makers of "prepared pea-

flour" sell lentil-flour, which, being steam cooked, may be prepared in a short time. The above wants an hour, or nearly.

NOTE.—This is very nice malted. (*See* MALTED CEREALS.) *As a rule*, most patent foods sold as *Arabian* or *Egyptian* contain lentil flour; some consist almost entirely of it.

Light Puddings.—Many puddings will be found in the chapter on PUDDINGS that may be served in the sick room; and others, by altering or omitting the flavouring, or reducing the butter, or making such alterations as the case may require, may be made suitable. Cereal, custard, bread and butter, and some of the soufflés may be instanced. The French cereals are of special value when time is pressing. There are also many sorts of packet foods, such as patent barley and groats, and the "steam-cooked cereals," that are as useful for puddings as for gruel, &c.; but this does not seem to be very generally known. In baked or boiled flour, too, there is material for a sort of substantial custard. (*See* recipes for all in the ALPHABET.) Too much care cannot be taken to get good milk for these puddings, and when eggs do not agree, a little cream is sometimes a very good addition.

Linseed Tea. — The taste of linseed is mucilaginous and oily. The infusion of linseed in boiling water yields a drink which is much used in coughs. The boiling of the seed extracts the oil as well as the mucilage, which is considered to render the beverage nauseating. The addition of liquorice juice is general, though not essential. The very best quality of liquorice should be bought, being far superior to the adulterated article; generally speaking, it does not disorder the stomach, or cause thirst like sugar. The thick sticks are recommended. "Solazzi" is said to be the best. There are various ways of making this tea, and the strength varies greatly.

No. 1.—Allow an ounce of linseed to a pint of boiling water; half an ounce of liquorice should be cut up and added, and the whole left in a covered jug for half an hour in a warm place; then strain into another jug and serve. Another way is to omit the liquorice, and add some chopped figs, or raisins.

No. 2.—Allow an ounce and a half of linseed, and half an ounce of liquorice juice, broken small, to a quart of boiling water; put them in an earthen teapot, or jug, and leave near the fire covered for four hours, stirring now and then, then strain. When time is pressing, the whole may be boiled, instead of infused, for a quarter of an hour, but the tea so made is never so agreeable, and in some cases could not be taken.

NOTE. — If too thick, add more water at the end, or after straining; a little lemon juice is thought an improvement by some.

Malt Bread and Milk Pudding.—Required: bread, milk, an egg, and some flour. Cost, about 3d.

Take enough malt bread, in dice, to fill a half-pint measure, and put it to soak in the same measure of cold milk; it may stand for a few hours, or all night in cold weather. Then bring to the boil in a saucepan, and beat the lumps out; or sieve the whole, to ensure smoothness. The flour should be mixed with a little cold milk, and added with the egg when the bread has cooled; about a heaping teaspoonful may be used, and plain flour, or rice, or corn-flour answers equally well. Then bake in a buttered dish until pale brown, and set. Or use double the amount of flour, and steam the pudding for half an hour or so. This may be served with sugar, or a little stewed fruit, but many will like it as it is, as the malt bread will be sufficiently sweet. A little cream adds to the nourishment of this, and it may be flavoured if liked. It is nice made with a mixture of milk and water, should milk be too rich, and may be altered in other ways according

to the needs of the patient. Other breads suitable for invalids may be used for a change, or ordinary bread with a little sugar.

Malted Cereal Pudding.—Supposing a pudding made with a pint of milk, and two ounces of grain (*see* page 1072); when done, take it from the oven and remove the brown skin, then let it cool a little, and add half a teaspoonful of malt-flour, and stir the whole, then leave for a time below the boiling point for the malt to act, and put the skin on again before serving. A better way, perhaps, is to mix as much pudding as is likely to be eaten with a proportionate amount of malt, and put on a plate for serving, and then add the skin; the latter, unless forbidden, should be given, as it contains the albumen of the milk.

Malted Gruel and other foods. (*See* MALTED CEREALS in *Cereals*, and INDEX for recipes.)

NOTE. — MALTED FOODS sold for infants are often used for invalids, especially the aged.

Meat Extracts. — These vary greatly, and while it would be invidious to single out any for special mention, it may be taken that some of those first introduced are less valuable as foods proper than some of modern introduction; this is not saying that all new ones are good. But the application of chemistry has done much, and improved modes of preparation have resulted in extracts that contain a good deal of nourishment, as many of the analyses show. All tastes may be met, as there are peptonised extracts, and various kinds of meat juices; others are gelatinous, and meet a want when the patient craves for something fresh. Some are specially prepared for serving cold, and their properties would be impaired by heating; directions accompany these; others, again, may be heated a little. Then for spreading on bread and butter or plain biscuits many are useful; the same may be said when concentrated nourishment is required; and not the least of the uses of foods of this class is that they are so quickly obtained and prepared in an emergency. The mixtures of meat extract with other ingredients must not be overlooked, wines, malt, and certain chemicals being thus employed; but these are administered by doctors' orders, and rightly so. A small quantity of meat extract added to home-made beef tea increases the savour, or is handy for eking out a scanty supply. If given too strong, all meat extracts and kindred preparations may prove unpalatable, and generally they require no salt; indeed often they are voted too salt in the original state.

NOTE.—Peptonised meat jellies are useful for sandwiches.

Milk and Beef Tea.—Some patients who have tired of ordinary beef tea, are treated to a somewhat novel kind, viz., a cup of hot milk, to which may be added from half to a teaspoonful of meat extract or beef jelly, either of the ordinary or peptonised kinds as directed by the doctor. In this way, changes may be rung with regard to flavour, and real nourishment is readily administered. The flavour of these combined ingredients is not generally acceptable, though some will take the food easily.

Milk with Chicken or Mutton Tea.—Take equal parts of hot milk and either of the teas named, free from fat, or any herb with which it may have been flavoured; if thickening is allowed, a little arrowroot, or anything of the kind, can be used to give body. The addition of a beaten egg adds to the nourishment.

Milk with Egg and Beef Tea.—This is useful where concentrated nourishment is essential, and is very tasty. Required: a fresh egg, and about the same measure of milk and beef tea. The egg and milk are to be carefully thickened over the fire, custard fashion, and then put in a hot

basin, the beef tea, separately heated, being added a little at a time, and the mixture well beaten. Serve at once, as it is not desirable to put the mixture again over the fire. Another way is to use rather more milk, and to add a little barley-flour or other thickening and boil it, then add the egg and thicken as before, and finish off in the same way. Mixtures of this sort do more harm than good unless properly blended. If all were boiled together, which some might consider just as good, the food would be spoilt, as it would not only curdle but be indigestible.

Note.—Some of these, and other similar preparations in this chapter, are suitable for administering in the form of an enema. An ounce of beef tea, half an ounce of cream, half an ounce of brandy, and the yolk of an egg, make a nourishing enema. But the ingredients and proportions vary greatly in different cases.

Milk with Meat Juice.—There are certain preparations of meat juice well known to all good chemists, which are spoilt when taken hot. When cold food does not disagree, these are useful, and may be mixed with wine or water, &c. When the appetite is fickle, milk may be tried in the same way. In most cases the milk should be boiled and left to get cold, for although milk in the cold state may not be injurious, it might be bad for the patient unless boiled first.

Minced Meat.—Perhaps there is nothing better than the lean part of a well-cooked mutton chop of good quality; it should be passed as quickly as possible through a mincer, and served with all its gravy on a very hot plate at once. Next to a chop, a thick slice should be taken from the centre of a piece of roast meat, such as a leg of mutton, and treated in the same way. Fried or overdone meat does not answer. Veal should be well cooked, but not dry; but as a rule it is used more for invalids in the form of tea and broth than minced. Beef steak, when so served, should be thick and juicy, and not overcooked.

Mixed Meats Soup.—This is tasty. Required: a quarter of a pound of veal, the same of mutton, and half a pound of beef skirt, with a few poultry or game bones. Seasoning as below. Cost, about 8d., exclusive of the bones.

The meats should be minced, and put in a jar with a tablespoonful of celery and half as much onion, a bit of carrot and parsley, half a dozen peppercorns, a clove or two, a little salt, a bay leaf, and enough water to cover. Cook for three to four hours, then strain and rub the vegetables through a sieve; or, if preferred omitted, add them just for the flavour in large pieces. Any approved thickening may be added. A bit of calf's head or foot is a good addition. The bones may be omitted, and the veal increased a trifle. Beef skirt yields rich gravy, and the flavour is a change from beef tea and the like. Necks or other cuttings of poultry may be added to this. The vegetables should be omitted where unsuitable.

Mixed Meats Tea.—The following suggestions will be of use to any who have to prepare liquid nourishment, and when ordinary beef and other teas have become wearisome. The proportions are approximate only, as the strength can be increased or decreased to suit the case.

No. 1.—A quarter of a pound each of mutton, lean beef, veal, and poultry cuttings. From a pint and a half to a quart of stock should be added, such as the liquor from boiled poultry, &c. Simmer for three hours in a slow oven.

No. 2.—A mixture of game or poultry, and beef and veal; about a quarter of a pound of each, with a pint to a pint and a half of water. Cook as above.

No. 3.—A sheep's foot or the shank bone of a leg of mutton, half a pound of veal, and a quarter of a pound of gravy beef. About a pint and a quarter of water. Cook as before.

(For seasonings, &c., *see* page 1067 under BEEF TEA.)

Mock Omelet or Puffed Pudding.—This is recommended for its lightness, and the facility with which it may be prepared. Required: an egg, a tablespoonful of milk, and other ingredients as under. Cost, about 2d. to 4d.

Take a saucer that will fit over a saucepan of boiling water, and rub it with a little butter; set it over the pan to heat while the egg is beaten with the milk—yolk first, and the white beaten to a stiff froth and added lightly; if for a savoury dish, put in a pinch of salt and pepper and a morsel of chopped parsley if allowed; pour into the saucer, put a second saucer, also heated, over the top, and cook for ten minutes or less. A very fresh egg is essential, and the white must be as stiff as for omelets. For a sweet dish, a little sugar may be put in, or a teaspoonful or two of heated jam or stewed fruit served with it.

Mock Turtle Soup.—This is simple and nourishing. Required: half a calf's head, three quarts of cold water, two ounces of browned flour, a dessertspoonful of salt, a half teaspoonful of peppercorns, a quarter of a pint of good Madeira or sherry, a bunch of herbs, a little lemon juice, and, if allowed, a couple of tablespoonfuls of mixed vegetables, cut up, as carrots, onion, and celery. Cost, about 2s. 6d.

The head should be cleaned, but the skin be left on. Put it on in the cold water, first cutting the meat up and breaking the bone, then add salt and herbs, &c., and bring to the boil very steadily; skim well; cook for four to five hours. Then strain, and put the liquor back with the flour mixed to a paste with the cold water, and boil for ten minutes; add the wine and seasoning to taste, and the lemon juice and serve. This may be left unthickened, and warmed and finished off each time as required, as it keeps well in a cold place. If allowed, a little of the best and thickest of the head can be cut in dice and served in the soup, but the rest is only fit for the stock pot or a plain meal, as most of the nutriment will be in the soup. A quarter of a head can be used at a time, and a thinner soup made which will better suit in some cases; the above is very strong of gelatine. A pleasant variation is obtained by putting one of the French cereals in in place of flour; tapioca or sago is very nice, or potato-flour can be used. Macaroni may also be used, and vermicelli is excellent.

Mutton Broth.—The neck of mutton is usually chosen, and where there is distaste for fat it is better to remove as much as possible at first; this gives less trouble, and causes less waste. About a pound of meat to the pint of water is the average, but the strength varies much under different conditions. The meat must be fresh and well washed from blood; the extreme scrag end, just where the head joins the neck, is very dirty, and should be removed; the next cut is suitable. The dirtier the meat the more washing and skimming, and this means a corresponding loss of nutriment and flavour. Divide the meat small and cut the bones up; put them in a delicately clean pan, and bring to the boil gently, skimming with care; the addition of a little cold water will throw the scum up, and it must be removed to the last bit. Then add a little rice or barley, about a tablespoonful to each quart of liquid, or some would like half the quantity for a thin broth. If allowed, put in a leek and a bit of celery and turnip, and a sprig of parsley with a few peppercorns and a little salt. Cook very gently for about three hours. This is supposing the goodness is desired to be extracted as far as possible from the meat, which is then not to be given to the patient; but if it is desired to serve a little of the meat (minced) in the broth, a smaller proportion of water should be added at

first, and the meat cooked for two hours only. The meat can be passed through a mincer if liked. Another good plan is to take up some of the meat as soon as it is tender, and set it aside for serving in the broth, and to prolong the cooking of the rest until it looks stringy and "raggy." The liquor should then be strained, and the best meat put in. Sometimes the vegetables are mashed; or they may be used for the sake of flavour only and removed; so may the rice or barley; a little chopped parsley is a nice addition. When anything stronger is required, or vegetables not allowed, MUTTON TEA should be made as below. For other cereal thickenings, *see* recipe above.

Mutton Tea.—*See* recipes for BEEF TEA and MIXED MEATS TEA, and substitute mutton for other meats, following such recipes as are, according to strength, flavour, &c., best suited to the case. As a rule, mutton tea is made very plainly, but sometimes strong; a pound of meat being used to half a pint of water.

Nourishing Soup.—Required: half a calf's foot, half a pound of lean veal (meat and bone together), water, milk, &c., as below. Cost, about 7d. to 9d.

The meat should be cut up, the foot prepared and divided, and put in a couple of quarts of cold water, with a few peppercorns and allspice berries, and a little salt and a bay leaf. Add a dessertspoonful of scalded pearl barley, or coarse wheat or oatmeal (the changes may be rung on all with advantage); simmer until the liquor has reduced to half, then strain; reheat, and add about a fourth the measure of boiling milk at the time of serving. A shalot or onion adds to the flavour when allowed. The residue may be used with other materials for a plain family soup, or the bones put in the stock pot, as there is considerable nutriment left. Or, where strict economy must be carried out, take the bones and barley, and fresh meat of any kind, and make a little more soup on the same principle. An egg adds to the nutriment. (*See* page 1074.) In acute illness omit the flavourings.

Oatmeal Gruel.—Required: a pint of boiling water, an ounce or so of fine oatmeal, a pinch of salt, a teaspoonful of sugar, or to taste; flavouring is optional, a little nutmeg is often liked, or a teaspoonful of lemon juice is nice; wine or spirit, if added by the doctor's order, should be put in after boiling.

Mix the meal to a smooth paste with the back of a wooden spoon (one shaped like a tablespoon is best), using a little cold water, added by degrees, and always stirring from the middle. Then add the rest of the water, which should be boiling; put the whole back in the saucepan, and simmer for thirty to forty minutes at the least—an hour is better; stir very often unless a double saucepan be used. The sugar is best added near the end, as there is less tendency to burn. If the least lumpy, strain; but this will not happen with care and a clean utensil. Avoid smoke and burning; the least trace of either is likely to produce sickness, and loathing for food of the same class.

NOTE.—This is given as a good gruel in cases where milk does not agree.

Oatmeal Milk Gruel.—Follow the directions given above, using milk in place of water, and being still more careful in the matter of stirring. Some add butter with a view of increasing the nutriment; the addition is of doubtful benefit, but in any case it should be put in just before removal from the fire. It is by many authorities considered much better to add a little cream—a tablespoonful or more to half a pint; stir it in in time to become heated, or put the cream in a basin, and beat the boiling gruel well to it. An egg, or the yolk only, may be used for a very nourishing gruel; some can take a *water* gruel with an

egg, who could not digest a *milk* gruel made plainly. If the egg be beaten into a basin, the gruel added, and the beating kept up for a minute, and the gruel returned to the fire for a minute or two, the egg will be cooked enough; or, in many cases where it is desirable to give eggs in a state approaching raw, it is enough to beat the egg in off the fire. This is always a good method if the gruel contains lemon juice, to prevent curdling.

NOTE.—In using the "patent oatmeal" sold in packets, the directions on the tins should be followed. The precise consistence of the above is a matter of taste; many like a very slightly-thickened gruel, then an ounce would suffice for a quart of oatmeal.

When "medium" oatmeal is preferred to fine (and if it agrees it answers as well), it should be boiled for a longer time. Coarse oatmeal gruel is sometimes made by using the coarsest meal, as if for porridge, but with a much larger proportion of water; the liquid portion is then passed through a sieve, and served as gruel, the meal being left behind. The thick part may be converted into porridge or a pudding, and served as a family dish.

Oatmeal Jelly.—This form of food is often found very digestible and nourishing where the entire grain does not agree. About an ounce of coarse oatmeal (or one of the steam-cooked preparations in the shape of flakes is excellent) to a pint of water should be boiled as slowly as possible for an hour. Baking in a jar answers as well; the thing is to bring the mixture to boiling point as slowly as possible; then strain through a coarse hair sieve to leave the husk behind. This is taken as it is, warm or cold, with flavouring, and sugar or salt to taste; or hot milk or cream may be put to it and served in the form of gruel, which will be found exceedingly delicate. A spoonful or two when cold may be added to other foods of many sorts, either to impart a slight thickening, or to increase the nourishment. Enough for several days may be made in cold weather. Added to milk, or milk and water in suitable proportions, this may be given to young children as soon as thickened foods are commenced, as it can be made thin enough to take from the bottle.

Another way.—This is better when the entire grain is required, but by the method of cooking it becomes a jelly, and is beautifully smooth. Allow two ounces of oatmeal to a quart of water, and cook in the oven for four or five hours, the slower the better; in a cool oven it might be left all night. Then serve it in any of the forms above named. It may be sieved if liked, but the whole should pass through. A pinch of salt should always be cooked with these preparations unless forbidden.

NOTE.—This is not intended for infants.

Oatmeal Thickening for Beef Tea, &c.—When oatmeal is ordered as a thickening, it is better to mix it with a little stock or water, and boil it for a few minutes separately; the "prepared oatmeal" is best. The beef or other tea is then to be put to quite hot, a little at a time, and the whole stirred, but the mixture should not boil again. Another way is to take some oatmeal that has been boiled or baked for porridge, supposing coarse oatmeal to be suitable, and while it is hot to add the tea as before, and then stir the whole again to nearly boiling point. The thing to avoid is the *boiling* of the tea for the sake of cooking the oatmeal.

NOTE.—*See* recipe above. Oatmeal so prepared is very strongly recommended.

Onion Gruel.—This is an old-fashioned remedy for a cold in the head. It should be taken hot, seasoned with pepper and salt, and about two or three tablespoonfuls of cooked onions added to a pint. The onions can be chopped or sieved, the latter being the nicer. Leeks are sometimes

substituted. Many persons recommend this dish to sufferers from insomnia. Fine or medium oatmeal may be used.

Onion Soup. — The foundation may be light stock, milk or water, according to circumstances. The onions should be boiled, and chopped or sieved, and added to the liquid with a suitable thickening. This may be bread-crumbs or any farinaceous preparation, barley-flour being particularly nice. (*See* OATMEAL JELLY, page 1084). Leeks may be used in place of onions. A mixture of onions and celery will make an excellent soup, the proportions and the consistence of the soup being a matter of taste. When taken to promote sleep, the onions should not be stinted. A soup made in the same way as onion sauce, but thinner, may be recommended where milk and butter are allowed. A vegetable or light meat stock, thickened with boiled onions and a little cooked rice or barley, is generally liked. These are hints rather than recipes; the main thing is, when onions are ordered, especially if they are not much relished by the patient, to vary the modes of serving, and to use such adjuncts as best suit the case. The addition of a little parsley or sage may be borne in mind where condiments are permitted. Many other herbs are just as good.

Orangeade. — Required: two or three sweet oranges to a pint of water. About half an ounce to an ounce of sugar may be allowed on an average. Cost, about 2d.

This should be made like lemonade (page 1078). Or the rind of only half the fruit is sometimes liked. Another way is to use cold water, allowing a larger proportion of fruit juice than above, and a little rind only; this is thought to produce a fresher flavour of the fruit, and many like lemonade made in the same way. About half a lemon to every two or three oranges improves the flavour. If a slight bitterness is preferred, a spoonful of orange marmalade can be put in each pint of liquid: this should be strained off. Liquid orange jelly diluted with orange juice makes a good drink of the kind; or a little gelatine or isinglass may be used to give body if desired.

Oysters, Nourishing Dishes of.—In the chapter on FISH we have already pointed out that the best authorities agree that the oyster, although very digestible and nourishing in the raw state, is rendered indigestible when cooked. But there are degrees of indigestibility according to the methods of cooking, and the degree of heat applied. Bearing in mind, therefore, the number of cases in which a warm dish of this sort is a necessity, we recommend the following as amongst the most digestible of oyster dishes.

Oyster and White Fish Stew.—Supposing about a quarter of a pound of any white fish, as sole or whiting (or any of the cheaper sorts will do), rub it through a sieve while raw, and to a quarter pound add enough fish stock, or milk, or oyster liquor to cover, and simmer the fish until just done. In some cases a few minutes will suffice. The seasonings here are a matter of taste; reference can be made to any of the oyster dishes in this work; in most cases very little seasoning is best. Then add a teaspoonful of corn-flour, or flour, and boil up, adding a morsel of butter if allowed; or the yolk of an egg may be beaten in at the last moment; this should be beaten with a very little warm milk or fish stock first, that it may not curdle, particularly if the fish gravy contains acid. The oysters, four or six, bearded, and divided if large, should be put in after the vessel is removed from the fire; then cover, and set where they will just heat through for a minute, but where there is no chance of the mixture boiling. This may be served with toast or as preferred. The right consistence is a

thick mince that will just drop from the spoon, but owing to the variation in the size of oysters and the nature of the fish employed for the base—some being so much more watery than others—only approximate quantities of the various ingredients can be given. In the hands of a careful cook, however, this recipe will be found very useful. A very simple way of serving the dish is to take any cold fish that may be left over from a previous meal, and mix with a little white sauce or hot milk (it may be thickened or not, and the egg is optional); the oysters are added, and the dish finished off as directed above.

Steamed Oysters.—Put the oysters, bearded, and in some of the strained liquor, in a small basin; cover, and set this in a potato steamer, and let the water boil under in the ordinary way until the oysters are warmed, but do not give them a second longer than is necessary. Serve on a hot plate with a little lemon juice and seasoning, or quite plain if preferred. Another way is to cover the oysters with a little hot milk and the liquor mixed, and set the vessel in a saucepan of hot water, which should simmer round the oysters for a minute or two; in this way they are soon ready, and there is no fear of their becoming hard with ordinary care.

Port Jelly.—Required: a pint of stock as directed for calf's feet jelly (page 1070), half a pint of good port, an ounce of sugar, and about half an ounce of gelatine. Cost, about 2s. to 2s. 6d.

The stock should be melted, and the gelatine dissolved in it; when it is cooling mix the wine with it; stir and set by to get firm; less gelatine will do in warm weather, and if poured in a shallow mould a quarter of an ounce will suffice any time. This is not clear, but it is nourishing and easily made, and in cases of prostration where port is ordered will be found very useful. Variety of flavour may be obtained by the addition of nutmeg, cinnamon, &c.; the flavouring essences are recommended in preference to ground spices. Equal measures of stock and wine are sometimes used; or wine alone, with enough isinglass or gelatine (melted in a little water) to set it should be used for a very strong jelly.

Possets. — A posset is an old-fashioned drink made by curdling milk, which is often thickened with some farinaceous preparation. In some parts of the country it is highly esteemed for colds in the head. The two given are illustrative of the group.

No. 1.—Boil a pint of milk, and as it is rising in the pan stir in a tablespoonful of treacle. The curd should be separated, and the posset served very hot. It must boil until the curd forms freely. A similar posset is made by boiling the milk with a little cornflour, and using honey in place of treacle. A tablespoonful of sherry is a common addition to this, but raisin or cowslip wine answers.

No. 2.—*Sago Posset.*—A couple of ounces of fine sago should simmer in a pint and a half of milk or water for two hours; then add a little spice and a tablespoonful or two of any light wine, and finish as before. Whey is now often used in place of these drinks.

Potatoes. — Speaking broadly, mashed potatoes are bad for the sick, or even for convalescents, when butter and other adjuncts are used; but a floury potato, passed through a strainer, and allowed to fall lightly on a hot plate and left untouched, is another thing. Or, the best part of a potato baked in its jacket is good. A steamed potato is better than a boiled one, and new potatoes are better avoided. The mealiest should be selected, and the least portion underdone may cause suffering. A light kind of soup is made by dropping sieved potatoes, as above described, into a little boiling milk or white stock, or a mixture of the two; an egg is often a good addition.

Potted Meats for Sandwiches. — The ordinary seasoned potted meats for people in health are not here intended. But we are mindful of the fact that in some cases where the powers of mastication and digestion are feeble, finely-divided meat is a necessity. Besides, those who may have been long on tasteless or slop diet, find some such snack as a potted meat sandwich very acceptable for tea or luncheon. It comes as a go-between a meat meal proper and plain bread and butter. It is also a good way to use up a morsel of any cooked food which may have been specially prepared for the patient. Supposing any white meat or poultry at command, free it from the usual ingredients that would render it objectionable, in the form of skin, &c., and cut it up, then pound it to a smooth paste, adding a little cream from time to time; or a morsel of meat jelly may be used, or butter, if allowed. Another way of moistening is to add any thickened gravy that may be left. Then spread this on slices of bread and butter, and make into sandwiches. Or use thin strips of toast. Game may be converted into tasty dishes of the same sort. The seasoning is a matter of choice; in many instances nothing more than salt should be used. If cream has been ordered by the doctor to be freely used, this is a good way of giving it, and if plenty be put with the meat, the bread may be but slightly buttered; or butter can be omitted. The yolk of a cooked egg (not a hard-boiled one) may also be added sometimes, to the further improvement of the dish.

Note. — By warming the mixture after the amalgamation, and spreading it on a slice of hot toast, a digestible savoury is readily obtained.

Puddings.—(*See* Light Puddings, also Index.)

Restorative Gruel or Jelly. —Required: an ounce each of pearl barley, tapioca, rice, and crushed wheat, Wash these well, renewing the water several times; the first water should be hot, and the next cold, and the grain must be rubbed between the hands. Then put all on the fire in a saucepan, with four pints of cold water, and cook gently for a couple of hours if for gruel; strain and flavour like any other kind, and serve hot. If liked thick, as much of the grain as can be rubbed through a sieve may be added; if too thick, dilute with milk, or wine or spirit can be added. For Jelly, the cooking should be prolonged, and the whole rubbed through a sieve, and sweetened to taste, and poured in a mould to set.

Another way is to use rather less of the grains, which makes the sieving easier, and to add a little sheet gelatine to make it stiff enough to set. This is very nice flavoured with port or other wine. When cold food is not allowed, it may be served tepid, on the point of setting. We may remark that now, in many disorders of the bowels for which, at one time, cold food was thought the best, tepid dishes of this sort are generally preferred by the medical profession. They are often more easily digested, and less likely to cause pain.

Rice Jelly. — Required: an ounce of sugar, a pinch of salt, a pint and a half of cold water, and a quarter of a pound of the best Carolina rice. Cost, about 1½d.

The rice should be washed, and soaked for a few hours in the water, then boiled with the rest until reduced to half; rub through a coarse sieve, and put in a china mould, and serve when cold or cooling. A little cinnamon is a suitable flavouring, and it is often better to use less sugar.

Note. — Milk may be used with rice in the same way. (*See* Rice in *Cereals.*)

Rice Soup.—This may be served in any disorders for which rice is usually recommended; but the amount of meat will be reduced with advantage in some cases, and skim milk

will often agree better than new. Required: half a pound of veal or mutton, a little salt and pepper, and if spice is allowed, a pinch of cinnamon or nutmeg, an ounce of rice, and a pint and a half or more of milk and water, mixed. Cost, about 6d.

The meat is to be cut up, and the bone, if any, cracked; the rice must be washed well, but not blanched; put all on with the water, and cook for a couple of hours, then add the milk, and cook for another hour; it is best done in a jar. Strain, and rub as much of the rice through as possible, and serve hot.

NOTE. — It depends upon circumstances whether the meat be rubbed through and served or not. Another good soup is made by using vermicelli as above. (*See* also VERMICELLI JELLY or SOUP.)

Rice Water.—Proceed as for RICE JELLY, but use an ounce of rice only to a quart of water; simmer to half the quantity, and strain, letting all but the solid part of the rice go through. Rice milk is now often used as a substitute for water, and is, of course, more nourishing. When wanted in a hurry, a teaspoonful of rice-flour may be boiled with half a pint, or less, of milk or water. A teaspoonful of brandy is often added to these preparations, and port is sometimes used. Flavour with cinnamon.

Rusk Pudding.—Required: a couple or three finger rusks, an egg, a gill of warm milk, and other ingredients as under. Cost, about 3d. to 4d.

The rusks are to be broken up, or crumbled into a buttered basin that holds about half a pint. Beat the egg and milk well, and pour over, and leave for a short time to soak, then twist a paper over, and steam for about twenty minutes. This is nice hot or cold. Having no sugar in, it is exceedingly light, and may be served with jam, or stewed fruit (free from stones), a little fresh fruit syrup, or with sugar only. It is a useful pudding quite plain, in cases where sugar is disliked altogether. It may also be baked in a steady oven, and a stale sponge cake may be used in the same way.

Another way is to beat the rusks up after soaking, or they can be stirred in milk over the fire, and put through a sieve. Many kinds of rusks, as malted, &c., may be used thus.

Sandwiches.—(*See* POTTED MEATS FOR SANDWICHES, page 1087; also MEAT EXTRACTS, page 1080.)

Savoury Blancmange.—This is a useful dish when it is desirable to give milk, and the patient may have tired of ordinary ways of serving it, or may dislike sweet dishes. It can be served in most cases unless vegetables are forbidden. Required: half a pint of milk, the same of white stock from fowl, veal or rabbit, or a mixture of meats, a small onion, a bunch of herbs, a morsel of mace, half a dozen white peppercorns, a few slices of carrot, salt and gelatine as below. Cost, a few pence only.

The stock should be free from any impurities, and be put on with the seasonings, and simmered until reduced to about a quarter of a pint or rather more; it is then to be strained and mixed with the milk, first boiled and the gelatine dissolved in it; half an ounce will be wanted if required to get cold enough to turn out, but this is very nice served in a semi-solid condition before quite cold, then rather over a quarter of an ounce of gelatine may be enough if poured in a shallow vessel. It is not nearly so nice when very stiff. The proportions of stock and milk may be altered to taste, and a little celery improves. For the sake of extra nourishment a spoonful or two of cream may be put in. An egg yolk may be added.

NOTE. — The above is very nice taken in the liquid state while hot, but then of course "blancmange" is a misnomer.

Savoury Custard.—Required: a gill of beef tea, or clear soup, or nice stock, and two eggs. Cost, about 4d.

The liquid should be cold, and added to the eggs, first well beaten and freed from specks. Then pour in a lightly buttered cup and steam for twenty minutes steadily. This may be served hot, or turned out when cold. A dish that will be better liked often, and suitable for serving hot, is to use one egg only, or the yolks of two; this may be served as soon as set; the heat cannot be too gentle and regular. Fierce heat will result in a spongy-looking custard.

Savoury Pudding.—Required: a teaspoonful of corn-flour, the same of fine bread-crumbs, half a pint of beef tea, the yolks of two eggs, and the white of one, and a pinch of salt. Cost, about 8d.

The corn-flour should be beaten with a little cold water to a very smooth paste, and added to the beaten eggs; the beef tea should be cold and free from fat; the whole must be mixed well with the crumbs, and left to stand a short time before steaming in a cup or basin. Time, about half an hour. Serve hot or cold.

Another way.—Chicken tea, and a few strips of the white meat if liked, should be substituted for the beef tea. A little more body may be given by adding the white of the second egg, or another teaspoonful of crumbs. The pudding will be more delicate in both cases, if the yolks only of the eggs are used, then another teaspoonful of arrowroot or corn-flour should be added.

Note.—Any of the bought preparations of beef tea, &c., may be used, except those for serving cold, which the re-heating would spoil.

Sheeps' Feet Jelly.—This is worth attention, as with care it is very little inferior to jelly from calves' feet, while it is much cheaper. Required: a set of feet, three pints of cold water, the thin rind and strained juice of two or three lemons or oranges, a pint of wine, which may be sherry, raisin or cowslip, the whites and shells of three eggs, and from four to eight ounces of lump sugar, according to taste, and the kind of wine and fruit used; if lemons, more sugar is wanted than for oranges. Cost, about 1s., exclusive of the wine.

The feet should be cleaned and cut up, then put on in the water, and boiled for five to six hours. Blanch them by bringing to the boil, and throwing the water away, then rinsing in clean cold water. The cooking should be slow, and the liquid well skimmed. Strain the liquor, and put it by to cool. Then remove the fat and all impurities, and put it in a clean pan with the other ingredients, and stir to the boil. Simmer for a few minutes, then let it rest for ten minutes, and finish off as directed on page 939. The weather must be considered as usual; a little gelatine may be wanted, or a little more water may be put in in very cold weather. Or, should the jelly on setting be found too stiff, it can be re-melted and more wine added. For a cheaper jelly, reduce the wine and increase the water, and add lemon juice if liked.

Solid Coffee, Chocolate, or Tea.—Either of these beverages may be made in the ordinary way, but with all milk, or half milk if more agreeable to the patient. While hot, enough isinglass or sheet gelatine should be added to set the liquid. If to be taken cold, enough gelatine to make it just firm enough to turn out must be used; if to eat warm, on the point of setting, less will be wanted, and a shallow dish should be used. This is recommended in cases where a dislike for milk, and a liking for either of the drinks named exists; as by serving it in this form the patient's whim is indulged, and the benefits of a milk diet are presented in an agreeable form. Very little sugar should be added,

Suet Milk.—We call attention to this, as although not so well known as it deserves to be, it is of value, not only in its simple state, but as a vehicle for other nourishment; and by altering the flavours the suet "twang" is quite concealed. Now that fats are made so much of in the treatment of many disorders, particularly of children, preparations of this kind are often a boon. Add an ounce of mutton suet to a pint of new milk; the suet should be shredded as thinly as possible; set them over a very slow fire, in a china or enamelled pan for choice, and let the suet dissolve gently. The flavour may be spice or lemon, and a little white sugar does no harm. Serve as hot as possible, and heat the vessel and spoon. In a semi-cold state it is not nice. Take care to heat the strainer well. The additions that may be made are many. A nourishing soup is ready by putting in an ounce or so of any cereal that has been cooked in a sufficient quantity of broth, or water, or milk; or a little porridge may be used. Any of the "malted foods" are suitable to make a kind of porridge or gruel, by simply using the milk in the ordinary way; potatoes or onions, previously cooked, and mashed or chopped, with a seasoning of herbs give another good dish.

Thickened Milk. — This is nice when something a little thicker than plain milk seems called for, yet not quite of the nature of gruel.

To a pint of milk a teaspoonful of either of the following may be allowed: rice-flour, chestnut-flour, arrowroot, barley-flour, or potato-flour; either of the French preparations referred to in CEREALS being used for choice. The mode is simply to mix smoothly and stir to the boil, then to sweeten and flavour, adding a little spirit or wine, if such be ordered; this may be taken warm or cold. When more body is liked, use nearly, or quite, two teaspoonfuls of the thickening. A similar preparation is made by boiling a little French tapioca, or sago, in the milk, shaking it in gradually, and stirring and simmering for twenty minutes.

Toast, Savoury, and Nourishing.—In any case where the juices of animal food are ordered, the following will be a good way of serving, always assuming that bread has not been forbidden. Take care that the bread is stale, and free from crust. Have a hot dish with a nice thin piece of freshly-made toast on it; cut in pieces convenient for serving, and take it near the fire, then press the juice from an under-done piece of beef steak; the mode *par excellence* for this is grilling, and the steak should be thick. If half a pound of meat has been cooked, cut it quickly into three or four slices before pressing; a lemon squeezer may be used for the purpose, but it should be made hot. Serve as hot as possible, with or without seasoning. The toast should be thin, that it may be nearly soaked through with the gravy. Make the most of the meat by putting it into the stock pot, as there will still be a considerable amount of goodness left in it.

NOTE.—Mutton may be used in the same way; a thick slice from the leg should be chosen, the fat being first removed. Sometimes the gravy from meat that has been only warmed through is ordered to be served thus. A slice from a cooked joint may be so treated; always cut it thick, and take a slightly under-done part.

Toast Water.—The top crust of a stale loaf is considered the best, and it should be toasted very thoroughly, and a good brown, but not burnt. The crumb of the loaf is more liable to turn sour. Place it in a jug of cold water, or water that has been boiled, and when cold strain and serve. This is better made fresh daily. A slight flavouring of lemon or orange is often liked. Some prefer to use boiling water, but the bread is apt to break, and the water to become thick. It always wants careful straining, however made. Where the water is

suspicious, toast water is a reliable drink; the water should be filtered as well as boiled. (*See* APPLE WATER.)

Tripe, Stewed.—If the tripe be already cooked, remove any fat, and pour a little hot water over, then pour it off when cool. Cut the tripe up, and to half a pound add a quarter of a pint of light chicken or rabbit stock, and bring to the boil. Add a tablespoonful of chopped onion, and a little salt and pepper, if allowed, and a slight thickening of flour and butter, or flour only; or a morsel of boiled rice, or other grain, should it be preferred. When onion is not liked, a dash of chopped parsley can be used. If the tripe be bought cleaned, but uncooked, the quantity of stock should be doubled, and the tripe cooked in it until tender, after being first brought to the boil in water with a little salt; the water should be all drained off.

Another way, both for cooked and uncooked tripe, is to use milk for the final cooking in place of stock. The main thing is to get rid of the fat, and to season enough to prevent insipidity only. Most medical writers are of opinion that tripe in itself is nourishing and digestible, but often spoilt by additions of various sorts.

Vermicelli Pudding.—This is one of the lightest of the cereal puddings. Required: a pint of milk, an egg, an ounce of vermicelli, half an ounce of white sugar, and a scrap of butter. Cost, about 4d.

Those who like a thicker pudding will use nearly double the amount of vermicelli, but as dishes of this sort are often of service, cool or cold, they are better of medium consistence at first. The vermicelli should be rinsed in water, and put with the milk over a slow fire, and stirred often to boiling point, unless a double pan is used. Then simmer for half an hour, stirring often, and cool before adding the egg and sugar. Butter a dish, and bake in a gentle oven for about twenty to thirty minutes.

NOTE.—This is very plain; an egg to half a pint or less of milk may be used for a richer pudding. Many of the French cereals can be used thus (*see* page 545 for general hints). Stirring during the simmering stage is a necessity.

Vermicelli Soup.—About half an ounce of vermicelli, more or less to taste, may be added to each half pint of stock, either brown or white. If clear stock, parboil the vermicelli for a few minutes in water. It must be added to the soup at once, while the latter is boiling, and the cooking finished; for if put by it will form a lump. It should also be broken up; if this is not done, it has a tendency to slip over the sides of the spoon, and this is trying to an invalid. When the stock used is not clear, simply wash the vermicelli; allow it to cook for about half an hour. Stir often during the boiling. (*See* also RICE SOUP, p. 1087.)

Vermicelli Jelly or Soup.—This is *strongly* recommended; as taken hot it is a delicious soup, or cold in the form of a jelly is equally satisfactory; and owing to the addition of the vermicelli is a very decided change, both in flavour and appearance, from ordinary meat jellies. Required: half a pound of neck of mutton all lean, the same weight of beef from the thick part of the leg, an ounce of isinglass, the same of vermicelli, three pints of cold water and seasoning as under. Cost, about 1s. 6d.

The meat must be cut very small, and put in the water an hour beforehand. Bring to the boil, and then add the other ingredients, and simmer for four to five hours. A little seasoning may be used, such as a few peppercorns and a sprig of any sweet herb, or a bay leaf, except in acute illness, then nothing more than a little salt should go in; a tiny pinch at first, and the rest at the time of serving. This

must be skimmed well in the early stage of the cooking, and most carefully strained and freed from fat at the end. If required cold, pour it in shallow earthen vessels in a cold place. A little wine or brandy may be added, if ordered, after straining. Veal may replace the mutton when suitable.

NOTE.—It should simmer down to less than a quart.

Whey. — Whey is recommended for many persons suffering from dyspepsia and other ailments. It may often be given very freely. Whey enters into the composition of infants' food occasionally.

Alum Whey is easily made; add a drachm of powdered alum to a pint of hot milk. The whey is to be strained thoroughly from the curd.

Irish Whey.—Mix a third of a pint of buttermilk with two-thirds of a pint of new milk, stir and boil the mixture. When it has settled, after pouring out, strain the whey off. This is called also "two milk whey."

Lemon Whey.—The milk should receive the addition of a little lemon juice; it may be added a few drops at a time until the milk turns. It is then to boil for a minute or two, and left to cool, when the whey can be strained off. This is useful when wine would be considered too heating, or there is no rennet at hand to curdle the whey. Vinegar is used in place of lemon juice often. (*See* CURDS, page 807.)

Wine Whey is made by stirring to a pint of hot milk a glass or more of sherry or raisin wine. Bring to the boil again, and let it stand a few minutes, then pour the curd off, and sweeten the whey for use. Sometimes dilution with water is advised.

Whiting, A Savoury Dish of. —Take a whiting or fresh haddock, and remove head and skin, and wash the fish with care. Then make a broth of the trimmings with a little salt, a sprig of parsley, and a few peppercorns. A pint of water may be reduced to a gill or less in this way. The fish is then laid in a dish with the broth, and cooked in a gentle oven; the time varies with the size, and it may be cut up or not. If wine is allowed, half a glass of any of either of the light kinds will give a better flavour, or a little lemon juice may be preferred. A morsel of mace or nutmeg will further increase the savour. The fish can be served with the liquor converted into sauce, by the addition of a little white roux, or a slight thickening of arrowroot or flour, according to circumstances; or the liquor may be served as fish soup if any cooked cereal or other thickening be added. The main idea is to give savour to the fish itself.

JAMS, JELLIES, PRESERVED FRUITS, AND FRUIT DISHES.

(*For use of the above see* BEVERAGES, DESSERT, PIES, PUDDINGS, SWEETS, ICES, SWEET SAUCES, AND SWEET PICKLES.)

JAM MAKING.

SOME writers on this subject give very hard and fast rules with regard to the proportions of fruit and sugar, and the precise time that certain fruits should be boiled: others go to the opposite extreme, and contend that no rules can be given, but that common-sense is the only guide. There is a happy medium; and although of necessity (owing to varying seasons, individual methods, utensils, and fires), fixed rules are not likely to be of service, general rules cannot fail to help, and are here given in a condensed form for the sake of easy reference.

1. The preserving pan, if of metal, must be as clean and bright as hands can make it. If burnt or stained, the jam will become unwholesome or will suffer in flavour. If an enamelled pan, there must not be a discoloured or burnt patch on it. (*See* KITCHEN UTENSILS.)

2. See that everything used is particularly dry; this applies to the pan, skimmer, bottles, and jars. The wooden spoons, &c., should be very clean.

3. Have two spoons, one with a large broad bowl for stirring, and one shaped like a tablespoon for skimming. It is easy to stand some distance from the fire if the spoons be tied by the handles to sticks.

4. Have all ready, including the clean plate for testing, before beginning the operation. The fire should be clear and bright; a smoky fire would ruin the jam.

5. The pan should not be set right upon an open fire; it is easy to use a trivet or grating to raise it. If the fire can be made up to last the whole time, it is well; if not, coke to replenish is better than coals. A gas stove is preferable, as the heat can be regulated.

6. Should the jam "catch," there is nothing to be done but take the pan off at once and empty it into a clean earthen vessel, then to clean out the pan, and when it is dry and cool replace the jam and finish the boiling. With care this will not happen, because, before the actual catching, there will be a smell of burning.

7. The purity of the sugar, the soundness and dryness of the fruit, and the skimming, are of paramount importance. The better the sugar, the less scum there will be. Cane sugar is the only safe one.

8. Whether jam should boil quickly, or only simmer, is a much disputed point. This is certain: the quicker it boils the finer the colour and

flavour. Jam that is boiled longer than it need be is found to suffer in these respects. By the first method the jam wants constant attention; but time and fuel are saved in the long run.

9. The only way to know if the jam is done is to test it. The simplest ways are given here. (*See* the plate test for JELLIES, page 1097.) Notice the extent of the evaporation by the mark on the pan; also if it shows a tendency to set or jelly on the sides of the pan. There is also a very pronounced odour when nearly done. Always remove the pan a little from the fire before testing, that it may not be overdone.

10. Fill the pots or jars while the jam is hot; but whether they should be tied down in that condition or left to get quite cold is not agreed. Both modes find favour, and, generally those who adopt one are "dead" against the other. We have seen jam after several years' keeping by both methods, therefore there seems no reason for preference. Leaving until cold is rather more general, and from experience we can recommend this. It must not in that case be covered until the following day, or later, covered for storing, that is; a sheet of paper may be laid over to keep the dust out. The pots should be dry and warm when the jam goes in.

11. The modes of covering are endless, but nothing would be gained by enumerating them all. If the jam be properly made the covering is a simple matter; if the fruit be bad and the boiling insufficient, no amount of tying down will keep it. Either of the following will serve for good jam. When the jam is cold, put a thin layer of the purest salad oil on with a small, clean brush, or dip a sheet of vegetable parchment to fit the jar exactly, in the oil, and lay it on, then put an outer cover of the same parchment. The oil not only preserves the jam, but prevents dryness of the surface to some extent. If objected to, brandy may be used. The cover may be damped and tied over while wet, and when dry it will have stretched and be quite hard and air-tight. Should the jam be intended for long keeping, or be put in good-sized jars, it is well to use bladder, as directed for pickles. For ordinary purposes, the parchment paper is all-sufficient, and is cheap enough to be universally used. We have found that bought by the sheet much stouter and better than that cut up in rounds for use. (*See* also JELLIES, page 1096.)

12. The place of storage should be dry and cool. Excessive heat and damp are equally bad. There should be a current of air.

NOTE.—The amount of sugar and the average time for boiling the different sorts of jam must be regarded as purely approximate, and may be subject to much variation. The weight of the fruit, the strength of the fire, and the juiciness of the fruit, all have to do with the time for boiling

TO STORE JAM.

The size of the receptacles depends very much upon the size of the family. When often wanted in large families, it is convenient to use good-sized jars, and they are, when bought, cheaper in proportion than the smaller ones. But many prefer one- or two-pound jars for general use. Glass jars are the most convenient, as should the jam show any sign of fermentation it can readily be detected. The next best jar is the old-fashioned white one with top the same size as the bottom. These are



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FRUIT COMPÔTE À LA GENOESE.

often sold in nests of several sizes, and the smallest, holding from a quarter to half a pound, are handy for jellies and fruit cheeses and pastes.

Sugar for Jams.

We have referred in Rule 7 to cane sugar as the best. This need not be in every case loaf sugar, though for any but the plainest jams, it is the best. For jam for present use, made of mixed fruits, for instance, moist sugar answers; and in the opinion of some, though we do not share it, it is *the* thing for blackberry jam. Loaf sugar should be broken into small lumps; if used unbroken it is so long dissolving; and if finely powdered, as is sometimes advised, the jam will present a turbid appearance. The scum may always be put to drain, and the clear part that runs off may be put back in the jam kettle. This effects a considerable saving. A coarse muslin should be laid over a hair sieve.

Proportions of Fruit and Sugar.

Fruit.	*Sugar.*
A pound of apples, sweet	Twelve or thirteen oz.
A pound of apples, sour	A pound, or nearly.
Apricots	Twelve oz. upwards.
Blackberry	Eight oz. upwards.
Blackberry and apple	Twelve oz. upwards.
Currants	Fourteen oz. upwards.
Cherries	Twelve oz. upwards.
Damsons	A pound, or nearly.
Gooseberries	Fourteen oz. upwards.
Plums	Twelve oz. upwards.
Pineapple	Ten oz. upwards.
Quinces	Ten oz. upwards.
Raspberries	Twelve oz. upwards.
Strawberries	Twelve oz. upwards.

For jams not named in the above Table, *see* alphabetical Recipes.

Mixed Jams.

Some prefer a mixture of fruits for jam, and it is besides often a convenience, especially when some kinds of fruits are particularly scarce and others just as plentiful. It is useful to remember that a common fruit, such as rhubarb, readily takes up the flavour of a better one, of which raspberries are a familiar instance. The proportions given below will serve as a guide, though the exact proportions are immaterial.

Currant Jam.—A pound of red to two pounds of black, or a pound and a half of the latter will make a good jam.

Currant and Raspberry.—Red or black currants may be used, or a mixture of the two; equal weights of currants and raspberries produce good results; some use a pound and a half of raspberries to a pound of currants.

Raspberry and Gooseberry.—Equal weights will make a good family jam, but a much better one is made from two pounds of raspberries to each pound of gooseberries,

Strawberry and Currant.—Equal weights are liked by many; only red currants should be used; two-thirds strawberries to one-third currants may be recommended; these quantities result in a jam that is less rich than strawberry alone, and yet the flavour does not suffer to any appreciable extent.

Apple and Raspberry.—Three pounds of raspberries to a pound or a pound and a half of apples, will make a good jam. The flavour is good, and the mixture is less seedy than all raspberry. If good apples, it will be juicy and keep well.

NOTE.—A mixture of apples and black currants, or apples and blackberries may be used in the above proportions.

It should be remembered that the amount of sugar is to be regulated by the quantity that would be required for the fruits in the separate state. Reference to the list above will make this clear; or to the separate recipes.

FRUIT JELLIES.

The best known and most useful fruit jellies are apple, currant, raspberry, strawberry, blackberry, crab-apple, and quince. There are, however, many others very good, and the same rules must be remembered in making any of them.

It is very important that the fruit be used when it is only *just ripe.* Many people wait for fruit to ripen: then take their own time in gathering and converting it into jelly. This is a mistake, because the gelatinous substance contained in the fruit, and which causes the jelly to "set," becomes weaker every day that the fruit hangs upon the tree, while one day's rain will cause further deterioration. Another point is the preservation of the fruit as soon after picking as possible. The purity of the sugar is of great importance, as has been already explained. A bright, good-flavoured jelly, from impure sugar and over-ripe fruit, is not to be obtained by anybody.

Then comes the mode of drawing the juice, or "expressing" it as it is often termed. The best known plan is the water-bath principle, viz., the setting of the jar containing the fruit in a pot of water over the fire, and letting the water boil round the jar. The water should simmer evenly and reach two-thirds up the jar, the latter being covered closely, and all blemishes removed from the fruit—not only stalks, but every unsound portion. The second mode is to place the fruit in a preserving pan over the fire, and stir it until the juice flows freely and the fruit is dissolved. This is a quick way, but we prefer the one above. A third plan consists in setting the jar in a gentle oven until the juice is well drawn. The juice is then to be poured off for use, and the fruit should never be pressed. The thing is to let it drip slowly through a flannel bag or a square of flannel or cloth, either being perfectly clean. Plenty of time should be given, then the juice will be clear, the fruit forming a sort of filter, whereas if pressed it is cloudy to start with.

The amount of sugar to be used varies with the fruit; a pound to the pint of juice may be set down as the average and is commonly used by many for all sorts of fruit, but some are the nicer if less than this be added, and

reference should be made to the recipes for each. The time required for the boiling of the jelly also varies. The juice should first be boiled alone; the jelly will be better in colour and flavour in consequence. About fifteen to twenty minutes must be allowed, and after the sugar is added the whole must boil until the jelly shows by certain tests that it is done. It is necessary to skim well at an early stage, and a favourite plan with many is to make the sugar hot in the oven before adding it; it dissolves more readily, and many think that the jelly is superior in flavour. If insufficiently boiled, the jelly will not keep, and if done too much it suffers in texture and candies, and is often a bad colour. The main point then is to hit the time. A good test is to pour a little jelly on a perfectly cold plate, and if it sets readily the pan should be taken from the fire. If not set in a couple of minutes at the most, prolong the boiling. It is, of course, necessary to avoid over-boiling before applying the test. Another way is to take the wooden skimmer and dip it in and out, holding it sideways, and if the jelly falls from the edge slowly in thick drops it is done. Some pin their faith to quick boiling without any skimming until the surface of the jelly is covered with scum; and assert that after one good skimming the jelly is done. In this case the plate test should be employed as a further precaution.

As to the potting and tying down there is little to add to the directions for JAMS (page 1094). The jars or glasses should be small, perfectly dry, and heated, and filled well with the jelly; the jelly should be put in while hot, and the jars covered in a couple of days, paper being laid over to keep out dust. A thin sheet of paper, oiled or brandied, is often laid over the jelly before covering; this is quite optional. The outer cover must be air-tight. When jars are used and the cover can be tied on, vegetable parchment is the thing. For jelly glasses, rounds of stiff white paper may be gummed or pasted round the edge and firmly pressed to the glass, or the paper may be brushed over on both sides with white of egg. For this mode good tissue paper should be used, and the edges cut here and there; when pressed close to the edge and left to get hard and firm the cover will be air-tight. When the store closet is not perfectly dry and there is consequent danger of the jellies turning mouldy on the surface, the old method of adding a layer of sugar cannot well be improved upon. Room must be left in filling the pots, and when the jelly has set the sugar is put on in a quarter-inch layer; it must be roughly pounded, then heated in a steady oven, and left to get quite cold.

The above rules and directions given in our recipes apply to first-class jellies; where clearness is not considered and where economy must be studied, very good jellies can be made by pressing the fruit, so that it yields more juice; therefore, the words "strain without pressure," will carry little weight. In any case care must be taken to avoid the skins of the fruit getting mixed with the juice. Besides the articles most in use for straining purposes, cheese cloth and fine canvas are sometimes made into bags, of the shape of flannel jelly bags. When a hair sieve has to be employed for the straining, a muslin may be laid over and used for the second straining, should the juice need it. The greater the amount of juice left behind in the fruit the better jam will it make. If boiled with half its weight in sugar it serves for present use.

NOTE.—When it can be had there is nothing better than a silver spoon for skimming fruit jellies of all sorts.

ECONOMICAL FRUIT JELLIES MADE FROM JAM.

The ordinary modes of making fruit jellies are given in the recipes. The method here referred to finds favour with some persons. Any fruit that seems sufficiently juicy to allow some of the juice to be poured off for jelly is thus treated:—After the fruit and sugar are in the pan and have boiled for about twenty minutes some of the juice is poured off. The remainder of the fruit in the kettle is then boiled in the usual way, with the result that the jam is a trifle drier than it would be—and some like a dry jam. The strained juice is then boiled a little longer separately, until it jellies. A little extra sugar may be wanted for the juice.

Another way—and we think a better one—is to heat the fruit for the jam without sugar, until the juice flows freely, then to strain it off and add the requisite amounts of sugar to the two preparations, and finish the boiling. Plums, gooseberries, and rhubarb, may generally be treated in either of these ways, without much detriment to the jam. Strawberries can part with a little of their juice, and it is very nice bottled and served with puddings, &c., or it may be mixed with red currant juice and made into jelly.

We think that it is a mistake to treat any jam in this way which is intended for long keeping; also, that it is better, where there is abundance of fruit, to make jam and jelly separately; the preserves are nicer, and the cost is but little more where the most is made of the refuse fruit from the jelly, by making a common jam of it, as we have advised. We give the above simply because many favour the custom.

BOTTLED FRUITS.

These are extremely useful, and there are many ways of preparing them. The general principles are similar to those given under JAMS. The fruit should be sound, and gathered on a dry day. The bottles must be free from flaws, and have wide necks, and good corks that just fit are a necessity, the object being the exclusion of the air. If bottled without sugar and the contents of a bottle are later on used for a pie, the liquor should be poured off and sweetened and boiled up, and this syrup be mixed with the fruit and used when cold. By bottling the fruit with sugar at first this trouble is avoided; but for some purposes the former mode is considered the better. The recipes given include both ways. Respecting the relative advantages of some of the methods of bottling fruit we incline to the opinion which is held by many competent judges, that the old-fashioned one known as the "water bath" process, detailed in various recipes, is not easily improved upon for general employment. But a hint as to the wrapping of the bottles (which hails from the States) is worth attention. Instead of hay bands, straw, strips of calico, and other devices for keeping the bottles upright, bottle-bags, made of old canvas sacking, are recommended. The bottles are kept steady, and there is no fear of their toppling over, as they sometimes do if substitutes are used; and to be a success they must be perpendicular the whole time. Should a

flat-bottomed vessel not be at hand large enough to take the quantity a round-bottomed one answers, the copper, for example, so long as there is something to rest the bottles upon. (*See* recipe under TOMATOES in *Vegetables*, page 657. For bottling-wax *see* page 1157 in PICKLES.) If wax is bought shun the green, as it is sometimes poisonous. In addition to the waxing of the corks some advise that they be tied down on the ginger-beer bottle principle. They are always better if soaked in boiling thin syrup, to ensure a tight fit. Some contend that all bottled fruits should be stored with the necks down. This may be an advantage, but cannot be a necessity, or all the fruits exposed in the contrary way in the grocers' windows would fail to keep. A dark store closet is favourable to the keeping of the fruit, and some wrap each bottle in paper. (*See* Rule 12, under JAM MAKING.) Several other hints regarding the fruit, sugar, &c., are equally applicable here.

The Docking of the Fruit.—This is necessary, or rather an improvement (we can hardly say necessary, as hosts of people dispense with it), in the case of stone fruits which are hardly ripe. Even for ripe ones the method has its advocates. A fine "biscuit docker" may be used, or some stout needles inserted into a slice of cork, so that the eyes are secured; a second piece of cork is then put over to form the handle, or instead, a good dab of sealing wax can be put right over; if this be done the cork should be half an inch thick at least. Another way is to take a needle and pass it through the fruit in contrary directions, but this takes some time. Always pierce right to the stone.

Syrup v. *Sugar.*—For the bottling of fruit with sugar some argue that a syrup is always preferable to sugar in the dry state. Supposing the amount of sugar to be added to each bottle be four ounces, allow water in sufficient quantity, from a quarter nearly to half a pint, according to the condition of the fruit, and boil together, skimming as usual, and let it get cold before adding; then proceed as directed. Instead of this some have a standard recipe for the syrup, and use it for all kinds of fruit, reducing the quantity for each bottle, according to the juiciness of the particular fruit under treatment. Given pure cane sugar, thorough corking, and proper storing, there seems no limit to the time fruits thus treated will keep.

NOTE.—The proportions named here apply only to ordinary fruits, not rich preparations of fruit, heavy syrup, and brandy. (*See* page 1107.)

DESSERT FRUITS IN SYRUP.

The fruits put up in various forms for dessert dishes are too numerous to be separately detailed. They form a class of themselves, and are quite distinct from those put up for culinary purposes in bottles and tins. Some of these are costly, the choicest fruits being used. The syrup is thick and rich, and some of the best fruits are preserved in brandy or liqueurs. Then there are compôtes of fruit in jelly, a variety of kinds being employed generally. They are very good in the sweet course or as a dessert dish. France, Germany, and America send us supplies of these dainties, and some English firms put up their own.

Almack's Preserve.—A mixture of pears, plums, and apples, with an equal weight of sugar. The proportions are a pound each of apples and pears to two pounds of plums. The fruit is prepared in the usual way and cooked in a jar until soft; the sugar is then added, and the whole boiled in a jam kettle until stiff. Time altogether, several hours, according to the hardness of the pears.

Angelica, Candied.—Take the plant in April, boil it in salt and water until it is tender. Remove and drain it well, scrape the outside, and dry it in a clean cloth. Place it in a syrup, and allow it to remain there for three or four days closely covered. The syrup must be made from the same weight of sugar that there is of fruit, allowing half a pint of water to a pound of sugar, and must be boiled twice a day, and poured over the fruit until it is nearly all absorbed, after which it should be put into a dish and dried by slow heat. Time to make, about ten days. Angelica can seldom be bought in the market.

(*See* Dried Dessert Fruits, page 1116; *see* also Apricots to Dry, French method.)

Apples.—No fruit would be missed on the whole more than apples. They are generally abundant and cheap, and are wholesome and delicious, and with few exceptions everybody finds them agreeable. The best for eating are considered to be those with a rough rind, though they are often found less digestible than the smooth-skinned varieties, such as are more often kept for cooking purposes. Of the first class, the Blenheim orange, Ribstone and other pippins, and russets may be especially noted. Of ordinary cooking apples, mention may be made of codlins, Lord Suffields, Wellingtons, and various American apples. So many names are applied to apples locally that a moderately complete list is out of the question, for an apple used extensively in one district may be unknown in another. We may add that some of the clear-skinned, of a yellow tint, with a white flesh, cook very quickly, and unless carefully watched are wasteful, as such dishes as dumplings soon burst in the oven. Average cost of cooking apples, from 1d. to 2d. per pound, of dessert apples from 3d. to 4d. per pound. For high-class dishes, when it is desirable that the shape shall be retained, dessert apples are used for cooking.

Apple and Blackberry Cheese.—Required: equal weights of blackberries and apples, and sugar as below. Cost, variable.

This is good and simple. The apples should be hard, the blackberries fine, just ripe, not seedy, and pure cane sugar used; the cheese should stick to the fingers when tested. Bake the fruit in a jar, or cook in a jam kettle until soft; the apples should be pared, cored, and quartered. Rub through a fine hair sieve, and weigh the pulp, then allow thirteen ounces of sugar roughly pounded for each pound. Boil the pulp for an hour and a quarter, then stir the hot sugar in and boil for nearly another hour. Use little jars, and have them dry and hot. Tiny, deep glass dishes do as well. Cover with a thin sheet of paper dipped in salad oil when cold, and cover as usual.

Apple and Blackberry Jam.—(*See* Blackberry and Apple Jam.)

Apple Compôte.—A very delicious recipe. Required: two pounds of apples, two lemons and the juice of a third, water and sugar as below. Cost, about 1s.

If small pippins are used, they should be pared and cored, but left whole; large fruits can be quartered. Place them in a china pan, or stew-jar if more convenient, in a single layer, with the grated rind of the lemons and the strained juice; then add a little water to cover, and enough pounded white sugar, about half a pound to three-quarters; simmer as softly as possible, shaking the pan until the sugar is melted and boiling point is

reached. A better way is to make syrup by boiling up the sugar, water, and juice first. When done, remove the fruit with care and reduce the syrup by rapid boiling; a little yellow colouring will improve it. Another way is to use a little apple jelly towards the end to give consistence to the syrup. A spoonful or two of lemon, or other table jelly, is a good addition.

Another way.—A plain dish. Make a thin syrup of sugar and water, allowing about a gill of water and three ounces of sugar to a pound of fruit if juicy, but if dry more water must be used. Then simmer, and flavour the syrup with essence of any spice preferred; or a little ginger or allspice can be used at first, together with a clove or two. When plenty of syrup is wanted add more water and sugar in proportion to fruit. For a large dish a stew-jar may be used and the fruit cooked in the oven. It then becomes "stewed apples," as it is difficult to avoid breaking it.

Apple Cream or Custard.—This is a very good and easily prepared dish. Required: apples, sugar, and cream as below. Cost, about 7d., without cream.

Boil two pounds of peeled and cored apples to a pulp, with half a pound or more of sugar and a little lemon juice; flavour with spice or spice essence. Then add a pint of boiling cream and beat the whole together, pour in a deep dish and serve cold. This is simplified and cheapened by using half milk; the mixture is then better thickened a little with corn-flour.

For CUSTARD use custard instead of cream. Sometimes a mixture of pulped apples with either cream or custard goes by the name of "apple fool." "Apple mange" is similar, but the pulped apples are put at the bottom of the dish, and some sweetened whipped cream on the top, and a little nutmeg grated over.

Apple Flummery.—Required: two pounds of apples (weighed after peeling and coring), the peel and juice of a lemon, three-quarters of a pound of sugar, an ounce of sheet gelatine and a little water, cream and custard as below. Cost, about 1s. 2d., exclusive of custard.

The fruit is to be peeled and quartered, and cooked with the sugar, lemon peel, grated, and the juice to a pulp. About a gill of water is wanted, but for very juicy fruit less, or none, may be required. Then beat the pulp free from lumps, or sieve it, and add the gelatine dissolved in a little water. Stir and cool, then add a gill or so of cream; or for a plainer dish use condensed milk and omit some of the sugar in the apples. Mould and turn out when set, and pour a pint of plain or medium CUSTARD (page 926) over.

NOTE.—The sugar can be reduced, but this dish is generally made rather sweet. If some of the mixture be coloured pink the effect is nicer. It may be used for small moulds, and the tops garnished with a little clear jelly or a blancmange mixture.

Apple Fool.—(*See* APPLE CREAM or CUSTARD.)

Apple Gâteau (very superior).—Required: a pound and a half of apples, half a pint of water, colouring, a glass of sherry, a tablespoonful of ginger brandy, the rind of a lemon, an ounce of gelatine, and some sugar. Cost, about 1s. 6d.

The fruit should be weighed after peeling and coring; quarter and cook it in the water, which has been flavoured by boiling the cores in for a short time. The lemon peel should be boiled with them, and when they have reduced to a pulp add the sugar and other ingredients, and pass through a hair sieve. It is better to add the gelatine after sieving; it may be melted in a little hot water. Then divide into three parts, and add to one a few drops of green colouring and a spoonful of greengage jam; to the second a spoonful of apricot jam and some yellow colouring; and to the third portion enough carmine to make it a pretty pink, and a flavouring of

vanilla. Mould in three layers, having pink in the middle. Turn out and serve with cream or custard, or an iced sweet sauce. Ice wafers or other biscuits should be handed with this. Ginger syrup can replace the brandy.

Apple Ginger, or Imitation Preserved Ginger. — Required: apples, sugar, ginger and water as below. Cost, about 3s.

Weigh four pounds of apples after peeling and coring, and cut them in irregular lumps to imitate the ginger; make a syrup of two pounds of lump sugar boiled in a pint of water, and pour it boiling over the fruit, which should stand two or three days covered. Use an earthen vessel. Then add the chopped rinds and strained juice of four lemons, a wineglassful of good gin or whisky, three pounds more sugar, and a spice bag, made by tying very loosely in muslin, two and a half ounces of thoroughly bruised ginger of the best quality (otherwise three ounces will be needed), and a quarter of a teaspoonful of good cayenne. The latter is sometimes disliked, and a little more ginger used instead. Boil the whole very softly, taking care the apples do not break; they should be quite soft and clear, and there will be a good supply of syrup. Apples that fall in the cooking are not suitable. Time to boil, about an hour. Cover when cold. For some apples, a pound less sugar serves.

Another way.—Boil three ounces of ginger, three pounds of sugar, a pint and a half of water, the juice of a lemon, and half the rind, to a syrup; then take out the rind and put in the apples, prepared as above, and boil for fifty to sixty minutes. Three pounds, or rather more, of fruit will be wanted. This is a simple recipe. Another way is to add as much essence of ginger as may be liked to the syrup instead of the spice itself. Some add a tablespoonful of brandy a short time before it is done.

Apple Jam. — Required: three pounds of good cooking apples (weighed after peeling and coring), two pounds and a quarter of sugar, a saltspoonful of ground cinnamon, and as much ground cloves, the juice of two lemons, and some water. Cost, about 1s. 8d.

Quarter and sub-divide the fruit if large, and put it with all the rest of the materials in a jam kettle; the water should barely cover the apples. Boil and stir often until reduced to pulp, about three-quarters of an hour, then pot and tie down when cold. This is not for long keeping.

Another way.—This will keep well. A little spice can be added if approved, but it is excellent as it is. Pare, core, and slice four pounds of good baking apples, put them in a jar with three pounds of sugar and the grated rind and juice of four lemons, and set the jar in the oven in a tin of water until the fruit is tender. The water must be replenished, as it wastes. Or set it in a pan of water over the fire. Then turn into a preserving pan and boil for twenty to thirty minutes until done. This way saves much stirring, but the usual plan may be followed if approved. Orange juice may be used for flavouring. (*See* BLACKBERRY AND APPLE JAM.)

Apple Jelly.—This is very popular and has many uses. It may be served as a dessert dish, and is a good garnish for various sweets; it also enters into the composition of a number of pudding sauces and other sweet dishes. Whether it be pink or pale yellow depends upon the apples used. Fully ripe apples are not generally considered so good for the purpose as *slightly* unripe ones, and hard juicy fruit will yield the clearest jelly. A very good marmalade may be made from the surplus fruit, and the clearness of the jelly depends upon the complete separation of the juice without pressure. In many recipes a large proportion of water is directed to be used. The saving is less than it appears, for the jelly has to boil longer before it will stiffen, and there is a great loss of flavour.

No. 1.—Wipe the fruit with a cloth, but do not pare it, quarter and put it in a jar with the water (about a gill to the pound of fruit); set this in the oven or a pan of water over the fire, and when there is a good supply of juice strain through a jelly bag that has been wrung out of hot water, or a fine sieve may be used. The straining must be repeated if necessary. Measure and add a pound of sugar (made warm in the oven) to each pint; the juice should be boiled a few minutes first. The strained juice of two lemons to the pint may be added unless the fruit is very tart, then one will do. Boil until the jelly sets well. In measuring the juice take care to avoid the sediment. The whole of the pips may be boiled, or half may be shaken out; both ways have their advocates.

No. 2.—This is more expensive, but a most excellent jelly. Pare the fruit, and remove stalks and eyes; then slice without dividing, and put them in a clean jar; moisten each layer by just dipping the fruit in water, but do not leave it in a moment; then set the jar in water over a steady fire to draw the juice; strain as before. The quantity of juice will not be large, but will be rich and should be clear. A mixture of apples may be used as well as one sort, and the peel may be left on if a deeper colour is desired. Weigh the juice and boil it for ten minutes, then draw the pan from the fire and stir in the sugar (about ten ounces for each pound); or if tart apples, three-quarters of a pound will not be too much. While boiling, stir all the time, except to clear off the scum, for otherwise it will jelly on the surface and the scum with it; it is then very difficult to remove without clouding the jelly. If liked, the thin rind of a lemon to each pound of fruit may be boiled in it, and removed before the sugar is added, or the strained juice of one lemon to the pint or quart may be put in shortly before removing from the fire. But the pure flavour of the fruit will be better liked by many without any addition, as it is very delicate. It can be made without dipping the fruit in water, and if a deep red jelly is wanted rosy-cheeked fruit only should be used, and all of it left unpeeled. At the most, a pint of water for every gallon and a half of apples is all that should be used. In addition to reducing the cost a little, it facilitates the separation of the juice in straining.

Apple Pulp for Jams.—Required: apples, sugar, and water. The fruit should be firm, and of good flavour, with plenty of juice. Wash, dry, and slice, but do not peel or core the apples. Then put them in a preserving pan with water to cover, and boil until thick, adding a little more water if wanted. Then beat out any lumps there may be, and add a little more water to thin it, and pass through a canvas bag or hair sieve without pressure, as, though not required so fine as for apple jelly, there should be some residue, which can be boiled up with more sugar for a common jam. Then measure all that passes through, and put it on with six to eight ounces of sugar to the pint, and boil to a soft jelly. It should be well skimmed. This is very useful for giving flavour to other fruit should it be poor, and also for cheapening jams that may be made from more expensive fruit in scarce seasons. For example, a quarter of a pound of the pulp added to each pound of raspberries used for jam will give very good results; and the time to add it is after the sugar has been added to the fruit and the jam has boiled up well. This may be used for the purpose of giving firmness to jams that are rather watery. In such cases, a couple of ounces of sugar and four ounces of the apple pulp should be used to every pound of fruit with its own requisite amount of sugar.

Note.—This differs from apple jelly in three respects. It is less sweet at starting; is less trouble, as the juice does not require to be so clear; and is cooked for a shorter time, as it receives more boiling later on. It is not

intended for anything but present use, in combination with other fruit in jams.

Apple Purée.—Peel and core some apples, quarter them, and boil them for a short time alone, adding the juice of a lemon to each pound. When half done, put in the sugar (roughly crushed lump), and boil until done, about six ounces to the pound; but the amount will vary, not only according to the apples, but for the purpose for which they are required. For plain dishes, flavour with spice, and beat until smooth. For better ones, rub through the finest hair sieve, or use a tammy, and then flavour with brandy, or any liqueur or syrup. For some dishes it may be coloured, and a little apple jelly added. For others, some preserved ginger syrup is an improvement, with or without pale brandy; for very delicate dishes, vanilla flavouring is suitable. In several of our recipes uses for these purées are indicated.

Note.—A purée, made by grating firm apples to a pulp, and sweetening and flavouring it nicely, is very useful.

Apple Purée for Garnishing.—This is useful for many purposes; and other fruits can be so treated by varying the flavouring as required. Any quantity may be made, the proportions being a pound of apples, four ounces (or more if sour apples) of sugar, the grated rind of a lemon, and the juice, with water to make about a quarter of a pint, and half an ounce of gelatine. The whole should be cooked to a pulp, the gelatine being added when the apples are soft; then pass through a hair sieve, and colour, if liked, some red, and some green or yellow. If a large quantity be made, the flavours of the different colours can be varied. Pour into baking tins or sauté pans in thin layers, first rinsing them with cold water; and when set, cut in any desired shapes, as leaves, stars, and the like. Apricot pulp, sold in tins, makes a good purée of this class.

Apples, Baked.—Stalk the fruit, and put it, in a single layer, in a moderate oven, using a clean baking tin. A very little water may be put in the tin as a precaution against burning. The time taken depends upon the kind of apples; those that readily burst are not so suitable as a firmer kind. When the skins look shrivelled, they are done. They may be served as they are, hot or cold, or the skins taken off, and the apples rolled in powdered sugar; or just dredge them with it. Sometimes a little home-made wine, such as raisin, is put in the tin, with sugar towards the end, to make a syrup to pour round the fruit. When for young children, it is safest to remove the cores. Apples cooked in this way may be passed through a sieve, and the pulp used for a number of dishes, some of which are referred to in this work.

Apples Baked in a Jar.—Take a large earthen jar, and put in it some apples that will bake well (they should be wiped, but not peeled); then cover them with water that has been sweetened with brown sugar, or a little treacle. This is a good way to use up "windfalls." A few cloves and a piece of ginger should be added, the jar covered, and set in a gentle oven until the apples are tender. A hot oven will spoil them. Time, from two hours, according to size and kind. This is a good dish for children, to serve with rice, or a plain pudding, or with bread instead of jam.

Note.—For young children, it is better to core and peel the apples.

Apples, Buttered.—Take some pippins or russets, and bake them in a single layer in a dish that has been buttered a little, and remove the cores, filling the spaces with butter and sugar. Cook gently; and when done, place each on a round of fried bread or cake, and put a little jam on the top of each, after sifting sugar all over. The apples should be thinly peeled,

and cored without breaking. Cost, about 10d.

Another way.—Put the apples, after preparing as above, in a saucepan in a single layer, with two ounces of butter to a pound. Cook gently, turning now and then. When nearly done, add an ounce or two of sugar, and some ground spice. Cover the bottom of a glass dish with a slice of fried bread or cake, put the apples on, and pour the sugar and butter over; cover with sugar, and lay a bit of red currant or other bright jelly on each. These are nice dishes at small cost. The apples in the last recipe are sometimes liked without the butter and sugar poured on the bread. It will then serve for other dishes, such as plainly boiled rice, &c.

Apples, Dried or Evaporated.—Under this head we class all the varieties of apples which are sent from America and other countries, in the form of rings and chips, as well as the kind known as Newtown pippins, from which the peel and cores have been removed, and the Normandy pippins, from which only the peel is removed. These vary in price according to the scarcity or abundance of the crop, and, when they do not exceed fourpence to sixpence per pound, are not an extravagant purchase, as they are really much cheaper than they appear at first sight. They are fruit in a concentrated state, and there is no waste by peeling. Therefore the dried apples have nothing to lose in the cooking, but something to gain, as water must be added to make up for the moisture lost in the drying. They should be rinsed, the water thrown away, then covered with fresh water, and left to soak until they are well swollen, and the water is absorbed. There is a good deal of difference in the quality, and some sorts will take up much more moisture than others. Some kinds are artificially whitened, and the browner varieties are often the best. After the soaking, they are ready for conversion into pies and puddings; or they may be stewed, and used for any purpose for which the fresh fruit answers. They should in all cases be slowly cooked when they are to go to table in the form of a compôte, as the shape should be retained, and they must not be stirred during the cooking. They make excellent sauce; but to obtain the best results the preliminary soaking must not be omitted. Rather more flavouring should be allowed for these than for fresh apples.

Apples, to Preserve for Winter Use.—When apples are required for storing they should not be left too long on the trees, as should they blow off they will not keep so well. Apples and all fruit for keeping should be hand picked. Handle the fruit lightly and remove with a pair of scissors. If possible, gather in fine dry weather. Wipe each apple, and reject any that are unsound. In storing, place on clean straw in single rows in a dark, dry place. Straw should be placed between each row, so that the fruit does not touch. Apples may also be packed in boxes or jars, care being taken that they are not bruised. The air should be excluded as much as possible and the apples looked to frequently.

Apples in Whisky.—A dessert dish. Required: two pounds of russets or pippins, two lemons, rind and juice, a gill of whisky, a pound of sugar, a gill of water, half an ounce of bruised ginger, half a dozen cloves, and half an inch of stick cinnamon. Cost, about 1s. 6d. or more.

Peel and core the fruit, boil the peel and cores in water until reduced to a gill; strain this over the fruit in a single layer in a stewpan; add the rest, cover, and cook until soft. Remove the scum and turn the fruit as necessary. Dish, and strain the syrup over. May be served plainly or garnished.

Apricots are of foreign origin, but many varieties are now cultivated in

this country. When ripe, apricots are very delicious, but somewhat laxative, like plums; they have to be shunned by some persons for this reason. A great number of dishes can be made from apricots, and they can be preserved in a multitude of ways. The fruit should never be kept long after gathering, as it becomes insipid; this applies especially to fruit for preserving. A good deal of so-called apricot jam of the low-priced kind is said to owe its foundation to the pulp of marrows, gourds, &c. Be this as it may, it is certain that it lacks the flavour of the genuine article. Cost of apricots, very variable. When plentiful and in full season, seldom less than 6d. to 8d. per pound. Early in the season they are sold singly.

Apricot pulp is sent over to this country in tins of about seven pounds, and sold very cheaply, about 4d. per pound. It is useful for many purposes, such as purées, &c. More sugar can be added, and any flavouring, and the syrup reduced if necessary. It is excellent for all sorts of pastry. (*See* recipes under FRUITS in the alphabets, also NECTARINES and PEACHES.)

Apricot Jam.—Required: three pounds of fruit to two and a half pounds of sugar, or for some two and a quarter pounds will be considered enough. Cost, about 3s. 3d. to 3s. 6d. but variable.

Skin, halve, and stone the fruit, and place in a dish, with half the sugar strewn over; this should be fine, but the reserved part roughly crushed only. Leave for twelve hours, then pour the syrup into the preserving-pan, and add the other sugar and stir until dissolved; then put in the apricots and the kernels of about half, blanched and sliced. Boil gently for about thirty to forty minutes; test in the usual way, and cover when cold.

Apricot Marmalade.—Required: four pounds of apricots, three pounds of sugar, and some of the kernels. Cost, about 3s. 6d. to 4s., but variable.

Peel, quarter, and stone the fruit, and put it in a preserving-pan and simmer until the fruit is pulpy. It should be often stirred; then add the sugar and the kernels blanched and divided, and boil for twenty or thirty minutes more. Stir often towards the end, or the marmalade will burn. Cover as jam, and store in a dry place. Time to boil altogether, about an hour.

Apricots or Plums, Bottled, Simple Way.—The fruit should be halved, and, if liked, stoned, though many think this deprives the fruit of some of its flavour. Strew sugar over in the proportion of two to four ounces to the pound, according to kind and ripeness, and in twelve hours, or less if ripe, put into jars or bottles with the sugar; cover, and finish off in either of the ways given under BOTTLED FRUITS, or CANNED FRUIT.

Apricots, Compôte of.—If green apricots are used, wipe the down from them, and boil the sugar and water to a syrup, using half a pound or more of sugar to three-quarters of a pint of water; a pound to a pound and a quarter of fruit may be added; they will want from twenty to thirty minutes' simmering. For ripe fruit, stone and halve it, crack the stones, and blanch the kernels; boil sugar and water as above, but regulate the sugar by the ripeness of the fruit; about half a pound or less to the pound of fruit will suffice generally. Boil the apricots as long as necessary, but not a minute more, as they soon break. Reduce the syrup well, and, if liked, flavour it with brandy or liqueur. The blanched kernels should be boiled in the syrup. Compôtes of this class are often garnished just before serving with lumps of bright jelly. The dish should be served "stone-cold," and may be set on ice with advantage. When used for a vol-au-vent, for which it is excellent, there should be

only enough syrup to just coat the fruit; none to run into the pastry.

Apricots, Dried, Compôte of.—(*See* next column.) Fruit cooked as therein directed is useful for the filling of vol-au-vents or conversion into pies. It may also be put into borders of rice, blanc-mange, custard, &c. (*See* recipes under the various headings.)

Apricots, to Dry (French method).—Take some sound but not over-ripe apricots; wipe them and weigh them; make a hole with a knife at one end, and remove the stone without dividing the fruit. Put them into cold water, and simmer until they are quite tender. Take equal quantities, by weight, of sugar and fruit, and boil the sugar in the water, allowing a gill and a half to each pound. When the scum rises, put in the apricots, and let them remain until they look quite clear; then put all into a jar, and let it remain until the next day, when the syrup must be drained off, boiled for five or ten minutes, and poured again over the fruit, to remain another twenty-four hours. This process must be repeated three times. Then the liquor must be drawn from them for the last time, and the apricots placed separately on dishes, and dried very slowly. Time to make, five days.

Note.—Remove the scum from the syrup before adding the fruit.

Apricots in Brandy. — Required: apricots, sugar, water, and brandy as below. Cost, varies with the season and the quality of the brandy.

Allow a pound of sugar and a gill of water to a pound of fruit. Put the apricots (which should be sound, but not quite ripe) in a preserving-pan with the water, and simmer until quite tender; then remove the skins. Add the sugar after the fruit has been taken up, and boil it up, skimming very well; then pour it over the fruit in glass jars. The syrup and brandy should be in equal parts. Cork well, and seal the tops of the corks. Keep a year before using. Time to simmer, about an hour.

Apricots, Nectarines, or Peaches, Dried Californian.—The following is an American recipe for the cooking of these fruits:—Rinse in clean cold water; then put the fruit in cold water to cover, and leave it to soak for ten or twelve hours; then put the fruit and water in a lined saucepan, and simmer gently until it is quite tender. It must not break up. The sugar should not be added until the fruit is nearly done. A very good dish, hot or cold, is thus obtained, retaining as much as possible the original flavour of the fruit. These may be served as they are, or with custard or cream. When required to replace fresh fruit for superior dishes, as ices and the like, a little flavouring in the shape of spirit or liqueur can be added. The syrup may be thickened by further boiling. There is naturally a great difference in the size of the fruit in the same box; and, so far as convenient, the large and small should be converted into separate dishes, that the cooking may be even, as if mixed the small is sure to break before the rest is done. Never throw away the soaking water and change it for fresh, in which to cook the fruit, as is sometimes advised, for by so doing a good deal of flavour is lost. Average cost, 8d. per pound when bought in small quantities; but may sometimes be got much less from those who make a speciality of these goods, and when a box of fourteen pounds is taken at once. But the cost varies from season to season. However the fruit may vary in condition, this mode will be found reliable.

Apricots, Tinned.—The more expensive brands are generally reliable; and some of the cheaper are very good, but they are variable, and should the fruit appear poor in flavour, or tart, it is a good plan to pour off the juice and boil it up with more sugar, and pour it over the fruit. This may be repeated. The fruit is, as a rule, so soft

that it cannot be boiled in the syrup without fear of breaking, but in this way it becomes well flavoured without getting pulpy. When served straight from the tin, the syrup may always be reduced by quick boiling, if liked, as there is often a large quantity, or some may be reserved for another dish. A little garnish of jelly or dried fruit of bright colour can be added; or dish the halves—concave and convex sides—alternately, and put a cherry or something similar in the hollows. (*See* recipes in the chapter on SWEETS.)

Banana, or Plantain.—There are many varieties of plantain, the fruit of each possessing considerable variations of size, flavour, and shape. Of late years, the banana has been much used in cookery, entering into the composition of ices, cakes, sweet pastry, &c. (*See* INDEX).

The banana is sometimes said to be indigestible, but this is due mainly to the habit of eating fruit at the end of a good meal, and this particular fruit is very nutritious, containing less water and more solid matter than many others, and is only suitably used as part of a meal. Cost, from 6d. to 1s. per dozen when plentiful; sometimes 1s. 6d. to 2s. per dozen.

Bananas, Compôte of.—The precise treatment of the fruit depends upon its ripeness. If quite ripe, slice it after paring, and pour on a thin syrup, flavoured when cooled a little with any liqueur; or some add a little lemon or orange juice and the grated rind; while many think that rose water is the best. Sometimes pale brandy is put in. The dish is ready as soon as the fruit is cold. When not quite ripe, the slices may be simmered for a minute or two in the syrup. Another way is to soak the slices in a little wine or spirit, and pour on them a flavoured syrup with enough gelatine to nearly set it. (*See* PEACH COMPÔTE WITH JELLY.) If dried bananas are used they may be treated as there described in the recipes for SAUCES.

Bananas, Purée of. — Raw fruit, which must be fully ripe, may be passed through a sieve, then sweetened and flavoured in either of the above ways, and used for layer cakes and other dishes; or some cooked fruit may be drained from the syrup and used instead. Unripe fruit will not be satisfactory for a purée.

Bananas in Surprise.—*No.* 1. —Peel and remove the centres of the fruit, which must be ripe; a small scoop is required. Fill up with flavoured cream, using a bag and pipe, then dish in a bed of chopped, bright jelly.

No. 2. — Fill the centres with chopped jelly, and place in the skins for serving; or serve out of the skins, garnished with coloured whipped cream.

No. 3.—Slice the fruit thinly the round way, and macerate in pine-apple syrup, then put together again in its original form; lay each on a separate plate, and cover with grated pine, then add a dressing of custard or cream. Set about the tea or supper table, one to each guest.

Barberry Jam.—Required: equal weights of fruit and sugar. Cost, about 6d. per pound.

Strip the berries, and put with the sugar in the pan; heat gently, then boil for a quarter of an hour to twenty minutes, when the jam may be tested in the usual way (page 1094). Remove any scum very thoroughly. Tie down when cold.

Barberry Jelly. — Strip and wash the berries, put them in a jar with the water that clings to them, and draw the juice, as for currants; strain and use a pound and a quarter of sugar to the pint of juice. Time, about ten minutes. (*See* RED CURRANT JELLY.)

Barberries, Preserved for Garnishing.—Gather the clusters before they are quite ripe. Take away any unsound berries, or any that may have ripened thoroughly, and put the

bunches in bottles. Cover with a brine, made in the proportion of a pint of water to a quarter of a pound of salt, boiled and skimmed; this must be cold when added. A piece of alum the size of a nut should be put in every quart of brine. Cover with bladder, and store in a dry place. Examine now and then, and if at any time a scum shows on the surface, pour the brine off, and replace it with a fresh supply, made a little less salt. The berries must be kept under the brine, and the jars always well tied down.

Bilberry.—(*See* WHORTLEBERRY; also CRANBERRIES.)

Blackberry and Apple Jam.—Any sharp-flavoured apple will do, but the Wellington or Dumeloro's seedling is particularly suitable. For blackberry jam the blackberries require half their weight in sugar, and three-quarters of an hour to boil; for blackberry and apple jam a larger proportion of sugar is necessary. (*See* APPLE JAM.)

Blackberry Jelly.—A very good method. Put the berries in a jar and cover it; set it in a pan of water over the fire, and simmer the water that the juice may run slowly (about an hour will suffice); pour through a jelly bag and press the fruit enough to send all the moisture through, but no more. The hot fruit should be put in the bag a little at a time. Then measure the juice, and allow a pound of sugar to the pint. The sugar should be heated in the oven and be as hot as possible, but not the least browned. Boil the juice fast in a china-lined or enamelled saucepan for twenty minutes, then add the sugar and stir until it is every bit dissolved. Then skim and watch carefully, as it is liable to catch, and should only boil up well, and then simmer for about ten minutes. The jars should be quite hot, and the jelly put in as soon as taken from the fire.

Black Currant Cheese.—Gather the fruit on a dry day. See that it is quite ripe, and remove the stalks and tops. Take equal quantities, by weight, of good loaf-sugar—the best is the cheapest—and of currants; place them in a preserving-pan over a slow fire, or by the side of the fire, till the sugar has dissolved a little, then bring it gradually to a boil, stirring it carefully all the time, and removing the scum. Simmer for an hour or more, when the currants may be passed through a hair sieve and it is ready for putting into moulds for use. Probable cost, about 1s. 3d. per pound.

A cheese may be made from the residue from jelly if a proportion of fresh fruit be mixed with it. (*See* FRUIT PASTES, page 1120.)

Black Currant Jam.—Required: fruit, and sugar as below. Cost, from 4d. to 6d. per pound on an average.

Gather the currants on a dry day, and free them from stalks; put them in the pan and bring to the boil, then add the sugar, stirring in each portion before adding the next. Boil until it stiffens when tested (*see* page 1094). This wants careful stirring; it is apt to burn, owing to the thickness of the juice. It also wants careful skimming, especially when brown sugar is used. We do not recommend this, but many prefer it for this and some other dark jams. Many use but twelve ounces of sugar to the pound of fruit; fourteen ounces may be recommended for a good flavoured jam that will keep; others use equal weights of fruit and sugar. Made thus, the jam is stiff, and resembles cheese, and is apt to get dry on the top; an oiled paper should be laid over. For a thinner jam, a pint of water to six or eight pounds of fruit should be added; some use a larger proportion. It is only safe to add water when the fruit is perfect and gathered under favourable conditions. The jam wants slower boiling, and must be thoroughly done.

Black Currant Jam, very Superior.—Required: four pounds of black currants, two pints of red

currant juice, and six pounds of sugar. Cost, about 3s. 6d.

Pick the fruit, put it in the pan with the juice, stir to the boil, then add the sugar and finish off in the ordinary way. Take care to scrape the sides of the pan well and to skim thoroughly. This is delicious for tarts, puffs, &c. Half black currant juice may be used. The residue from the juice will make good common jam or paste. (*See* FRUIT PASTES, page 1120.)

Black Currant Jelly.—Follow the directions given for RED CURRANT JELLY (page 1141), in the preparation of the juice and sugar. Sometimes sugar is used in the same proportion as for red currant jelly, but on an average a little less is liked—a pint of juice to twelve ounces of sugar, or a pound of juice to ten ounces of sugar; the former will be sweet enough if the jelly is required for use in sickness. We think a tablespoonful of red currant juice to every quarter pint of black a very decided improvement.

Black Currants, Bottled.—(*See* CURRANTS, BOTTLED.)

Black Currant, Compôte of.—(*See* CURRANTS, COMPÔTE OF.)

Bottled Fruits.—(*See* next recipe; also recipes in the alphabet, CANNED FRUITS, and remarks on page 1098.)

Bottled Fruits with Sugar, German.—This mode is simple, and the results are good. All sorts of fruit, ripe or unripe, may be so bottled. In the case of rather hard plums, if the skins are left on, slit them down the side with a needle. A lined pan for making the syrup, and the best of cane sugar (loaf not broken) are essential. Five to six half-pints of water to four pounds of sugar are required for sour fruit; for the sweeter kinds, six to eight half-pints of water to the same quantity of sugar. After the syrup boils, simmer for ten minutes, and skim and set aside to get cold. Put the fruit in the bottles to reach to the bottom of the necks, then pour in the syrup; it may nearly cover the fruit unless it is a kind that will yield a good deal of syrup, then it need be only half covered or rather more. Cork and set in a pan of cold water (*see* page 1098). Bring to the boil gently (this is important), then simmer as long as needed; a few minutes only for small, ripe berries; from twenty to thirty minutes for hard fruits. Do not take it out until the water is cold. Store in a dry, dark place. The corks may be waxed or resined. Another way is to tie bladder loosely over the bottle necks that it may have room to expand; then, when the fruit is done, to put in corks before storing. The first mode is the one we prefer. The thing is to use sound bottles and to heat slowly.

Canned Fruit, without Sugar.—Required: sugar and water. Take any sound fruit such as plums, damsons, cherries, gooseberries, &c., and place in a preserving pan with just enough water to prevent burning, the quantity being regulated by the condition of the fruit. Then bring just to the boil. Have ready some screw-topped glass bottles, which have been thoroughly heated by filling them with hot water beforehand; pour the water out, and pour in the boiling fruit, and fill to the top, then screw down without any loss of time, this being very important. The bottles should be examined the next day, and should any bubbles be seen the contents must be again brought to the boil. In heating the bottles for the above the best way is to fill them with water that is warm only, and wrap them round with flannel and set them in a pan of water over the fire until the water in the bottles is quite hot.

This fruit is useful for all sorts of purposes when the fresh fruit is not to be had; for instance, ices, as it retains to a great extent the fresh flavour of the fruit. The bottles should be kept in a dry place, and be wrapped each in a sheet of thick paper.

Another way.—Fill some sound jars

with fruit and place them in a gentle oven until the fruit has shrunk an inch or two from the top, and looks thoroughly heated, but not burst. Then fill the jars up with boiling water and cover with a paper that has been doubled and brushed over with paste; press this well down, then cover with bladder or a couple of folds of stout vegetable parchment. These should be placed in a cool, dry, and dark room, and not disturbed until required for use. When wanted, pour off the water, add as much sugar as required, and boil up, then use for pies and other dishes. It happens sometimes that there is a superfluous quantity of juice; this can be used for sauces and for serving with plain puddings, &c.

Carrot Jam, to imitate Apricot. — Required: carrots, an equal weight of sugar, and the rind of a lemon, the juice of two, six chopped sweet almonds, and a tablespoonful and a half of brandy to every pound of carrots used. Cost, about 3d. to 4d. per pound on an average, exclusive of brandy.

The carrots should be sound and of a good colour, washed and scraped and thinly sliced. Then put them on with water to barely cover, and simmer them until they will pass through a cane sieve. The sugar and other ingredients are then to be added, and the sugar must be pure cane. Boil for ten to fifteen minutes, and add another half tablespoonful of brandy to a pound of carrots, after the jam has cooled, if wanted to keep well. A superior flavour may be given by putting in a couple of chopped bitter almonds, and a little more lemon juice when cool. The exact proportions are a matter of taste; but carrot jam to be good must contain spirit, as the vegetable is liable to fermentation. The jars are best covered with bladder, and proper storage is required.

Another way.—The fruit should be boiled and sieved, and then boiled again with the sugar, and the rest of the ingredients put in just before the jam is quite cold and firm. The mixing must be thorough.

Carrots, Preserved to imitate Ginger.—Required: carrots, ginger, sugar, water, brandy, and lemon, as below. Cost, varies with the carrots. Other ingredients about 3s.

Take small carrots, prepared as for boiling, then boil them until tender. The pointed ends are to be removed and some of the middle portion cut out from the thick ends. Then steep them in water for a night, change the water and steep for another night; this is to destroy the carrot flavour. Drain and dry well. For four pounds of carrots boil six pints of water, six pounds of loaf sugar, six ounces of root ginger, the rind and juice of two lemons, and a quarter of a pint of brandy. The brandy must not be added at first, but on the last day; the other ingredients are to be first boiled with the carrots for a quarter of an hour, then turned in a china vessel and boiled for the same time daily until the carrots are transparent. The spirit should go in before removing from the fire. Before tying down, add a little cayenne or essence of ginger if liked hotter. Should the syrup seem insufficient on the last day to cover the carrots well, add more water with sugar in the above proportion. The simmering must be very slow. Larger carrots can be so prepared if cut in two-inch lengths, and the whole of the centre part taken out.

Cherry Cheese. — Take some sound, ripe Kentish cherries, stoned or not, as preferred; put them into a stone jar, cover it closely, and place this in a saucepan of boiling water, and let it simmer gently until the fruit is quite soft. When the cherries are sufficiently tender, take them from the fire, skin and stone them, and add half a pound of finely sifted sugar to every pound of fruit. Add a few of the kernels blanched. Put the mixture into a preserving-pan, and boil it gently, stirring it all the time, until the fruit is so dry that it will not

adhere to the finger when touched, and is quite clear. Press it quickly into shallow jars which have been damped with brandy. Cover closely, and keep in a dry place. Time, about two hours. Cost, from 8d. per pound upwards.

Cherry Jam. — Choose sound, ripe Kentish cherries, remove the stones, and boil the kernels in a little water to draw out the flavour; this will impart a very agreeable flavour to the jam. Weigh the fruit, after stoning it, and allow one pound of sugar to one pound of fruit. Put the sugar into a preserving-pan, with a cupful of the water in which the kernels were boiled to each two pounds of fruit, making up the measure with water, or red currant juice. Boil to a syrup, then add the fruit and boil it very quickly until it is on the point of jellying. Pour it into jars, cover it with brandied paper, then with vegetable parchment. Time to boil the sugar and water or juice to a syrup, about ten minutes; the syrup and fruit to the point of jellying, about forty minutes. Cost, 8d. or 9d. per pound on an average.

Another way.—Take cherries with half their weight in sugar, and half a pint of water for every pound of sugar. Boil sugar and water to a very clear syrup, then add the fruit and boil for eight minutes (the fruit must be fully ripe); take care not to break it. Pour into a bowl and leave all night, then strain the syrup and reboil it with the addition of one-half the original weight of sugar. Then add the fruit, and again boil for eight minutes. Put in the jars and cover when cold. This is very nice in good seasons.

Cherry Jam, with Red Currant Juice.—Required: ripe red berries, or half may be white hearts, currant juice, and sugar as below. Cost, about 8d. per pound.

Weigh the fruit and stone it, and remove the stalks; to every pound before this treatment allow ten ounces of sugar, and to every three pounds of cherries add half a pint of red currant juice, with its own weight of sugar. This is a very good jam. In some seasons a little more sugar may be needed. Boil the cherries and the juice a little, then skim and add the sugar, and finish the boiling. Time altogether, about an hour and a quarter. This wants well stirring, but the fruit should not be broken up. Black cherries make good jam.

Cherries Brandied, or Brandied Cherries.—Required: cherries, sugar, and brandy, as below. Cost, varies with the quality of the brandy.

Take some morella cherries, not quite ripe, and cut off half or rather more of their stalks; put them as soon as ready (and they should be stalked directly after gathering) into clean glass bottles, and shake amongst them a quarter of a pound of sugar to the pound of fruit; put them in lightly, and when nearly full cover thoroughly with good brandy. Add a couple of blanched bitter almonds to each bottle. Cork and bladder, and store for at least two months before opening.

Note.—The finest cherries should be chosen, and a smaller proportion of sugar is liked by some; others prefer crushed sugar candy (whether brown or white is a matter of taste); a morsel of stick cinnamon, a quarter of an inch long, is occasionally used instead of almonds. These are delicious, and will not shrink if the details are attended to; much depends on the corking. (*See* Cherry Brandy.)

Cherries, Compôte of.—Choose large, ripe, light-coloured cherries, wipe them, and leave on them about an inch of stalk, making all uniform. Put half a pound of sugar into a saucepan with half a pint of water, and let it boil for ten minutes; then put into it a pound and a half of the cherries, and simmer them for three minutes. Dish them with the stalks uppermost. A tablespoonful of brandy may be added to the syrup. Cost, about 9d.

Cherries, Compôte of (another way).—Take off the stems from Kentish or morella cherries. Make a syrup with five ounces of sugar and half a pint of water for the former, but allow another ounce of sugar for the extra acidity of the morellas. Stew one pound of the fruit in the syrup for twenty minutes; they may be stoned or not. When the morellas are very ripe, they may be stewed only for ten minutes, and will then be excellent. Morella cherries are generally rather more expensive than other sorts.

Cherries with Almond Paste.—(*See* Fruits Farcies, page 1122.)

Chestnut Compôte.—Required: two pounds of chestnuts, a pound of sugar, a gill of water, and flavouring as below. Cost, about 1s. 4d.

Boil the water and sugar, together with the rind of a lemon. As soon as it boils, put in the chestnuts, first roasted and then skinned; remove the pan, so that they will barely simmer. In ten minutes put in a couple of tablespoonfuls of brandy or sherry and a teaspoonful of vanilla essence, and remove carefully into the dish for serving, and pour the syrup over. Three-quarters of a pound of sugar to the above quantity of water will better suit many tastes. Spices are sometimes used for flavouring, with or without brandy, and the vanilla omitted. The lemon juice improves; but if not used, add more water. The juice of an orange, and part of the rind grated, gives another variety. The syrup may be coloured with yellow or pink colouring.

Cocoa-nut.—This nut is largely used in modern cookery, and is generally much liked by those who can indulge in nuts. A nut that contains milk is as a rule preferred, though it is a mistake to think that a dry nut cannot be sweet. The end at which are the three depressions should be examined for any traces of fermentation or decomposition. To open the nut, take a penknife and cut a hole out of the soft spot, then pour the milk off for use, and strike the shell with a hammer, mostly at the top and bottom. This will generally bring all the shell away and leave the nut whole. The outer rind should be peeled away as thinly as possible, but none should be left on, or the appearance of many dishes would be spoilt; and it is also indigestible. The nut may be grated on a large bread grater, but a grater referred to on page 508 is better. For whatever dish the nut is to be used, it will be more easily digested if put to soak for a time in any liquid, such as milk, &c., that is to form an ingredient of the dish. The addition of a little lemon juice to the nut is also to be recommended. Vanilla and rose-water are favourite flavourers for dishes from cocoa-nut. The milk of the nut can be used for cakes, &c., should it be quite sweet; but if the least rank, will spoil the whole. When the fresh nut is not to be had, or the trouble of grating is objected to, the desiccated cocoa-nut may take its place. This is sold both sweetened and unsweetened; and we prefer the latter, though either will answer so long as the purchaser knows which she is buying, that the quantity of sugar in any dish may be regulated accordingly. For savouries, such as a curry, the nut must be unsweetened. The average cost of a fresh nut is from 2d. to 4d. each. Dried nut varies much in price; it may sometimes be got for a shilling or so per pound, but some brands are dearer than this.

Cranberry Jam.—Required: a gill of water and two pounds of sugar to every pound of fruit. Cost, variable.

The berries must be picked, and not one unsound one left. Put the water in the pan, and then put in alternate layers of fruit and sugar; bring to the boil, and skim with the greatest care. Test as usual; try it in half an hour after it boils; it should not be left a

minute more than requisite to set. Cover and store with care. The precaution of using a brandied or oiled paper is well observed.

In Germany the sugar is first boiled with wine, and the jam is made less sweet than the above, and flavoured with cinnamon or other spice. (*See* remarks under COMPÔTE below.)

Cranberry Jelly.—This is valued by reason of its fine colour, and is specially adapted for garnishing sweet dishes. It wants care in the boiling. The berries must be washed and drained, and then boiled until soft, and passed through a jelly bag while hot, and the juice boiled with a pound of sugar to the pound; the shorter the time for boiling the better, on account of the colour. A German authority directs that the berries be boiled first, by being put in cold water to cover, and then drained as soon as boiling point is reached; then put in a jar and simmer to extract the juice, which is to be boiled with a pound of sugar to the quart. The boiling and draining at first will reduce the acidity without destroying the flavour. This sort of jelly may go to table with meats. (*See* remarks under COMPÔTE below.)

Cranberries, Compôte of.—Cover the fruit with water, and simmer until nearly done; then add sugar. Nearly a pound to the pound may be wanted; but imported and home-grown fruit differs in acidity and the time required. Always rinse the fruit.

Crystallised or Glacé Fruits, for garnishing ices and other dishes. —Fruit of good quality is best, as it absorbs the flavour of the liquid in which it is soaked in less time, and presents also a better appearance. Brandy or wine, or any liqueur, may be used, and the fruit cut up or used whole; it should soak for a time, but be drained from the spirit before using. Any of the liqueur syrups may be used as a substitute, with just a dash of spirit added.

NOTE.—Fresh fruits are prepared in the same way, or simply dipped in spirit and tossed in sugar, or sprinkled with sugar only; care is wanted, as they soon break. When a mixture of fruits is used, the colours should harmonise well. Some may be whole, and large ones cut up. Fruits are sometimes cut up in the above way for a winter dessert dish; French plums, ginger, apricots, greengages, and cherries or raspberries would make a good dish, with any other pink or green fruit at command. (*See* page 1116 for list.)

Currant, Cherry, and Raspberry Jam.—Very good. Required: a pound of black currants, the same of black cherries, a pound and a half of raspberries, and sugar and currant juice as below. Cost, about 6d. per pound, but variable.

The cherries should be picked and stoned, and put in the pan first with a gill of red currant juice, and boiled for about twenty minutes. Then add the rest of the fruit, with half a pint to three-quarters more red currant juice; and as soon as the fruit breaks, put in a pound of sugar to every pint of fruit and juice, and boil until the jam will set when tested in the usual way. This wants great care in the skimming, and should then be a very good colour and flavour. Measure accurately before adding the sugar.

Currant Jelly.—(*See* BLACK CURRANT, RED CURRANT, and WHITE CURRANT JELLY.)

Currants, Bottled.—Take currants of one or two kinds and pick them, then put them in the bottles, shaking them down so that they are quite full; put two ounces of fine sugar in for every pound; or four ounces may be used, and, if liked, made into a syrup. (*See* remarks on page 1099.) Or still another way is to use no sugar at all; but with it the syrup is richer. Then cork, and set in a pan of cold water over the fire, and bring to the boil. Full directions are given on page 1110. When the fruit is

shrunk, and the syrup is plentiful, remove, and wax or resin the corks, and store. There are other ways given under different fruits that are as good for currants. More sugar may be used when "currants in rich syrup" are required. In the latter form they come in handy for a winter compôte. Should raspberries be used as well, look them over one by one, for fear of grubs. (*See* RASPBERRIES, page 1139.) A mixture of equal parts of red and black currants and raspberries will be found good in flavour, and have a nice supply of syrup.

Currants, Compôte of.—Required: fruit, sugar, and water as below. Cost, about 5d. if a pound of fruit be used.

Pick and, if dusty, rinse the fruit, and make a syrup with half a pint of water and about six to eight ounces of sugar for every pound. When the syrup boils, drop the fruit in and give a few minutes' simmering; if covered until cold, the steam finishes the cooking, and there is no fear of the fruit becoming mashed. Some pour the boiling syrup over, and re-boil when cold, if a very fresh flavour of the fruit is liked. Another way is to put the fruit in a stewpan and shake it over the fire, and, as soon as hot, add the sugar, shaking the pan as it dissolves; in this way there is less syrup, but it is very rich. Cream goes well with these dishes. A few raspberries or a spoonful of syrup will improve red or black currants. A mixture of these two kinds, or of white and red, may be used. For very superior dishes, a little currant jelly should be added to improve the colour and flavour. Another good way is to cook the fruit in currant juice and sugar for a few minutes.

Dates.—These are now very cheap, and are a nourishing food, useful for eating raw and for cooking purposes. In the latter connection, they are less generally met with than they deserve to be. They range in price from 2d. to 8d. or more per pound on an average.

Tafilat and Tunis are the most expensive, and are suitable for dessert fruit. The cheaper kinds answer for cooking, though there is no saving in buying the very lowest-priced small ones, as they want a lot of washing, and there is greater weight of stone in proportion to flesh. Washing is always a necessity, and soaking is advisable. When cut up, the fruit serves for puddings with or instead of raisins and currants; also for cakes. (*See* INDEX.)

Dates with Almond Paste.—(*See* FRUITS FARCIES.)

Dates, Stewed.—This recipe is given by a dealer in these goods. Take as many dates as are wanted, and wash them in tepid water, changing it for cold. When clean, halve and stone them, and cover with cold water and leave all night. Then simmer until soft—the time taken depending on age and size. They are preferably over- than underdone, especially for children. A little lemon or lime juice is an improvement to the flavour. Serve with bread or plain puddings or porridges, hot or cold. A spoonful or two of orange or lemon marmalade to each pound of dates gives a very agreeable flavour; it should go in towards the end of the cooking. Any spare syrup from bottled or canned fruits may be used up, the water being reduced. Dates, being sweet, are often made more agreeable by adding syrup from acid fruits.

Damson Cheese.—Required: fruit and sugar as below. Cost, from 1s. per pound upwards.

Put some sound, freshly-gathered damsons into an earthenware jar, cover it closely, and place it in a pan of cold water on the fire. Let it boil, and keep adding the water as it wastes away until the fruit is quite tender. Then, whilst they are still warm, remove the damsons, skin and stone them, and press them through a coarse sieve into the juice in the jar. Put half a pound of loaf sugar, broken into small pieces, to every pound of pulp, and

boil all together quickly to a stiff paste. A few of the kernels may be blanched and left in, and these will much improve the flavour. The sugared fruit should be boiled until it sticks to the spoon in a mass and leaves the pan quite dry; and if, when lightly touched, it leaves the fingers, you may know that it will keep well. Put it quickly into saucers or shallow moulds; lay brandied or oiled papers over it, and cover the jars closely. Keep in a dry place. Before being served, it may be cut into shapes. Damson cheese is usually served as dessert. Time, two or three hours to draw out the juice; about two hours to boil the sugar and fruit together. Ten ounces of sugar to the pound of fruit may be used.

NOTE.—If the fruit be very juicy, a little of the juice may be poured off; the cheese is then done in rather less time.

Damson Jam.—Required: four pounds of fruit to three pounds of sugar. Cost, about 1s. 9d.

Split the damsons, which should be quite ripe. Put them in the pan and boil for about half an hour to forty minutes, then add the sugar and finish the boiling. Time, about an hour to an hour and a half altogether. For a common jam, the stones are left in; but for a superior one, they should be removed, for in the event of the damsons being small, there will be a large proportion of stones when done.

Another way.—Boil the fruit itself until tender, then pass the pulp through a coarse hair or cane sieve to leave the stones behind; add the sugar and finish the boiling. This is very good; the trouble is the only thing to be complained of.

Another way.—There is no finer damson jam than this. To every four pounds of fruit, allow the same weight of sugar and the juice of some more damsons drawn as for jelly; there should be a full pint. After the damsons have come to the boil, add the juice and simmer a little longer; then the sugar, and finish, allowing about the usual time in all. Fine fruit should be used. It will be a good colour, and there will be plenty of moisture. In a plentiful season it is worth while to make a store by this recipe, as it keeps well. The juice should be hot when added to the fruit.

Damson Jelly.—Draw the juice from the fruit in either of the ways given for currants; it will be nicer if a proportion of plums be used of any red kind, about a pound to three of damsons. Strain and weigh the juice, and boil it for twenty minutes, then add twelve ounces of sugar for each original pound of juice, and finish the boiling. The scum must be all removed. Stir often before the sugar goes in and all the time after. This jelly is very liable to catch.

NOTE.—In making DAMSON CHEESE, some persons pour off a little of the juice—a third or more; when that is done, the surplus juice can be used for making jelly as above. The plums that most resemble damsons can be used in just the same ways. Many plums are sold to the inexperienced as substitutes for damsons.

Damson Solid is very delicious, and is by many preferred to DAMSON CHEESE, which it somewhat resembles, but has the merit of being cheaper. Required: a quart of damson juice, two pounds of cooking apples, and two pounds or rather more of sugar; if very tart apples, use two and a half pounds at least. Cost about 2s., but variable.

Draw the juice as for jelly, and put it in the pan with the apples, pared, cored, and quartered; boil for half an hour, keeping it well stirred; add the sugar, and boil to a firm, smooth preserve, about a quarter of an hour or more; put into little pots, and, when used, turn out. The damsons left behind can be mixed with any other fruit for a common present-use jam.

Dried Dessert Fruits.—These are both *crystallised* and *glacé*. The difference is that the former have on

the outsides sparkling-looking sugar, a good deal of which shakes off; they are pretty for mixing with other fruits for dessert. The glacé are dried, but the outsides are coated with a syrup only; they are decidedly the better for ornamenting purposes—such as moulds for jellies, cold puddings, and sweets generally. The following are the kinds in general use :—

Almonds.—These are a rich dark green, with a flavour resembling that of citron. The inside is soft and syrupy; therefore they are not suitable for cutting up.

Angelica.—This is one of the most useful of all. It may be cut in strips of good length, and used for the handles of fancy baskets made from little cakes. The delicate green forms a very pleasant contrast to pink and red fruits of all sorts. Angelica is used, too, for cutting out in the form of leaves.

Apricots.—These are of rich flavour and colour, and are largely used in high-class cookery. A delicious preparation called apricot paste is obtainable. It is made from the pulp and candied.

Cherries.—These are extremely useful for garnishing, and, owing to their small size and bright colour, for filling in the chinks of a dish of mixed fruits.

Chinois or Oranges may be had both green and gold—the latter less bright than apricots and some other fruits. Chips and rings of oranges, lemons, and citrons are to be had, and are used for garnishing cakes and in many other ways.

Figs.—There are several kinds and qualities of these. The names *white*, *duchesse*, and *gold* are but a few.

Fruits, Various.—Under this head may be grouped *brochettes*, *lunettes*, *knots*, and *tresses*. They combine several varieties and flavours, and have many uses.

Greengages.—These are extremely nice, of rich colour and taste. They are mostly used in dishes of mixed fruits, but sometimes for decorating various dishes.

Ginger.—This differs in price and quality to a great extent. The cheapest (called "ginger chips," at about 8d. per pound) is in small pieces, and answers for many dishes in which the ginger has to be cut up. The finest kinds in cubes and large pieces will cost nearly four times as much. Ginger is a highly popular dessert fruit, especially in winter.

Plums.—There are several kinds sold under different names. Carlsbad and Elvas are sold in boxes as imported. Mirabelles are a small plum. French plums as sold in bottles are the best known; of late the price has come down, and very good loose ones for cooking purposes are to be had at about 6d. or 8d. per pound. The best are from a shilling upwards. The terms *extra*, *excelsior*, *imperial*, &c., refer to special brands and qualities.

Pears.—To be had both white and of a delicate rose tint.

Pineapple.—This is almost as variable in price, &c., as ginger. The finest sorts are delicious; but the cheaper answer for most culinary purposes.

Raspberries and Strawberries.—These are amongst the most beautiful in appearance, and are of exquisite flavour. They are expensive and mostly used for dessert, though occasionally for garnishing.

In many of our recipes special uses of all these fruits are indicated.

Figs, Green, Compôte of.—Required: figs, sugar, and water as under. Cost, uncertain.

Boil half a pound of sugar, three-quarters of a pint of water, and the thin peel of a lemon for a quarter of an hour, then put in a pint of figs, and boil until tender. Add wine or lemon juice at the end to flavour. Pile the figs in a dish, and reduce the syrup by quick boiling. The figs must cook softly.

Green figs in syrup are to be had in tins.

Figs, Stewed.—Very wholesome and suitable for serving with corn-flour

and other blanc-manges, boiled rice, plain suet and other puddings, &c., and with bread in place of jam. For an every-day dish, take figs of medium quality and rinse them well in water, then drain and cover with cold water. Cook over the fire in a saucepan or in a jar in the oven. The nicest flavouring is lemon peel (half a lemon for a pound of figs); it should be very thinly peeled, and the strained juice at the end of the cooking is an agreeable addition. If sugar be added, it may be brown or white, about four ounces to a pound or a pound and a half of figs. The figs are nice hot or cold. They should be well swollen and perfectly soft, but not broken up. For very dry fruit, it is a good plan to soak it for some hours in the water. Raisins may be added, or the grated rind, juice, and pulp of one or two oranges to each pound of figs. The latter is an agreeable addition, and, when oranges are plentiful, cheapens the dish. A mixture of figs and prunes will be found agreeable by many. Almond or other flavouring may be used in place of lemon; but the latter tends to correct the richness of figs.

Figs may be baked in a jar with cold water to cover only, and sweetened with a little treacle. A cheap and good dish to serve with porridge, &c. The poorer the fruit, the longer it should soak.

Figs, Stewed, Superior.—A good winter dessert dish. Make a syrup as directed in next recipe, and put the figs in; let them remain an hour or so just below boiling-point; there should be enough syrup to cover them; add the grated rind and strained juice of a lemon to a pound of figs; remove the fruit and pile in a dish, then re-boil the syrup, and at the end put in a tablespoonful of brandy for every half-pint; when cold, add a little more brandy. Rum may be substituted for brandy, and vanilla for lemon.

Another way, which is very good, is to omit any spirit, and flavour the syrup with apple or currant, or other nice fruit jelly; a little colouring will improve.

Figs may be preserved in syrup and brandy. (*See* pages 1107 and 1112.)

French Plums, Compôte of.—Required: a pound of plums, three-quarters of a pint of claret and water mixed, or port and water, or, for a superior dish, use all claret, or half claret and half port; from four to five ounces of sugar (according to quality of fruit), and flavouring as below. Cost, about 1s. 6d., if claret and water be used.

Rinse the plums quickly, put them on with the liquid, and bring to the boil; add sugar, and simmer until soft and the syrup is thick. Lemon peel in strips, cinnamon, or a clove or two may be used for flavouring, or a few drops of essence of spice when the plums are done. They are nice hot or cold. When water is used, a good dish is to be had by flavouring with liqueur syrup. Another way is to enrich the syrup with a little fruit jelly. If boiled fast, the syrup may require the addition of a little more wine or water. The stones may be removed if liked. If cooked longer than necessary, the fruit will not be of so good a flavour.

French Plums with Almond Paste.—(*See* FRUITS FARCIES, p. 1122.)

Fruit Dishes, German.—(*See* GERMAN FRUIT DISHES.)

Fruit in Brandy.—On p. 1112 will be found a recipe for cherries that serves equally well for other fruits—such as plums, apricots, &c. The amount of sugar must be varied according to the kind and quality of fruit, and the brandy may be in greater or less proportion than there given. A small quantity of good brandy is much to be preferred, on the score of flavour and preservative properties, than a large quantity of an inferior kind. The kernels should be blanched and added to the fruit. There are various ways of treating fruit in this way; sometimes a thick syrup (such as is given on page 1147) is added to nearly cover the fruit, and a small

amount of brandy, only enough to flavour, is added. Another way is to add as much pounded sugar as may be required to sweeten the fruit, and to fill up the bottles with brandy; after standing some time, the syrup resembles fine liqueur, and is often served as such after careful straining, the fruit making a separate dish. These are the most expensive of all the fruit dishes. Another mode, similar to the last-named, is to add a little thick boiling syrup instead of sugar (clarified syrup is generally used), and, when cold, to fill up with brandy; for this the fruit must be ripe and of the finest quality, and thoroughly corked and sealed; or a bladder soaked in spirit is tied over the corks. It should be remembered that when a pure spirit is not used, there is fear of fermentation. Fruit *minus* spirit is to be preferred to fruit *plus* adulterated spirit.

The following is a very reliable mode for general use:—First prepare the syrup. About a pound of sugar will do for two pounds of fruit; but the proportions must be regulated by circumstances. Take the sugar in lumps, and dip each into water; put the moistened sugar in the preserving-pan, and heat it slowly; after it comes to the boil, simmer only. When beads form on the surface, put the fruit in (such as apricots, plums, peaches, &c.), and let them soften, but not crack. Then set by to cool for a few hours. The fruit is to be drained, and the syrup boiled up and poured over the fruit when cold, with about an equal measure of pale brandy. Store in glass and cover very securely. Better for keeping a short time before opening for the fruit to take up the flavour of the brandy. For a less expensive way, the water may be increased. In addition to dipping the lumps in it, add a quarter of a pint to each pound and a half of sugar used; the brandy can then be reduced in like proportion.

NOTE.—When the fruit is in the pan, it is best to set it in another containing boiling water, to avoid burning, the syrup being thick.

Fruit in Ice.—A very tempting way of serving fresh fruit is to chip a well in the centre of a block of clear ice, and put a bowl of the fruit in it. Or, for a large table, the block of ice may be increased in size, and space made for four bowls, one at each corner; or a fifth may be put in the centre of the block. A garnish of green leaves will suffice round the ice, if the fruit used be bright in colour. The petals of flowers may be used. It is assumed that provision will be made for draining away the water from the ice.

Another way.—For large bowls of fruit, such as macédoines, the following ways are good, especially when the dish has to stand for some time, for outdoor parties, &c.:—

No. 1.—Take a second bowl, a little larger round than the one containing the fruit, and put in it some small lumps of ice, with a little salt. The surface may be covered with anything that will hide the ice and assist in keeping out the air; any natural green leaves, from fruit for choice, will answer.

No. 2.—In the centre of the bowl of fruit place another containing the ice; this is to be very much smaller, and the top may be covered by a glass plate to fit; or a jar may be used with a stopper, if the appearance is no object, and the fruit is being served from a side table. If put on the table, an ornamental glass bowl should be used for the middle, and not covered, unless some pretty garnish is available. When convenient, a freezer, such as is used for ices, should be employed for cooling fruit for outdoor parties in the height of summer. A tall jar should be used for the fruit and set in the freezer; and that is to be embedded in ice and salt in the usual way. Or if a bowl has to be used, that can be set in the ice bucket, and kept covered. Reference to the chapter on ICES will make these methods clear.

Fruit Fools, Iced.—These are a luxury in summer-time—quite as

nice, in the opinion of many, as ices proper, and less costly. The principle of making is simple, and the recipes given will illustrate it sufficiently for other dishes to be concocted according to taste and the fruit at command. Whether red or green fruit be used, it is best to add a little colouring, or the mixture is apt to present a muddy appearance. Those who have no ice caves may dispense with the moulding of the fruit; a little melted gelatine should be added—about half an ounce to a pint and a half of the mixture, or just enough to give body, not to set it; it is then to be piled in a dish for serving, and set over ice or cooled, as most convenient. (*See* page 959 in the chapter on ICES.)

Gooseberry.—Take a pint of gooseberry pulp, well sweetened as for GOOSEBERRY FOOL (page 1123), and add to it half its measure of cream; after blending, colour nicely, and, if possible, add a wineglassful of some liqueur syrup, such as maraschino; a little brandy may be used instead. Fill a mould, and set in an ice cave until it is firm enough to turn out.

Rhubarb.—The same directions apply. Be careful that the rhubarb is free from strings; the finer the sieve used, the nicer it will be. Vanilla flavouring is very nice, or any sort of syrup as above. For a change, the pulp may be mixed with a little preserved ginger syrup; then no other flavouring is needed, though a dash of brandy improves it. Reference to the recipes for ICES will suggest suitable flavours for any other fruits that may be employed.

Fruit for Garnishing Ices, Sorbets, Vol-au-Vents, &c.—The following directions will suffice for various dishes. The kind of fruit, and whether it be single or in bunches, depends upon the kind and size of the dish for which it is intended. Fresh or dried fruit may be so treated. The sugar should be prepared as for "spun sugar" (page 811), but boiled to the "crack," and the fruit is to be well coated with it—being turned about until uniformly glazed, and left untouched until firm. Any threads that may form, which resemble very much thin barley sugar in appearance, are to be left, as they add to the appearance. The fruit should be placed about the dish with regard to colour. Bunches of currants are light-looking, and many sorts of berries are suitable. Whatever the fruit, put it on at the last moment, as it is apt to sink, particularly when laid on the top of whipped cream. French plums and other rich dark fruits form an excellent contrast to pale dishes. For example, a vol-au-vent filled with bananas or apricots would be pretty if the edge were decorated with plums, relieved by a little green or pink. Green grapes on a vol-au-vent of pink fruit would be equally effective. Fruit glazed in this way adds very considerably to the appearance and but little to the cost of a host of dishes.

Fruit Pastes.—There are two ways of making these. We give both, but the first is much the better, and should always be followed, except from motives of strict economy, when fruit is very scarce and dear. The principles are adapted to all sorts of fruit that can be preserved; the only differences are the time required for boiling and the amount of sugar to use for the various kinds; these points must be decided by the quality of the fruit to some extent, and the time the pastes are to be kept. There are some who keep them some time before opening, but in our opinion they are better used as soon as made; being dry to start with, we cannot see that they improve by keeping. They differ from fruit "cheese" by being boiled to a still drier condition; and we give the preference to cheese.

No. 1.—If cherries, they should be boiled in their own juice, after stoning, for about half an hour, then be pressed through a sieve, and reduced over the fire to a very dry paste; from six to eight ounces of sugar to each pound of fruit should then be worked in, off the

fire, and the paste re-boiled until it no longer sticks to the fingers when pressed. The paste must be quickly pressed into small moulds, the same as for cheese. Should currants be employed, take those that have been used for jelly; but in straining, leave about a fourth the juice, which, together with the fruit, should be sieved and boiled as above, and the sugar added, in all cases off the fire; from seven to eight ounces of sugar to the pound of fruit may be allowed.

No. 2.—This is made simply by taking the fruit left behind after straining the juice for jelly; it must be treated in the same way. Naturally the paste will not be of so good a flavour, and the fruit is more likely to burn by reason of its dryness, and wants great care in the stirring. Made as in the first recipe, fruit paste forms a very agreeable confection. It is sometimes cut in slices when firm, and pressed between sheets of white paper, and stored for use.

Fruit Salads, to Serve with Savouries.—These may be varied to taste, and other kinds prepared in similar ways. The fruit used should be of good quality, and ripe, but not broken; the appearance is then appetising, and the salads go with hosts of dishes.

Cherry Salad.—Fresh cherries are the best, but, as a substitute, preserved may be used—glacé only, the crystallised would be too sweet. For half a pound to three-quarters of fruit allow a tablespoonful of the best salad oil, with either a little chopped, shredded tarragon, and chervil picked small, or tarragon vinegar. If the herbs be used, a few drops of white vinegar or lemon juice may be added. The addition of sherry, or Madeira, or brandy is quite optional. Some add a pinch of sugar, and omit anything of an acid nature. The stones are to be removed; and if liked, some of them may be cracked, and the kernels added to the dish.

Orange Salad.—The fruit should be divided in sections, and freed from skin and pips, and treated as above. When large oranges are used, the sections should be sub-divided.

Strawberry Salad.—Pick the fruit, using small berries, and proceed as for cherry salad. These dishes are all better for being set over ice, or in a vessel of salt and water for an hour, or cooled as most convenient, as they cannot be too cold. (*See* page 959 in ICES.)

Fruit Soups, German.—*No.* 1.—*Apple.* Cut the fruit without coring, and boil until soft, with a little bread to thicken, pass through a sieve, and sweeten and flavour with lemon or spice. The yolks of two eggs to the pint, or a gill of cream, may be added, to give richness; or a thin soup may be made by adding some light wine.

No. 2.—*Plum.* For the foundation, a little flour is browned in some hot butter, and water added to thin it; the plums are then boiled to a mash with cloves or cinnamon, then strained and sweetened, and equal parts of wine and water added—about a pint of each to a quart of fruit. Sometimes whole plums that have been simmered are thrown in at the end. Toast is put in or served with it, or sponge cake is served at table.

No. 3.—*Cherry.* This is similar to the last; black cherries are best, and the soup should be flavoured well with cloves. The kernels improve for soups made of any stone fruit. Macaroons are often served with this.

No. 4.—*Strawberry.* This is very nice. The fruit is boiled in water to cover to a mash, with some sliced roll or pounded rusks, then sieved and sweetened, and thickened with a little arrowroot or potato-flour, and re-boiled. At the time of serving, put in a few whole strawberries that have been well sprinkled with pounded sugar some time beforehand. *Raspberries* are also nice in this way, or may be mixed with cherries.

Fruit, Stone, to Preserve for Winter Use.—Take plums or

damsons, put them in stone jars, cover with a plate, and set them in a cool oven, where they may remain for some hours; or all night will not hurt. The fruit should look well wrinkled, but not much broken. This answers for fruit that is hardly ripe. Have ready some melted mutton suet, and pour it in the neck of each jar to the depth of half an inch, then push the corks in, and cover with bladder or wash-leather.

Another way.—Follow the mode, but add about six ounces to half a pound of sugar to every pound of fruit. For common use, moist may be used, if pure cane; no other does for this. The sugar and fruit are to be in alternate layers, and the jars shaken well, that they may be well filled. If much reduced, one jar may be reserved for filling up the rest; but this should be done quickly, that the sealing down may be performed without delay. During the process, keep near the fire. Another way is to cook the fruit alone until almost done, then to add the sugar in powder, if loaf be used, and return to the oven until the syrup is thick, then finish off as before.

A very superior way, for long keeping. Bake the fruit until about half done, then add sugar in the proportion of twelve ounces to each pound of fruit used. When quite done, pour off the syrup, and put it in a jam kettle and give it a sharp boil, then simmer for a short time until rich and thick. Pour it over the fruit (ready placed in the jars), and tie down when cold. These will keep as well as jam if in a proper store closet, and the fruit and syrup will be very rich and of delicious flavour.

NOTE.—Before putting the suet in, cut rounds of stiff white paper to fit the neck of the jar, to prevent greasiness of the syrup by contact with the suet.

Fruit Syrups.—(*See* BEVERAGES.)

Fruits Farcies.—These are a combination of fruit with almond paste for dessert. They are expensive to buy; and although their concoction belongs rather to the confectioner than the cook, after a few trials very good imitation *farcies* may be made at home. The things to avoid are much handling and giving the fruit a messy appearance. The *farcies* should always be daintily dished, either alone or with fancy chocolates, fondants, and similar confections. Whatever the fruit chosen, it should be dried; cherries, French plums, dessert raisins, and the best dates are the kinds mostly used. The recipe for the almond paste is given in CAKES. It may be made a trifle softer than when to be used for cakes. The stones must be removed from the fruit. Large fruit should be divided, and then a small ball of the paste inserted into each half, the paste extending a little beyond the fruit. Another way is to remove the stones without dividing the fruit, and push in as much paste as possible, so that the fruit resembles the original, and the paste comes as a surprise. The dish is, however, more attractive looking if the paste shows. For cherries, a ball of the paste is often put between the two halves. For dates, remove the stones, and insert the paste in their places. Imitation almond paste may be used, if flavoured with almonds. (*See* NUTS, VARIOUS, page 1131.) Cocoanut paste (*see* CAKES) may be used thus.

German Fruit Dishes.—These are cold, refreshing preparations of fruit, sugar, and wine. As will be seen, *Kalteschalen* and *Triett* resemble each other; but the former is more liquid. *Compôtes* are served both cooked and uncooked; the fruit is prepared with nicety in the way of removing stones, skins, and stalks. All are served in compôte dishes. In every case where wine is used, either claret or the light wine of the country is intended; sherry has too pronounced a flavour. Dishes of this sort are very good for outdoor gatherings in the summer, and to many would be a novelty.

Strawberry Kalteschalen.—The fruit

is to be picked and mashed with a silver fork, and dredged with as much sugar as is needed. Set to cool for an hour or two; add enough wine to thin it, and serve with light rusks, or biscuits, or delicate cake. The latter is a feature of these dishes. Another way is to mash half or more of the fruit, and, just before serving, to put the rest whole on the top, the best being reserved. Lemon juice may be mixed with the wine.

Raspberries are used similarly; but the wine is often diluted with water.

Cherry Kalteschalen.—This is a very good dish. Ripe cherries are put in a stew-jar with about half their measure of water, and the same of sugar; when soft, they are sieved, and the stones and refuse are mashed up and boiled in a little more water, with a flavouring of spice (such as cloves); this is added to the rest, with wine and water to taste. When about to serve, add a quantity of "dice" cut from light rolls, and dredged with sugar and browned in the oven; they and the fruit must be cold before mixing. Plums and damsons are used in the same way. For dark fruits, a red wine, and for pale ones, such as yellow plums, a light one.

Triett of Oranges.—The yellow rind should be taken from eight oranges very thinly, and cut in strips as for marmalade; it is then boiled in a pint of water for half an hour, and half a pound of sugar added, and the boiling continued for a quarter of an hour or so. When this is cold, the juice of the fruit and about as much white wine is put in; the whole is poured over rusks or sliced rolls in a glass dish. A nicer dish is made by using less orange rind and adding the scooped-out pulp of two or three oranges with the juice.

Melon or Pineapple Compôte.—The fruit should be rather unripe, and peeled and thinly sliced. A thin syrup of white wine and water and sugar is made, and the fruit boiled in it as long as needed to soften, but not to break it. A lemon is squeezed over if not acid enough. When the syrup for this or other fruit is liked thick, a little arrow-root or potato-flour is boiled in it.

Apple and Orange Compôte.—Some ripe juicy apples, with red skins, are to be thinly sliced, and some oranges also sliced in the skins. They are to be dished alternately in a ring, and a little wine added. Leave for a few hours in a cold place.

Gooseberry Fool.—Take the tops and stalks from a pound of green gooseberries, and boil them with three-quarters of a pound of sugar and a gill of water. When quite soft, press them through a coarse sieve, and mix with them, very gradually, a pint of milk; or cream, if a richer dish is required. Serve when cold. This old-fashioned dish is wholesome and inexpensive, and, when well made, very agreeable. Time, about twenty minutes to boil the fruit. (*See* remarks under RHUBARB FOOL.)

Gooseberry Jam, Green.—Required: four pounds of fruit and three and a half pounds of sugar (or four pounds will be more agreeable to some tastes). Cost, about 2s.

Top and tail, and put the gooseberries in a jam kettle; bruise slightly, and stir for ten minutes after they boil; add the sugar, bring to the boil again, and boil for as long as needed (about an hour or an hour and a quarter). Test as usual (page 1094).

Another way.—Allow a pound of sugar to the pound of fruit, and a pint of water to every four pounds of fruit. Boil fruit and water until soft, then rub through a coarse hair sieve. Return to the pan, and boil with the sugar (previously moistened with boiling water) until the jam sets. This is very nice, though rather more trouble than the usual methods.

NOTE.—The water used for moistening the sugar must be taken from the quantity named above. To keep the jam green, some boil it fast, both before and after the sugar is added, for not more than half an hour in all.

Gooseberry Jam, White or Yellow.—Required: equal weights of fruit and sugar. Cost, about 5d. per pound.

Pick tops and tails from the fruit, stir until it boils, add the sugar, and finish the boiling in the usual way. Time, about an hour to boil the fruit. Some cooks boil the sugar with a gill of water to the pound before adding the fruit. This is a good way if some of the juice is to be poured off for other purposes—such as FRUIT PASTE (*see* page 1120). A small proportion of white currant juice is considered an improvement; sugar equal in weight must be added.

Gooseberry Jelly, Green.—Allow from half a pint to three-quarters of water to the pound of fruit. Cook together until well broken, then strain without pressure. Weigh the juice, and boil it quickly for fifteen minutes; add an equal weight of sugar, and boil until it jellies. (*See* remarks on page 1096.)

Gooseberry Jelly, Red.—Prick the fruit, pick it as usual, and draw the juice as for CURRANT JELLY (page 1141). Strain without pressure, proceed as above, but use twelve ounces of sugar only to the pound of juice. A great improvement is effected by adding a pound of red or white currant juice to every four pounds of gooseberry juice; then, supposing five pounds in all, four pounds of sugar would be required.

NOTE.—The fruit left behind should be mixed with sugar and a small proportion of currants, and made into common jam for present use.

Gooseberries, Green, to keep till Christmas.—This is taken from a very old note-book: "Top and tail the gooseberries, and put them fresh from the trees into dry glass bottles; shake them down as full as possible, for this is important. Have good corks ready, and resin the outside well; then bury deep in the garden, *corks down*, and you may have green gooseberry tart with your Christmas dinner."

NOTE.—This is advocated by many for the preservation of all sorts of green fruits.

Grape Marmalade.—Required: grapes and sugar. Cost, about 1s. per pound.

Pick some green grapes, and put them in a preserving-pan with enough boiling water to barely cover; simmer for a few minutes without breaking, and then lift them out and drain; press them through a coarse hair sieve, and add about fourteen ounces of sugar to the pint of pulp; some use a pound to the pint. Boil for twenty minutes or longer; test as directed on page 1094, then finish and cover in the usual way. (*See* page 1094.) This wants very careful storage.

Grape Jelly.—Pick some purple grapes, put them into a saucepan, and bruise them gently until the juice flows freely from them. Strain, without squeezing them, two or three times through thick muslin, and, when clear, boil the juice rapidly for twenty minutes. Add a pound of loaf sugar to each pound of juice, stir it until dissolved, and boil a quarter of an hour longer. Put the jelly into jars, and cover with oiled or brandied paper, and afterwards in the usual way. A quart of grapes should yield about one pint of juice. Cost, variable.

Green Gooseberry Cheese.—Required: equal weights of fruit and sugar. Cost, about 6d. to 8d. per pound.

The fruit is to be cooked to pulp, and rubbed through a hair sieve, then boiled with the sugar for nearly an hour. Test, and store as directed for APPLE AND BLACKBERRY CHEESE.

Greengage Jam.—Choose greengages which are not over-ripe; weigh them, and allow three-quarters of a pound of sugar to every pound of fruit. Remove the stones and skins, and strew over the plums half of the sugar. Let them stand for five or six

hours. Put them into a preserving-pan, and let them simmer until reduced to pulp; add the remainder of the sugar, and boil until a little of the syrup, poured upon a plate, feels thick and firm. The jam must be well boiled, as plum jams are apt to ferment. A few minutes before the jam is taken from the fire add a quarter of the kernels, blanched and sliced. Put the jam into jars, and cover. (*See* page 1094.) Cost, from 6d. per pound on an average.

NOTE.—Should the fruit be over-ripe, the colour of the jam will not be so good.

Greengages, Compôte of.—The amount of sugar must be regulated by the purpose for which the dish is intended; if for dessert, as a rule the syrup is made thicker, and in small quantity, therefore more sugar and less water will be required. For serving with cream or custard, or in the plain state with biscuits, &c., the following is rich enough. Allow from a third to half a pint of water, and six ounces of sugar to a pound of fruit. The scum should be taken from the syrup as it boils up, and the fruit be put in and simmered with care. Finish off as usual. (*See* COMPÔTE, page 1137.) Brandy is sometimes added, and the dish set on ice. A little green colouring improves the dish. A mixture of greengages and plums of another colour, separately cooked, but mixed in the dish, will be found very nice. The fruit should be skinned. Another way, which preserves the flavour of the fruit, is to pour the boiling syrup over; and when cold, to reboil, and again pour over. The plums must be fully ripe for this. Still another is to sift plenty of sugar, and pour a little liqueur over after skinning, and leave in a cold place for some hours until there is plenty of juice. Many kinds of fruit are excellent in this way, and may be mixed together in one dish and served for dessert. (*See* GERMAN FRUIT DISHES, page 1122.)

Greengages, To Bottle.—Choose perfectly sound greengages, gathered on a dry day, before they are fully ripe. Put them into wide-mouthed bottles and fill these with syrup, made by boiling a pint of water with a pound of sugar for four or five minutes. Cork securely, and put them up to their necks in a large pan of cold water, with straw between the bottles to prevent them cracking. (*See* page 1098.) Bring the contents of the pan slowly to a boil; after boiling, simmer gently for a quarter of an hour; leave them until cold, seal the corks securely, and keep the bottles in a cool place, with the necks downwards. If there is any leakage, the fruit must be used at once; otherwise it will keep for years. Probable cost of greengages, when in full season, 6d. per quart.

The above quantities of sugar and water make a rich syrup, and the fruit is suitable for serving for dessert. For ordinary purposes, half the quantity of sugar will suffice.

Guava Jelly, Imitation of, or English Guava.—Take a gallon of large bullaces, draw a darning-needle through each one, to make a slit in it, and put them into deep earthen jars, mixing with them two pounds of red plums—the Imperatrice plum is the most suitable. Place the jars in a saucepan, three-parts filled with water, and simmer very gently for a couple of hours, or until the juice flows freely. Pour it from the plums, pass it through a jelly-bag two or three times to clear it, and weigh it. Boil it quickly for twenty minutes, then add three pounds of sugar to four pounds of juice; boil again, skimming carefully, until the jelly will set when a little is poured on a plate. This will be in about twelve minutes. Pour the jelly into small jars, lay a piece of oiled paper on each, and cover closely with bladder, or thin paper dipped in gum-water. The plums should not be left too dry. They can then be boiled with a little sugar, to make common

jam. A pound and a half of plums will yield, on an average, one pound of juice.

Guava jelly is imported, and may be bought of Italian warehousemen.

Jam, Imitation. — This is a useful mixture for roly-poly puddings. Required: a lemon, a pound of treacle, a quarter of a pound of prunes, the same of dates, some bread, an egg, and a little spice. Cost, about 9d.

The lemon rind should be grated, and the juice squeezed into the treacle. The egg is to be beaten in, and the fruit cut up very small indeed. A fig or two will improve; and the mixture is still nicer if the fruit be chopped altogether. A little spice may be used. The bread goes in last, enough being added to give consistence to the mass. Honey can be used instead of some of the treacle; if thick, warm them together. Another way is to add a grated apple and a cooked carrot, leaving out the lemon, simply adding the treacle, bread, and egg. By using more bread, the egg can be omitted. Some of the apple pulp of page 1103 improves this; or fruit left from jelly can be used.

Jams.—(*See* alphabetical recipes, and remarks, &c., on pages 1093 to 1096.)

Jellies.—(*See* pages 1096 to 1098, and alphabetical recipes.)

Lemons.—Lemons are universally employed in the kitchen, and are amongst the most useful and wholesome of fruits. The lemons with the most uninviting-looking rinds are often rich in juice; while a clear yellow-looking lemon, which serves best for grating, often contains very little juice, and has a thick skin, with a good deal of white pith. Lemons should be wiped before grating; and for the most delicate dishes the fruit should be rasped. (*See* remarks on page 810.) (*See* also INDEX.)

Lemon Marmalade.—This is less known than orange marmalade, but it is a very nice preparation. Required: lemons, and sugar as below. Cost, about 6d. per pound.

Take some sound lemons with clear skins, and boil them until soft, for about two hours. They should be well covered with the water, and it should be changed a time or two, boiling water being added in place of that poured away. Then drain and dry the fruit, and cut it in the thinnest possible slices, rejecting nothing but the pips. Weigh the fruit pulp, and allow a couple of pounds of lump sugar and a pint of the water the lemons were last boiled in to a pound of it. By some a pound and a half to three-quarters of sugar and three-quarters of a pint of water are considered enough. The water and sugar should be boiled together for a quarter of an hour, and be well skimmed; the fruit is then to be added, and the whole boiled softly for thirty to forty minutes. Put in jars, and cover with sheets of brandied paper, and tie down with bladder when cold.

NOTE.—If liked, the outer peel can be cut into chips, and added as for orange marmalade. The above is easy, and very good.

Lemon or Orange Peel to Candy.—Required: fruit and sugar. Cost, about 4d. per pound, when fruit is cheap.

The rind must be freed from the pith entirely, then put into salt and water for three days, then into fresh cold water for one day. Put it in plenty of cold water, and boil until quite tender; drain, and cover with a syrup made with a pound of sugar to each pint and a half of water. The rind should lie in this for an hour, and then be boiled gently until the syrup candies. Take out the rinds, and drain, and put them in a very slow oven; one from which the bread has been drawn is suitable. When the syrup has dried on them, store in a cool dry place. Another way is to make the syrup weaker than the above for the rinds to lie in, then to add more sugar until the strength is a

pound of sugar to a pint of water, and boil as above directed.

Lemon Peel, Grated, to Store.—When lemon juice is wanted, and there is no immediate use for the peel, it can be grated and mixed with its bulk of sugar or salt, just according to the nature of the dishes for which it will be used. Put in small glass bottles with good corks, and store in a dry place. Another way is to cover with spirit or wine, and use for flavouring purposes generally.

NOTE.—The peel must be dried thoroughly by gentle heat, unless used in the spirit; then it is immaterial.

Lemons or Oranges Preserved in Slices.—Fruit thus preserved is very delicious for dessert dishes and for culinary purposes. The recipe is given for oranges; for lemons the sugar should be increased by a pound. Required: fine Jaffa oranges (or any other kind, as free from pips as possible), and syrup to cover them in the following proportions:—Two pounds of loaf sugar, the same weight of pounded sugar candy, pale brown, a quart of water, and a pint of rum. The number of oranges to be used must be regulated by their size; as they vary so much, only the syrup can be given. Only as much syrup as will cover and cling to the fruit is wanted. Grate the rinds of half the fruit, and put in the vessel for making the syrup; remove all the rinds and white skin, and cut the fruit in quarter-inch slices, removing all the pips. Bring the water and sugar and candy to the boil (the water should be first poured boiling over the sugars off the fire, and well stirred), then put the fruit in, and *barely simmer* until the syrup is reduced to two-thirds or so. It should be thick. Store in small glass jars when cold, and add the rum at the last moment. Cork or bladder. May be used at once, but improves by keeping.

NOTE.—Another pint of water may be used when very sweet dishes are objected to.

Limes.—It is recommended by a very large importer that limes be kept in a cool dry place, covered with fine sand. They contain a large proportion of juice, but, owing to their perishable nature, their usefulness is decreased; and although they may be bought very cheaply by the hundred or thereabouts, unless most carefully stored their first cost may be doubled by the rapid deterioration. The juice may be used in cooling drinks, and all other purposes to which that of the lemon is applied. Cost, variable; about sixpence per dozen when bought in quantities is the average.

Macédoine of Fruits.—Required: a pint and a half of syrup, and the same measure of fruits as below. Cost, very uncertain.

The syrup is to be made by boiling a pint of water and ten ounces of lump sugar for a few minutes; flavour with a tablespoonful of brandy and the same measure of liqueur syrup, or half that measure of the pure liqueur. It looks nicer if coloured a pale pink. The fruit must be according to season and convenience, but in good variety, such as ripe currants (black, white, or red), raspberries, cherries, strawberries, slices of pine or melon, apricots, or other stone fruit; the small fruit whole, and the large in slices. When the syrup is liked in smaller quantity, boil until further reduced, and use but little more than enough to well coat the fruit. Set on ice until required. The syrup should be cold when mixed with the fruit. Serve as it is, or with custard or cream as a sweet, or with frozen cream. (*See* ICES.)

NOTE.—A delicious dish is made by serving a separate little pile of fruit coated with frozen cream to each person.

Macédoine of Fruits in Jelly.—It is not easy to give very precise directions for this, so far as the fruit is concerned, as it may be one colour, or a mixture. For some of these dishes a good number of sorts

of fruits are used, but of one colour—say red cherries, currants, and raspberries and strawberries. In such a case the jelly used would be green or pale yellow. For pale fruits, such as a mixture of pine, bananas, &c., the jelly would be red or pink. This is the arrangement. After *moistening* the fruits with syrup as above, arrange them in the dish or bowl for serving, and over each layer pour the jelly, on the point of setting. The top layer should be of fruit, piled rather high; and over it some chopped jelly may be laid, with a few choice fruits as garnish, or some whipped or frozen cream. There are various ways of finishing off.

Another way.—Take a good-sized mould, and fill with alternate layers of fruit (first soaked in spirit or liqueur) and jelly, set on ice, then turn out, and the weight of the fruit should break the jelly, which will result in a pile of fruit with jelly clinging to it; a delicious dish, but better set on ice for a time. The colours of the fruit may be varied, and a pale or gold leaf jelly be used. (*See* recipes in JELLIES.)

Magnum Bonum Plum Jam.—When fully ripe these plums make a first-rate jam. Required: four pounds of plums and three pounds of sugar. Cost, about 4d. or 5d. per pound on an average.

Remove the skins and stones, and boil the plums alone for forty minutes or so, with frequent stirring, or they will burn; then add the sugar and finish the boiling, about twenty minutes or more. A few minutes before finishing, add a fourth or more of the blanched kernels.

Another way, which many favour, is to spread the fruit and sugar on dishes for a few hours, and boil the whole for an hour or more; but this wants slow cooking, or the fruit is apt to shrivel very much.

For unripe plums, it is a good plan to boil them until soft enough to sieve, then to re-boil with the sugar. In this way the stones are got rid of without waste, for they will not part readily from the flesh when unripe; but the preserve more resembles a marmalade than a jam.

Mango.—Of all the tropical fruits, the mango is considered the most agreeable to Europeans. It is like a short thick cucumber in form. The skin is thick, and the pulp melts in the mouth with cooling sweetness. There are many sorts of mangoes. They are much used for chutneys and similar compounds.

Marmalade, Orange and Lemon, Excellent.—This is a specimen of the kind of marmalade known as "grated," and can be recommended. Required: an equal number of sweet oranges, bitter oranges, and lemons, eight of each will make a nice quantity. Sugar and water as below. Cost, about 6d. per pound.

Have ready a basin with half a pint of water, supposing the above quantity of fruit; grate the rinds of the fruit in it, avoiding the white; throw the latter away, and then scoop out all the soft pulp into another basin; a wooden spoon shaped like a tablespoon answers, or use a silver dessert spoon. The pips of the oranges only should be put in another vessel, with a little boiling water to cover, and be left for a few hours. The skin from the interior may be put with these. When ready to boil, strain the water from the pips through a sieve and add the contents of the other vessels, water and everything; weigh the whole, and allow a pound and two ounces of sugar for every pound; then boil all together, as long as necessary, to a firm marmalade. This is very much less trouble than it appears on paper. In straining the water from the pips, rub with the back of a spoon to get all the mucilaginous matter from them, as it flavours and helps the marmalade to set.

Marmalade, Transparent.—A very old and good recipe: Take three pounds of bitter oranges, and pare them as you would potatoes—that

is, as thinly as you can. Cut the peel thus obtained into the very finest possible shreds, and tie them loosely in a coarse muslin bag. Cut the oranges into quarters, squeeze the juice out, and set it aside. The pulp and the bag of shreds are then to be put into three quarts of water and boiled very gently for as long as may be necessary to reduce the water to three pints; strain it through a hair sieve. Then put the strained liquor back into the kettle with six pounds of sugar, the juice that was set aside, the shreds turned out of the bag, the strained juice of two lemons, and the rinds grated, and a quarter of an ounce of isinglass. Then simmer as softly as possible for half an hour.

NOTE.—The rinds of the lemons may be treated exactly as the oranges, instead of grating them; and should a little less bitterness be desired, some sweet oranges may be used and mixed with the rest, as these variations do not impair the clearness. The whole of the pips should be added in boiling the pulp.

Medlar Jam.—The fruit should present a semi-rotten appearance, the sign that it is ripe, but there must be no trace of mould. Wipe with a cloth, and put in the pan with cold water to just cover. Simmer at the side of the fire until each has burst, about half an hour or forty minutes. Stir often during this process. Then pass through a sieve fine enough to keep back seeds, &c., and add fourteen ounces of sugar to every pound of pulp. The flavouring is a matter of taste; the eighth of an ounce of ginger, or cinnamon, or mixed spice may be used to the pound, or the grated rind and strained juice of two or three lemons may be used for every quart of the pulp. The jam should be boiled fast for from thirty to forty minutes, stirred constantly, and well skimmed. Cover with bladder.

Medlar Jelly.—Assuming the fruit to be in the right condition, this is a most excellent preserve. Prepare and boil with water as above, and for a couple of dozen medlars allow the thin rind and strained juice of half a lemon. Strain without any pressure, and put the juice in the pan with its weight of sugar and the juice of a lemon to every fifty medlars; boil, and skim well. The jelly should be quite clear; but if the least sediment is put in, it will fail in this respect. Time, about an hour and a half to boil, but very variable. Take care that it does not scorch.

Melon Salad.—It has been said that a melon perfect in flavour is too good for salads; and it has also been said that a melon salad is one of the best ever put on any table. Required: a ripe melon, salt and mignonette pepper, the purest salad oil, and some French vinegar. Cost, uncertain.

Remove the rind and any hard part near it, as only the juicy part of the fruit should be used. Cut it in blocks an inch square, and dress with the above materials; the oil and salt should go first. The proportions are two tablespoonfuls of oil, a saltspoonful of salt, half a tablespoonful of vinegar, and just a dust of pepper. Some prefer the latter ingredient omitted. These quantities would do for a small melon only. Prepare at the last moment; it should not stand.

Mock Strawberry Compôte.—This is a very cheap and nice dish, and a change from the ordinary preparations of rhubarb. Required: rhubarb, treacle, strawberry syrup, colouring, and some plain custard, if liked; but this is optional. Cost, variable.

The rhubarb should be prepared as for ordinary dishes (*see* RHUBARB), then cooked until done; add four tablespoonfuls of the syrup to a pound or so of fruit, then mix in as much treacle as will be required to sweeten pleasantly, and colour a pale pink. It should be served as cold as possible.

This may be made into a nice sweet by putting it while warm over some sliced sponge cakes in a dish, and

covering the top with custard, or a layer of whipped cream.

Raspberry syrup may be used in the same way for a mock raspberry compôte. The juice from fresh fruit is nicer than syrup.

Morella Cherries, Preserved.—A very old and good recipe. Required: four pounds of cherries, three pounds of sugar, and a pint of currant juice. Cost, about 3s., but variable.

Take cherries that are fully ripe, cut the stalks off, and prick the fruit. Powder half the sugar, and spread it over them on flat dishes, and let them rest all night; melt the rest of the sugar in the juice over a slow fire, and put in the cherries and their syrup, and give them a gentle scald; turn out, and let them stand all night again; then give them another scald, and let them stand another night; boil the syrup until it is thick, and pour it over the fruit; tie down when cold.

Mulberry.—The fruit of the mulberry is brought to the dessert, and recommends itself by its highly aromatic flavour and abundant subacid juice. It is wholesome, cooling, and rather laxative. The most forward mulberries attain maturity about the end of August, and there is a succession of ripening fruit on the same tree for about a month or six weeks. The ripening berries rapidly change from a reddish to a black colour, and should be gathered accordingly for immediate use. This delicate fruit will not keep good off the tree for above a day or two.

Mulberries, Preserved.—Simmer some mulberries in a jar set in boiling water, and strain the juice. Put a pint of this into a preserving-pan, with two pounds and a half of sugar in small lumps; stir until the sugar is dissolved. Keep it boiling for about five minutes, skimming carefully, then add two pounds of the fruit, without any bruised berries. Move them gently in the syrup, and let the pan stand by the side of the fire until the preserve is hot through, then boil very gently for half an hour, and put them by to cool until next day. This would be best done in an earthenware or enamelled pan, as the shifting from one vessel to another is likely to break the fruit. Boil again next day. The syrup, when cold, should be firm; test it before the pots are filled. Mulberries are not often bought, as they are not produced plentifully in England. The preserve is refreshing and cooling, and the syrup, when mixed with water, is efficacious in cases of sore throat. Three pounds of sugar would be preferred by some; and for a common jam the syrup need not be drawn, but equal weights of fruit and sugar be boiled together in the ordinary way.

Nectarines and Peaches.—These fruits are both the produce of the same species of plant—the skin of the first being smooth, that of the second downy. Both contain a considerable quantity of sugar, but cannot boast of possessing great nutritive properties. The seeds of the nectarine are employed for making noyeau and flavouring brandy. Peaches and nectarines are dessert fruits of a very high order. They make delicious preserves, and in America and in some parts of France are used in the manufacture of a sort of brandy. The leaves contain prussic acid, and consequently, when steeped in gin or whisky, impart a flavour resembling that of noyeau. According to Mr. Loudon, the following are the characteristics of a good peach or nectarine:—"A good peach or nectarine possesses these qualities: the flesh is firm; the skin is thin, of a deep or bright-red colour next the sun, and of a yellowish green next the wall; the pulp is of a yellowish colour, full of high-flavoured juice; the fleshy part thick, and the stone small."

Nectarines, Dried Compôte of.—(*See* APRICOTS, NECTARINES, AND PEACHES, DRIED CALIFORNIAN, page 1107. Also APRICOTS, DRIED, COMPÔTE OF, page 1107.)

Nectarines, Preserved.—Required: fruit, sugar, and water as below. Cost, very uncertain.

The fruit should be sound and fully grown, but not the least over-ripe. Split with care and take the stones out, then put the weight of the fruit in sugar in the preserving-pan, with a gill of water to each pound. Boil and skim, and, when the syrup is clear, put the fruit in, and simmer for twenty minutes. Pour all into a china bowl very carefully, not to break the fruit, and boil all again next day for ten minutes, or a trifle over should it require it; then take the fruit out and put in the jars, and boil the syrup rather quickly until thick. The stones should be broken, and the kernels blanched and divided amongst the jars. The syrup should be put over while hot. Tie down when cold. There are various ways of preserving this fruit, and some are very troublesome; but we think the above will give as good results as the more complicated ways, if attention be paid to details.

Nuts.—(*See* INDEX for the kinds in general use.)

Nuts, Various, for Cooking Purposes.—The following are recommended for use in cakes and other dishes; they may often replace sweet almonds without detriment to the dish:—Italian and Spanish pine kernels, apricot kernels, and Turkish hazels. These are shelled, and range in price from 4d. to 8d. per pound on an average. Nut mills may be obtained of dealers in vegetarian produce. They cost but a few shillings, and will grind quickly and perfectly all sorts of nuts. The use of the mill saves time in chopping, and renders the nuts easier of digestion.

Oranges.—Oranges are familiar to all, and need no description and but little commendation. They are considered amongst the most wholesome of the fruits, and, as a rule, may be eaten by all except those who suffer from certain skin diseases, and in such cases all the fruits that contain citric acid may be forbidden; these include the orange, lemon, lime, and shaddock. Oranges are to be had all the year round, and generally cheaply for the common sorts, such as the St. Michael. The more expensive are the Jaffa (a large juicy orange), Florida, Jamaica, and other recently introduced varieties; and the Tangerine and China, both of which are very small and have thin rinds (these are delicious in flavour and odour). The red or "blood" orange is valued for dessert on account of its colour. The Seville orange is bitter, and mostly employed for the making of wine and many liqueurs, &c., and for marmalade.

Orange Apple Jelly.—This is recommended in the event of the apples not being well flavoured. To every four pounds of apple juice drawn off in the usual way allow the strained juice of half a dozen sweet oranges, the rinds of three, a pint of water, and three pounds of sugar.

The water should be boiled with the thin rinds of the oranges until flavoured, and the strained liquor be mixed with the sugar and brought to the boil; the orange and apple juice are to be mixed together and then added to the syrup, and the whole boiled and skimmed until the jelly will set. A little yellow colouring is often added to this, and it is a very pleasant change from ordinary apple jellies.

Orange Compôte with Cocoa-nut.—The oranges should be sliced after peeling and laid in a glass dish, each layer being sprinkled with grated, fresh, or desiccated cocoa-nut. A thin syrup of sugar and water, enough to cover, is to be poured over the fruit while hot. About four ounces of sugar to a little more than a quarter of a pint of water will suffice. It is nicer if re-boiled after the syrup has drained from the fruit. It should be served quite cold, and some more nut sprinkled over last thing. Sliced bananas are sometimes added, and the dish goes

by various names—such as *Ambrosia*, *Angels' Food*, &c.

Orange Compôte with Pine-apple.—Tinned pine answers for this. Half a pine may be used to three or four oranges. Slice as before, and put alternate layers in a dish; then boil the syrup from the pine with a little sugar, and pour over. If not sweet enough when sufficiently cold for serving, put in a little fine castor sugar. This is sometimes flavoured with rum or brandy. A small proportion of bananas may be added. A dash of lemon juice brings out the flavour. When thick syrup is liked, add a little more sugar and boil it fast to reduce it.

Orange and Raisin Compôte.—Required: six ounces of muscatel raisins, three or four ounces of powdered lump sugar, three tablespoonfuls of brandy and sherry mixed, six sweet oranges, a tablespoonful of lemon juice, and the same of castor sugar. Cost, about 1s., exclusive of wine.

Stone the raisins, and mix them with the powdered sugar and the wine and brandy; cover these while the oranges are freed from outer rind and inner white pulp, and thinly sliced, any pips being carefully removed. The rind of one of the oranges should be mixed, after grating, with the raisins. Then put the oranges in a deep dish with the lemon juice and castor sugar, and pour the raisins on the top; cover again for an hour, then serve.

This is a very nice dish, which is further improved if set on ice while the flavours are blending. Should the fruit be very sweet, less sugar may do.

Another way.—Use whisky instead of brandy and sherry, and add a tablespoonful of clear honey to it. Some French plums in strips, in place of half the raisins, will make another nice compôte in either of these ways.

Orange Marmalade.—Orange marmalade should be made when the Seville oranges are in perfection, and it should be remembered that large oranges with clear skins are the best for the purpose. The proportion of sweet and bitter oranges must be regulated by individual taste. Some use all bitter, and others half a dozen sweet to every dozen bitter; while some prefer an equal number of each. Many like a lemon to every half-dozen oranges.

Orange Marmalade (an easy method).—Required: fruit and sugar as below. Cost, about 4d. per pound.

Take equal weights of oranges and loaf sugar. Put the oranges whole into a preserving-pan, cover them with cold water, and bring them to the point of boiling. Pour off the liquid, put fresh water with the fruit, and boil gently until the rinds of the oranges can be easily pierced with the head of a pin. Drain the oranges, and cut them—skin, pulp, and everything—into very thin slices; remove the pips, and throw the fruit into a preserving-pan with half a pint of the water in which the oranges were last boiled to every pound of fruit, and half the sugar which is to be used. Simmer gently for thirty minutes, then add the remainder of the sugar, and boil twenty minutes longer, or until the marmalade jellies. Pour it into jars, and, when cold, cover and store for use. This will not be clear, as the white pith is used; but it is economical and of good flavour. The whole or part of the pith may be omitted for a better marmalade.

Orange Marmalade, Scotch Recipe.—Required: four pounds of oranges, eight pounds of sugar, and three quarts of water. Cost, about 4d. per pound, or more.

Take bitter oranges, cut the rinds in quarters, and peel it off; remove the spongy white skin, unless from motives of economy it be preferred. Cut the chips as thin as possible, and about an inch long, then divide the pulp, removing the seeds, which should be put to steep in part of the water. The rest of the water is to be

poured while boiling over the chips and pulp in an earthen dish, covered, and left for twelve hours, then be turned into the preserving-pan. The water from the seeds is to be added after straining through a sieve, the seeds being well worked with a spoon that the full flavour may be got. Boil until the chips are soft, then add the sugar, crushed small, and boil until the whole jellies. This takes some time, but is a very good marmalade. The large amount of sugar is needed owing to the water, which is in greater quantity than generally used. Should it, on tasting, be thought too sweet, as soon as the sugar has melted the rasped rinds and strained juice of a couple of lemons may be added.

NOTE. — Remove the inner skin from the pulp. It may with advantage be soaked with the seeds for a time.

Orange Purée, to Serve with Game. — Required: three-quarters of a pint of water, four to five ounces of lump sugar, the pulp of six sweet oranges, the grated rinds of two, the rind and juice of half a lemon, a little colouring, three tablespoonfuls of good Madeira, or half brandy, and some yellow colouring. Cost, about 1s.

The water and sugar should boil for five minutes, and about the eighth of an ounce or rather more of sheet gelatine be stirred in; then add the pulp of the fruit, without a trace of white skin or pips; boil up, and rub through a hair sieve, then add the colouring and the rind and juice of the oranges and lemon, and the wine last. This is best iced, but it may be served after setting it in a cold place for a few hours. A larger proportion of rind is sometimes liked, and one of the oranges may be bitter. Another way is to boil the peel after shredding it, then to chop it small. Some will like less sugar.

Oranges, Coloured.—A pretty dessert dish. Take small oranges, China or Mandarin, peel and remove the skin; pour a hot syrup over and leave until cold, then drain, and roll in a little thin white-sugar icing (*see* CAKES). While moist, roll again in coloured sugar. After a time roll again in the sugar to ensure an even coating. For a good-sized dish use sugar of various tints, yellow, green, mauve, and pink if liked, and dish alternately. Garnish with greenery of some kind, and put a lace paper under.

Another way. — Instead of sugar icing, coat with white of egg; and finish as above. Another way is to coat the fruit with various kinds of glacé-icing. All are in the CAKES chapter.

Oranges, Iced. — Remove rind and pith, being cautious to avoid drawing the juice. Make some white icing, as for bride cake, but thinner, pass a strong thread through each orange, and coat with the icing; it is best to dip them in it, then when dry to give a second coating, and make smooth with a palette knife. The threads can be fastened to a long stick, and suspended in a warm place, but the fruit should not acquire colour. Garnish with greenery as above. (*See* recipes and directions in the CAKES chapter.)

Oranges, Preserved in Slices.—(*See* LEMONS, page 1127.)

Peach Compôte with Jelly. —A very good dish. Required: twelve peaches, water, sugar, &c., as below. Cost, variable.

Peel and stone the peaches; boil ten ounces of sugar in half a pint of water; put the fruit in with the bruised kernels, and boil for ten minutes; it should be enough if fully ripe. Pile them up in a dish. Strain the syrup, and flavour with lemon juice; use two lemons if small, and boil the rinds with the syrup. Add half an ounce of dissolved isinglass or gelatine, and when on the point of setting pour over the fruit slowly, that all may be coated. Set on ice until wanted. The syrup may be

coloured red and flavoured with red currant juice; then less sugar must be used. The jelly is not intended to be stiff, but it may need more gelatine to set it than given, according to the weather. (*See* JELLIES.)

NOTE.—Other stone fruit may be prepared in the same way.

Peaches, Dried, Compôte of.—(*See* APRICOTS, NECTARINES, and PEACHES, DRIED CALIFORNIAN, page 1107. Also APRICOTS, DRIED, COMPÔTE OF, page 1107.)

Peaches, A Simple Method of Canning.—Required: fruit, sugar, and water. Cost, variable.

The fruit and sugar are to be equal in weight. Allow a gill and a half of water for every pound of sugar used. The water and sugar are to be boiled together to a syrup and skimmed carefully. The fruit should be halved and stoned. Put the fruit in layers in glass jars up to the necks, and then pour the boiling syrup over. Cover them at once with air-excluding stoppers. This way preserves the natural colour and flavour of the peaches. The very best cane sugar is necessary. The above is the recipe of a practical fruit-canner in the States. For a thinner syrup, use half a pint of water to the pound of sugar.

Peaches, Various Ways of Cooking.—(*See* recipes under APRICOTS and NECTARINES.)

Pears.—Pears are very delicious when ripe, and only in that state should they be eaten raw. The consumption of hard, green pears in the raw condition is attended with danger. Unsound, *i.e.*, pears that are over-ripe, are also to be condemned. The choicest kinds are generally kept for dessert, but for many dishes of cooked pears ripe ones are to be preferred, although unripe pears will make excellent compôtes and other dishes when cooked long and slowly and flavoured nicely. In addition to the recipes below, reference to those under APPLES will be found of service for similar dishes from pears. In the matter of sweetening, much must be left to the discretion of the cook, as pears vary so much in flavour and sweetness.

Pear Marmalade.—The fruit should be sound and ripe, and boiled in water to cover until soft; the skins are to be removed by rubbing with a soft cloth, and the pulp sieved; about twelve ounces of sugar to the pound should be added; the pulp is first to be brought to the boil, and the sugar heated in the oven; after it is stirred in, and the mixture has again boiled, it must simmer only until done; it soon scorches, and great care is wanted. Test in the usual way. Sometimes spice or lemon flavouring is liked. This should be rather stiff.

For marmalade from hard pears, peel them first, then bake, with a portion of the sugar and a little water, to a pulp. Then finish as above, using more sugar if needed. A little apple pulp (page 1103) may be added. The pips and parings should be used for flavouring the water added to the pears.

Pears, Compôte of.—No precise directions can be given, owing to the great difference in pears. Assuming them to be ripe, they should be pared and quartered if of moderate size; the pips and parings should be boiled down to make syrup for the cooking; add sugar as required, and proceed as for ordinary compôtes; then boil the fruit in it, watching that it does not break up. Reference to other recipes under PEARS will suggest flavourings, and materials to impart colour. When hard, the pears are best cooked a little in the water before the sugar is added. The addition of perry or cider is favoured by some. For the best compôtes a thick syrup is used, and the dish flavoured with some liqueur or liqueur syrup, or with brandy. Whisky is sometimes liked as a flavourer. A syrup may be made of claret and sugar, and flavoured with spice. Claret alone is considered good

for the cooking; it flavours and softens; the sugar and spices are added near the end.

Pears, Hard, Baked.—Rub the pears with a cloth, put them in a very slow oven on a buttered baking-tin for some hours, until soft, then serve with sugar. The oven cannot be too gentle.

Another way.—Peel and core the fruit, cover with cold water in a jar, and add to a couple of pounds of pears the thin rind and juice of a lemon, an inch of stick cinnamon, a dozen allspice berries, and half a dozen cloves. Cover, and cook for some hours. No time can be given; the variation is so great. White wine or claret may be added at discretion, and sugar when the fruit begins to soften. The syrup may be coloured pink, and may be thickened by quick boiling or the addition of a little gelatine. For a very cheap dish, water and a little spice only need be added at first, then sweeten with brown sugar. The peelings and cores, cooked in a little water, will improve the dish, the water being strained to the rest when well flavoured.

A baking-dish, covered with an old plate, may be used instead of a jar.

Pears, Preserved Whole.—Required: three pounds of pears, two pounds of lump sugar, a pint of water, the rind and juice of a lemon, an inch of whole ginger, half a dozen cloves, the same of allspice berries, and half an inch of cinnamon. Other spices may be used instead of these. Cost, about 1s. 9d., with pears at 4d. per pound.

Boil the spices in a little water until it is flavoured, strain and add to the rest, then put in the lemon rind and juice and the sugar, and bring to the boil and skim; the pears should be small, ripe, of a juicy sort, and pared thinly; boil them in the syrup about twenty minutes; take them up and pour the syrup over; if not enough to cover them well, make more in the same way. Colouring may be added if liked. A tablespoonful of brandy or port may be added to each bottle before covering.

Pears, Spiced, in Syrup, for Present Use.—Required: a pint of water, six pounds of pears, four pounds of sugar, a lemon, an ounce of root ginger, a teaspoonful of cloves and allspice berries mixed, a glass of claret, and a little colouring. Cost, variable.

The fruit is to be peeled, cored, and quartered, and the peel boiled in the water for a short time; the water is then strained and put with the sugar and spices and the rind and juice of the lemon, and boiled and skimmed often, for about twenty minutes. Then put the pears in and boil for twenty minutes more, or longer should they need it. The pears need not be quite ripe; but hard baking pears are not intended. When done, take out the fruit with a perforated spoon and boil the syrup a little longer with the claret, and colour if liked. Tie down with bladder when cold. Less sugar does for some sorts of fruit. A tablespoonful of brandy to every pound of fruit will improve and assist the keeping.

Pears Stewed with Whipped Cream.—This is a good dish, and the fruit may be unripe; but ripe are the better. Take moderate-sized pears as even as convenient, put them in a jar with water to cover, and about four to six ounces of sugar to the pint of water. To every pound of pears add an inch of stick vanilla and a little cinnamon, or omit any flavouring, and add vanilla essence when cold. Cook in a slow oven or a pan of water until done (from an hour to two or more, according to ripeness). Take the pears up and remove the cores when cold, using a long cutter, and reduce the syrup well. The interior of the pears is to be filled with whipped cream flavoured with vanilla (page 954). The syrup should be poured round, and more cream sent to table; some may be coloured with pink, or the pears may be coloured and the cream all white. Apples are nice thus treated.

Another way.—Add gelatine to set the syrup, then chop it when cold, and pile round or over the fruit.

Pears, Tinned.—Some of the tinned pears are very good, and others have but little flavour. The best kinds are rather insipid in appearance, and the addition of some strips of angelica to simulate stalks, or a little bright fruit as garnish, corrects this fault. The juice may often be heated with advantage, and a morsel of fruit jelly added to flavour, with a little lemon juice or spiced essence. Or a clove or two may be boiled in the syrup; port or other wine may be put in, the same as for fresh pears. A few drops of cochineal will impart a good colour. When port is used for this purpose, the fruit must simmer in it until sufficiently coloured. The choicest kinds of pears in tins and bottles are adapted for dessert and high-class dishes, and some brands are expensive. (*See* recipes above.)

Pineapple, Grated.—This is exceedingly good in flavour, being prepared from choice fruit. It is useful for ices, sauces, pastry, puddings, and for first-class sweet dishes of many sorts. It is referred to in several of our recipes. Cost, from 10d. to 1s. per small tin.

Pineapple Jam. — Required: fruit, sugar, and water. Cost, very variable.

Skin and trim the fruit, core it, and slice it thinly; this part of the operation is important; if thickly sliced, it is not so good. Add cold water to barely cover, and cook until soft. Any juice that flows when sliced must be caught in a basin. Then take ten ounces of sugar for every pound of pine, weighed after trimming; add the juice, and stir together over the fire; then put the pine in and boil until done. A brandied paper should be laid over before the jam is tied down. For a better jam, the pulp may be passed through a cane sieve after boiling. It cannot be too thinly sliced at first.

Pineapple Marmalade.—The fruit is to be grated after peeling and coring, then heated in a jam kettle, and fourteen ounces of sugar to every pound added. Boil until thick and clear. Finish off as above. The fruit is sometimes pounded after slicing instead of being grated; but the latter is very much the better.

Pineapple Parings Boiled for Flavouring Purposes.—After the fruit has been trimmed for making jam, &c., the trimmings may be put in a saucepan with cold water to cover, and simmered for half an hour or so; the strained liquid may be boiled with sugar and served with puddings, &c.; or, if essence of pine be added when cold, it will serve for ices, sweet sauces for puddings, and the like. It is sometimes recommended to add it to the fruit used for the jam; but this should only be done if the preserve is for present use. Before simmering, take care to wash the peel in warm water, and dry it.

Pineapple, Preserved in Syrup.—The foreign fruit and that which is grown at home may often be mixed with advantage. Great care must be taken in choosing the fruit to secure it perfectly sound and fully ripe, without being in the least decayed. If the flesh round the stalk looks mouldy or dark, the fruit should not be preserved. The flavour of pineapples may generally be guessed at by their odour. Pare the pine, and trim as for jam. Cut in slices half an inch thick, then from centre to edge, not wider than an inch at the edge. Simmer them in water only for a short time; then drain when soft, and use the water from the pine; add a pound of lump sugar to every half pint, boil, and skim to a clear syrup; put the fruit in, a pound or so, and boil until soft and clear, then fill glass bottles; put a tablespoonful of brandy in each, and cork and seal when cold; or cover the corks with bladder.

Note.—Directions are often given for cooking the fruit in syrup only,

but the above is the better plan, as the fruit softens more readily.

Another way.—Fill bottles with fruit cut larger than above, and syrup, made by boiling a pint of water and a pound of sugar together. Cook in a water bath; the water should simmer half an hour after it boils. Leave the bottles in until the water is cold. Add brandy or not as preferred.

Pineapples, A Simple Method of Canning.—Required: fruit, sugar, and water. Cost, variable.

The fruit should be pared, and freed from the eyes and all parts that are discoloured; then slice thinly, and take the core out. Allow a pound and two ounces of sugar for each pound of fruit after trimming it; put both together in an earthen pan over-night, and next day put in the preserving-pan and bring to the boil quickly, and let it boil for a few minutes. The exact time depends on the condition of the fruit; but the thing to avoid is slow cooking, which spoils the flavour and colour. Then put in jars, and seal as directed for peaches (page 1134).

Pineapples in Bottles and Tins.—The best brands are put up both in bottles and tins in "heavy syrup"; they may be had both sliced and whole, and are admirably adapted for first-class dishes of every description, including dessert. The cheaper kinds, sold at from 6d. to 1s. per tin, are generally in juice only, and, as a rule, are excellent value. If sliced, and the juice boiled up with sugar, very good compôtes can be made at small cost. Sometimes the tinned fruit is mixed with fresh for various dishes. Unquestionably the flavour of the fruit is best preserved in glass, and the bottles with screw tops are to be recommended. Cost of the choicest brands, from 1s. 6d. to 2s. 6d. on an average.

Pippins, Normandy, with Whipped Cream.—After soaking the fruit as directed on page 1105, it should be cooked in a nice syrup. (*See* Pears with Whipped Cream, p. 1135.) If the cream be of two or three colours, and used alternately, the dish is very pretty. Any bright dried fruit may be used for garnish.

Plums.—There are a great variety of plums. The best known are magnum bonum, greengage, Victoria, Orleans, and other red and purple plums, bearing different names. Plums are most unwholesome if eaten raw in an unripe state; and over-ripe fruit is equally injurious very often. The skins, when raw, are said to be quite unfit for consumption by many writers; and, for the best dishes of cooked fruit, they are generally removed. Small plums, which resemble damsons, are often sold in place of damsons, and may be preserved in the same way. Cost, as variable as the kinds; from 1d. to 6d. per pound on an average. (*See* recipes under Damsons, Greengages, and Magnum Bonum; also Stone Fruit and Fruits, Stone.)

Plum Jam.—(*See* recipes referred to above.) For unripe plums, allow a pound of sugar to the pound of fruit; mixed plums may be used. Some of the stones may with advantage be removed, as they rise in the pan; and the kernels of half of them will improve the jam. The fruit and sugar should be spread on dishes for a few hours before boiling. If the skins are to be removed, scald the plums.

Plums, Compôte of.—Owing to the difference in plums, the approximate quantities only can be given. Required: about a pound of plums, half a pint of water, and six to eight ounces of sugar. Cost, uncertain.

Remove stalks, wipe the fruit (if to be skinned, scald it until the skins will come off; if ripe, they may be removed without scalding), and boil the sugar and water; then add the fruit, and cook as long as necessary. For a family dish, if a large quantity, cook in a jar in the oven, adding the sugar towards the end. The kernels improve the dish for most tastes. A steel knife

should not be used for peeling; a silver one or spoon handle is best. Rinse the fruit in water if the skins are not removed; if they are, omit the treatment. Put in a stewpan in alternate layers with the sugar, the latter being top and bottom. Add enough water to moisten the sugar, no more. Shake the pan until the contents boil, then cook as long as needed, giving a gentle stir or shake now and then. Whether the fruit be partially or fully ripe, it is equally good thus. If properly sweetened, when cold, the syrup should be almost a jelly.

Pomegranate.—This is the fruit of the pomegranate tree (*punica granatum*), a plant which grows to the height of fifteen or twenty feet. The fruit is a pulpy many-seeded berry the size of an orange, covered with a thick brown coriaceous rind. Its value depends on the smallness of the seed and the largeness of the pulp. The pulp is of a reddish hue, and has a pleasant sub-acid taste; it is very refreshing. The singular and beautiful appearance of the fruit contributes to the variety of the dessert; pomegranates, being powerfully acid and astringent, are used medicinally in fevers and inflammatory disorders.

Prickly Pear, or Indian Fig.—This fruit is in the form of a fig or pear, with clusters of small spines on the skin, which enclose a fleshy pulp of a red or purple colour, and an agreeable sub-acid flavour. It is imported into Britain to a small extent from the Mediterranean. In the south of England the plant grows in the open air, and occasionally ripens its fruit.

Quince.—The common quince is a hard and austere fruit; when stewed with sugar, however, it becomes uncommonly pleasant, and in this way is often eaten alone, and often to impart a flavour to apple pies. A delicious beverage, something like cider, is also made from it. The seeds readily impart their mucilage to water, and will convert forty or fifty times their weight in water into a substance thick as syrup. The quince was grown by the ancient Greeks and Romans; in our own day it is cultivated in the South of Europe, in England, and in temperate climates generally. Quinces are peculiar for the strong odour which they exhale: this odour is a sign that they are fit for use. On account of it, the fruit should not be kept closely shut in a place where it is likely to be felt unpleasantly.

Quince Jelly.—There are a number of ways of making this so far as the proportions of fruit, sugar, and water are concerned. The following is a good recipe. Required: four pounds of fruit, two pints of water, and twelve ounces of sugar to every pint of the strained juice, or fourteen ounces if the quinces should be very tart. Cost, very uncertain.

Pare, core, and quarter the fruit, and throw it at once in the water in which it will be boiled. It should be quite sound. Boil gently until soft, but not broken up, and turn the whole into a cloth, and leave to drain. The juice should be boiled for twenty minutes, and the sugar added, and again boiled for about the same time, or longer if a large quantity is made. It wants very thorough skimming. Some prefer to put sugar and juice together at first, and boil it from twenty to thirty minutes only, in which case equal weights of sugar and juice should be used. In either case rapid boiling is needed, as long, slow boiling injures the colour. The exact time is not easily given, as the fruit varies very considerably in its setting properties. A mixture of apples and quinces will make a jelly that is appreciated by many people.

Quince Marmalade, Superior.—Take some ripe quinces, wash them, and put them whole into a preserving-pan, with as much boiling water as will cover them. Let them simmer gently until they are so soft that they can be easily pierced with a

pin. Lift them out, peel and core them, put the cores and skins back into the water, and boil until it is considerably reduced, then strain it. Cut the fruit into thin slices. Weigh these with an equal weight of sugar. Put them with the sugar into a preserving-pan, pour over them the strained liquor, boil the whole slowly over a gentle fire, and stir with a wooden spoon till it is thick and smooth. Test as usual, and when it jellies it is done. Put it, whilst hot, into glasses or jars, and cover in the usual way. Time, four hours or more. Cost, variable.

Another way.—Slice the fruit without paring or coring, wipe with a clean, damp cloth, and boil with a pint of water to three pounds for three hours, stirring often. Rub through a sieve, and add two pounds of sugar, then boil for half an hour quickly.

Quinces, Canned. — These are cheap and good. They are of nice colour, and may be served as they are, or converted into a purée by draining off the juice. They also make good pies and puddings, &c. Owing to the high flavour they may be mixed with advantage with apples that are past their best, and somewhat deficient in flavour.

Quinces, Preserved Whole. —This is a rather troublesome but very good method. Pare the fruit, and scoop out the cores without opening; simmer in boiling water to cover until soft. Drain on hair sieves, and boil the liquor with a pound of sugar for every pound of fruit used; pour it over the quinces, and leave until next day. Then pour the syrup off, taking care not to break the fruit, and add to it as much apple jelly as will suffice to well cover the quinces. When dissolved, put the quinces in, and boil until clear, then put them in one-pound jars. Boil the liquor until it jellies when poured on a plate. Then pour it over the fruit, and cover when cold. Quince jelly is better than apple jelly for the above purpose (*see* recipe), or use half and half if convenient. Should the fruit seem likely to break when boiling in the syrup, lift it out carefully and pour the syrup over, then re-boil, and repeat if needed; great care in storing is required.

Another way. — Instead of using apple or quince jelly, some of the seeds may be boiled in the water to give the necessary consistence.

Raisins.—(*See* page 811.)

Raisins with Almond Paste. —(*See* FRUITS FARCIES, page 1122.)

Raisins, Stewed, for Porridge and Plain Puddings.— Required: some raisins and water.

Take as many raisins as may be wanted, and stone them, then cover with cold water, and let them soak for a few hours—ten or twelve if convenient. Then cook them in a stone jar or stewpan, either on the hot plate of a range or in the oven, which can scarcely be too slow, for the dish is another thing altogether if the cooking be hurried. The raisins will swell a good deal, and no sugar is wanted unless they are dry and poor; but such are not to be recommended. They are nourishing and easily digested, and possess laxative properties. To some palates they are more acceptable if slightly flavoured with spice or lemon. (*See* also the recipes for figs and prunes.)

If sultana raisins are used a little sugar may be wanted, but the dish is not so good. A small quantity of fruit syrup may be added with advantage.

Raspberries.—The raspberry is a delicious fruit, extensively used in cookery and in the manufacture of various cordials. It is wholesome and refreshing. There are two kinds of raspberries—the red and the white. The white is the rarer of the two. This fruit is a native of Great Britain, and is often met with in woods in low-lying situations. To most tastes it is very grateful as Nature presents it, but by the addition of sugar it is

much improved; the raspberry is, therefore, much esteemed when used for jams and tarts and made into sweetmeats. As they ripen, raspberries should be timely gathered for immediate use, because, when fully ripe, they will not keep above two or three days before moulding or becoming maggoty, and unfit to be used.

Raspberry Compôte, Excellent.—Required: fruit, currant juice, and sugar as below.

Take ripe fruit, picked with care, and for a pound allow just enough red currant juice to cover; or a little water may be mixed with it. Use a shallow pan, add a few ounces of lump sugar to the juice, and as soon as it boils lay the fruit in and cover, then remove from the fire, and pour into a dish when cold. A china pan must be used. Should the syrup be too thin, take the fruit out with a skimmer, and boil up the syrup sharply for a minute; but the object is to retain the fresh flavour. This is delicious with puddings hot or cold, or with plain or frozen cream, as an adjunct to many sweets, cakes, &c., and is also excellent iced.

Raspberry Flummery.—Boil fresh fruit with a gill of white wine vinegar to the pound; sieve it, and add sugar to sweeten, and some melted French gelatine dissolved in a little boiling water, about an ounce for a pint and a half mould. Turn out when set. An old-fashioned but very refreshing dish; may be eaten alone or with clotted cream. Also goes well with junket, &c.

Note.—Use a china vessel for the boiling, or a jar in the oven will do.

Raspberry and Rhubarb Jam.—This is a good family jam. The rhubarb is to be sliced and boiled for a short time first; then the raspberries added, and, after half an hour altogether, the sugar. The two fruits may be equal, or two-thirds raspberries and one-third rhubarb. A pound of sugar for every pound of the latter and three-quarters of a pound to fourteen ounces for a pound of the former will be right. In this way the total weight required is readily calculated.

Raspberry Jam.—Raspberries soon turn mouldy, and freshly picked ones are wanted. Look them over with care; put them in the preserving-pan, and bruise with the back of a wooden spoon. Let them boil for half an hour; add the sugar, warmed and roughly crushed (about ten ounces to the pound, or twelve is thought better by many, but the condition of the fruit has to be considered). Boil until the jam will set. For long keeping, the sugar should be increased; but we have tasted raspberry jam for immediate consumption, made from even less than ten ounces to the pound, when a full flavour of the fruit was desired. It wants well skimming, or will look muddy. Cost, about 5d. to 6d. per pound.

Another way.—If the fruit cannot conveniently be preserved at once, and if some is not fully ripe, treat it thus: Allow twelve or fourteen ounces of sugar to the pound, and spread it over the fruit on dishes until needed; a few hours will not harm it. Put in the pan and stir until it comes to the boil, then boil gently; when done, it will hang to the spoon, and set on a cold plate.

Another way.—Equal weights of fruit and sugar, with a quarter of a pint of white currant juice or white and red mixed to two pounds of fruit, will make a first-rate jam.

Raspberry Jelly.—This is excellent for serving with game, or for any of the purposes to which Red Currant Jelly is generally applied. Required: three pints of raspberry juice, a quarter of a pint of red currant juice, and two pounds and a half of loaf sugar. Cost, about 9d. per pound.

The fruit should be picked and the juice drawn (page 1096); then pour it off and measure it, and boil with the sugar, taking care to skim thoroughly.

Time to simmer without the sugar, ten to fifteen minutes; with the sugar, about twenty to twenty-five minutes. The usual tests are to be applied. Finish as directed on page 1097.

Note.—To be a success, this must be made from dry fruit, and the store-place must be cool and dry. If liked, the jelly may be made from a mixture of two-thirds raspberry and one-third currant juice, and will be found excellent.

Red Currant Jam (very superior).—Required: equal weights of red currants and sugar. Cost, about 5d. to 6d. per pound, but variable.

This is transparent, and of good colour, retaining, as much as any jam can, the fresh flavour of the fruit. The currants should be of the finest, and picked in dry weather, then stripped from the stalks at once, and put in the kettle with the sugar; stir over a brisk fire, and boil for eight minutes after the first boil up. Test as usual, drawing the pan away first, and if needed, boil for another minute or two, but it should set in the time given. Those who object to a jam as sweet as this may use twelve or fourteen ounces of sugar to the pound, then a little longer boiling is needed, and the jam is rather less fine. Being boiled fast it is apt to rise in the pan, which should be only two-thirds filled at the commencement.

Note.—Ordinary jam is made by boiling the currants first for about twenty minutes, and again with the sugar for about the same time. A mixture of currants may be used.

Red Currant Jelly. — Required: fruit and sugar as below. Cost, about 9d. to 10d. per pound, on an average.

The fruit should be fine, and gathered in dry weather. (*See* the directions on page 1096.) Pick it and put in a jar, and draw the juice by the first method given on page 1096. Strain through a jelly bag, or a fine hair sieve, and later through folded muslin. Use no pressure for the best jellies. Measure, and boil for about twenty minutes. Then add roughly-pounded loaf sugar of the very best, a pound to a pint of juice, original measure, and boil again for ten or fifteen to twenty minutes. Test as directed (page 1097) after the minimum time; the fruit varies so much that no exact time can be given. Unless well skimmed, both before and after the sugar goes in, the colour will suffer. A lighter coloured jelly is made by using some white currants with the red. The other modes of drawing the juice can be followed if more convenient, and many think that the second mode gives a brighter coloured juice. The above should be regarded as a guide to the proportions of fruit and sugar, for some would like a sweeter jelly, while others think twelve or fourteen ounces of sugar to the pint of juice enough. This is an average recipe. The pots or glasses should be small and heated; if glasses, hold them over steam for a minute or two. See that they have no cracks in them. Tie down as directed on page 1097, letting the jelly stand a day or two; many leave it three or four days, covered, in a cool place. (*See* below.)

Red Currant Jelly, Norman.—Take equal weights of sugar and fruit, and boil them together, stirring well, for eight or ten minutes after the first boil up; then turn into fine hair sieves and let the juice drop without the least pressure; put it in small jars as usual. This should be a brilliant colour, and "set," but not stiff. With fine currants, the flavour and transparency should be all that can be desired. The residue makes a good common jam.

Note.—*See* remarks under Fruit Jellies, page 1096. Many persons add a pound of white currants to every three or four pounds of red, and consider that colour and flavour are thereby improved; others use a pint of raspberry juice to four or five pints of currant juice; even an ounce or two of raspberries to each pound of

currants will give a nice flavour, and a very excellent jelly is made from a quarter of a pound each of raspberries and white currants to every pound of red currants. These variations, which are purely matters of taste, do not interfere with the general principles.

Rhubarb.—Rhubarb comes into season in the spring of the year, just as apples are going out. It is therefore a most useful production, and it is appetising as well as wholesome generally; but there are many who cannot eat it without after-discomfort. When the stalks are fully grown and thick, the skin should be peeled off. Early forced rhubarb, or champagne rhubarb, as it is called, is especially prized for its beautiful colour, and this only needs wiping with a damp cloth, not peeling. It should be cut with a sharp knife into the requisite lengths, or will look stringy when done. Cost, a few pence per pound bundle, early in the season; often very cheap in the autumn. Rhubarb takes up the flavour of any other fruit very readily, and if mixed with but a small proportion of more expensive kinds—as raspberries—will be found excellent, and a good substitute for raspberries. When made into jam, it *must* be cooked and sweetened thoroughly.

Rhubarb, Compôte of.—There are many ways of preparing this dish. Forced or champagne rhubarb may be treated thus. Wipe the stalks, but do not peel them; cut them into any length—from an inch to two inches. For a pound, boil a quarter of a pint of water with six to eight ounces of sugar, then add the rhubarb and cook softly until tender. The syrup may be thickened by longer boiling, after the fruit is put in the dish for serving.

Another way.—Boil the fruit, cut in three-inch lengths, fast in plenty of boiling water until soft; then at once drain the water from it. Put it in a dish, and sprinkle over the sugar (half a pound or so to the pound), and leave until cold, when there will be plenty of syrup. A common mode—especially for late rhubarb, which must be peeled—is to cook fruit and water in a jar in the oven, adding the sugar towards the end. A pinch of bicarbonate of potash reduces the acidity, and less sugar is required. For superior dishes, the syrup may be coloured pink or green, according to the kind of rhubarb.

Another way.—Scald the fruit, and put it with the sugar in a pan; shake over the fire until hot, then simmer gently, shaking often.

NOTE.—By scalding rhubarb in water for a few seconds before cooking, the acidity is somewhat reduced. Unless well sweetened, rhubarb is not agreeable or wholesome.

Rhubarb Fool.—Peel the rhubarb or not, according to its age. Wash and dry it if not peeled. Put it in a china saucepan (or jar which can be set in a pan of water over the fire) with as much white sugar as may be required (about half a pound to the pound), and cook until it can be rubbed through a hair sieve with the back of a wooden spoon. Then mix it with as much cream or custard as will bring it to the consistence of ordinary cream, and serve cold. Some prefer to pour off a little of the juice; then the sugar should not be added at first. If not sweet enough at first, put more sugar in as soon as taken from the fire; powdered sugar should always be sent to table with it, and some serve clotted cream in a separate vessel.

Although a departure from the usual custom, we think this dish is much richer if the fruit be allowed to cool before the cream is added; and it is certainly nicer if the cream be whipped; the bulk is also increased thereby.

Rhubarb and Orange Jam.—Required: rhubarb, sugar, and oranges as below. Cost, about 4d. per pound.

This is excellent if attention be paid to details. Pare and cut the rhubarb into thin slices; measure it, and for two quarts allow eight sweet oranges; allow sugar in the proportion of a pound to each pound of the mixture of

oranges and rhubarb. Put sugar and rhubarb together on a dish for a few hours. Remove the rinds of the fruit (the yellow only), and boil them with the pips in water to cover until quite soft, then shred them as for marmalade. The water from the pips should be reduced until only a few spoonfuls are left, and this is to be strained to the rhubarb and sugar; put them in the pan with the sliced oranges, and boil and skim as usual until the jam is three-parts done, then put in the chips and finish the cooking. It should "jelly" well on the plate. This is sometimes made in a rough-and-ready way by slicing the whole of the oranges without the preliminary boiling of the chips; but it is not satisfactory, as the chips, by long boiling with the sugar, get hard. If made as above, it will be found a very cheap and good substitute for orange marmalade. The rind and juice of a lemon in place of one of the oranges may be recommended, and there are those who would appreciate a trifle more sugar, which should be crushed loaf as usual.

Rhubarb Jam, Superior.—Required: five pounds of rhubarb, the same weight of sugar, half a dozen cloves, the same of allspice berries, an inch of bruised root ginger, half as much stick cinnamon, and a tablespoonful of currant, or raspberry, or cherry juice to every pound of rhubarb. Cost, about 4d. per pound.

The rhubarb should be peeled and thinly sliced, and put on a dish with half the sugar spread over it, and left for twelve hours. Then boil the syrup from the rhubarb with the rest of the sugar and the spices tied in muslin until a syrup is formed; drop the rhubarb in, and cook as long as necessary, skimming with care, and applying the usual test. The fruit syrup should go in a few minutes before the jam is done. A little colouring may be added. The bag should be removed and well squeezed. This jam is very good, but the spice can be omitted at discretion.

Rhubarb Moulded.—Required: a pound and a half of rhubarb, three-quarters of a pound of lump sugar, a little water, and some gelatine as below. Cost, about 6d. to 8d.

The fruit should be peeled, and weighed after peeling. Put it in half-inch lengths in a saucepan, with water to barely cover, and cook for a short time; then put in the sugar, after pounding it a little, and add the gelatine, half an ounce to an ounce, according to the weather. Stir, and boil for a quarter of an hour or so; then remove the pan and colour the fruit a pretty pink, and pour into a mould. Turn out when set, and pour a plain custard round, if liked. This may be improved by adding a quarter of a pound of raspberries, reducing the rhubarb in proportion. A little essence of lemon or ginger may be added. This is a very cheap and nice sweet. If very good and juicy, a few tablespoonfuls of sugar will suffice. This is called also "rhubarb cheese."

Rum or Unboiled Preserve, German.—This is very good. It is made by degrees through the summer, as the various fruits attain perfection. A start is made by putting a pint of rum in a jar; for every pound of fruit that is added a pound of sugar is also put in. Five or six pounds of fruit may be allowed to this quantity of rum. A mixture of raspberries, strawberries, cherries, currants, and plums or apricots will be found good; or mulberries or blackberries can be used. At each addition, stir up from the bottom with a wooden or china spoon, and cover with bladder until again opened. Stalks and stones are to be removed, and all fruit wiped free from dust. Whisky or brandy may be used instead of or with rum. It should stand a month before using, and be covered securely with bladder. The large fruits should be divided. These fruits serve for ices and other purposes. They are excellent for making into purées, and for other purposes, as well as for dessert. The

finest of fruit, at the right stage of ripeness, is demanded, or the result will not be good. The sugar *must* be "cane loaf."

Seville Orange Jelly.—This preserve is more often bought than made at home; it is of excellent flavour and colour. Required: the strained juice of eight Seville oranges, the thin rinds of two, sixteen sweet oranges, a quart of water, and sugar as below. Cost, about 1s. per pound.

The sweet oranges are to be peeled and freed from pips; they are then to be sliced and put with the pips into the preserving-pan, with the water, and the rinds and juice of the Seville oranges. After simmering for half an hour, the liquor must be strained until perfectly clear. Then weigh it, and boil alone for five minutes; add its weight in crushed and heated loaf sugar of the best quality, and boil until it jellies readily. Store in small pots, and cover as usual. When liked, the rinds of a couple of the sweet oranges may be boiled with the rest. For a firmer jelly, the pips may be removed from a couple or three more oranges, and boiled with the rest; or the water may be a little reduced. It is good for making ices, pudding sauces, and various sweet dishes.

Shaddock Orange.—This plant was brought from the East Indies to the West, where it is now much cultivated. It sometimes produces fruit larger than a man's head; but they are of a harsh flavour and pale colour when compared with those of India, the flesh of which is sweet and of a deep-gold colour. When several sorts of orange are presented at the dessert, it makes a striking addition to the variety. The juice is of a sub-acid sweetness, and excellent for quenching thirst; and the fruit, from the thickness of its skin, will keep longer in sea-voyages than any of the other species of *citrus*.

Siberian Crabs, Preserved.—For preserving, the Siberian crabs should be gathered before they are fully ripe, as their fine acidity and agreeable texture are then in perfection; when mellow, they are mealy and juiceless. Fill the jars with them in order to judge what quantity will suffice, put them into a saucepan of boiling water, and barely scald them; the moment one of the skins begins to crack, take them off the fire, pour them into a stone colander, peel them (this operation is easily performed, for the peel will curl up as fine, tough, and thin as gold-beater's skin); then, having made a thin syrup, put the fruit into the jars, and pour it hot upon them, push down the apples as they rise to the surface in order to insure their all coming in contact with the syrup, and set them away uncovered. On the following day pour them all out into a colander, place the syrup in the saucepan with more sugar, so as to insure a thick syrup, boil and skim it, and again return it hot over the fruit; continue to keep the mouths of the jars open, and the next day, if they are soft enough, and the syrup appears sufficiently thick and clear, tie them over with bladder. In a week, look at them, and if any mould or fermentation begin to show, re-boil the syrup as before directed. For puddings and pies the Siberian crab cannot be excelled. These apples require neither peeling nor coring, and, if used before they become mellow, are juicy and brisk in flavour; the core remains entire, and imparts an unique and most delicious flavour. They are less trouble also than most other fruits, from their being dressed whole.

Siberian Crabs, Preserved.—Simple recipe. Required: equal weights of lump sugar and crabs, the third of a pint of water, half a dozen cloves, and half an inch of root ginger for every pound of fruit. Cost, uncertain.

Wipe the fruit with new flannel, and prick with a needle; simmer the spice in the water until flavoured, then

strain, and boil the water and sugar together to a syrup; about ten minutes is right; skim very thoroughly, and put the crabs in; let them boil up, then take them off the fire and repeat three times, letting them get cold each time. If then they look quite clear they are done; but if not, they must have another boil. Put the crabs in jars, and boil the syrup up. Pour it over when cold. Cover in the ordinary way.

Sloes or Sloe Thorn. —(*See* SLOE GIN in *Beverages.*)

Stone Fruit Preserved in Water. — Take small stone jars, holding a pound or so of fruit, and nearly fill with the fruit, which is to be very nearly but not quite ripe, and there must not be any with broken skin. Green gooseberries will answer equally well. Cover with cold water; it should come an inch or two above the fruit; set in a cool oven or on a range, where the water will be some time coming to the boil; the moment it reaches this point remove and set the jars in a cool place, and when quite cold pour some pure salad oil over to the depth of half an inch. The jars with narrow tops are the kind to use. Tie down with bladder or vegetable parchment, and set on shelves, which must not be wetted during the time the jars remain on them. The oil will exclude the air, but damp will ruin the fruit. Fruit in the hard state only is suitable for this mode.

Strawberries are ranked amongst the most wholesome productions of the vegetable kingdom, and various writers have ascribed wonderful healing powers in many disorders to this fruit. When dusty, or gathered in rainy weather, they sometimes have to be washed for table, but this should only be done when absolutely necessary. They should be passed quickly through clean water, but not allowed to lie in it a moment. There are many kinds of strawberries; the finest are chosen for dessert purposes, but small scarlet are best for preserving generally. In rainy seasons, in spite of every precaution, strawberry jam and other preparations are not successful; the colour, flavour, and consistence may all fail to come up to the mark, and for these reasons the proportions of sugar and fruit, and the time required for boiling, must be regulated accordingly. When strawberries are very "watery," or not fully flavoured, more sugar and longer cooking are needed, and in very bad seasons it is not advisable to attempt to preserve the fruit, as, owing to the excess of sugar necessary to keep it, the true strawberry flavour is lost.

Stiffness is imparted sometimes by the aid of materials foreign to jam proper, but we have not included recipes of this kind herein.

Strawberry Fool.—Required: fruit, sugar, and cream as below. Cost of fruit, about 8d. per pound in full season.

Take a quart of picked fruit, and boil it with white sugar, from six ounces to half a pound, until soft; pass through a hair sieve, and when cold, add cream to make it of custard-like consistence. Custard is sometimes used. (*See* FRUIT FOOLS, ICED, page 1119.)

The above proportions of fruit and sugar must be varied as required.

Strawberry Jam.—Gather the fruit after two or three days of dry weather, when it is fully ripe, but not over-ripe, or it will be flavourless, and may be tainted with bitterness and the elements of decay. Pick the berries, and discard all that are at all unsound. Weigh the strawberries, and take three-quarters of a pound of loaf sugar for each pound of fruit. Put a layer of berries into the preserving-pan, then a layer of sugar, and repeat until the pan is three-parts full or little more. Very carefully remove the scum as it rises, and let the jam boil gently until a little put upon a plate will set, or be stiff. Take the pan from the

fire, let its contents cool for a few minutes, then pour the jam into jars. Cover in the usual way. The flavour of strawberry jam depends a great deal upon the season. When the summer is cold, wet, and sunless it is difficult to make jam with the real perfume of the fruit, although it may be made to keep by long boiling and an extra allowance of sugar. Time to boil, three-quarters of an hour or more. Cost, about 6d. per pound in good seasons.

Another way.—Pick the fruit, discarding any that are unsound. Boil it, stirring occasionally to keep it from burning, for half an hour, then mix in thoroughly, *off the fire*, twelve ounces of loaf sugar, broken into small pieces, for each original pound of fruit. Boil the jam quickly half an hour longer, or as long as needed until it will set, and put it into jars in the usual way.

Another way.—Take a pint of red currant juice. Put this into a preserving-pan, and throw in four pounds of freshly-gathered ripe strawberries which have been picked and carefully looked over. Let the fruit boil, remove the scum, and add four pounds of loaf sugar. Boil the jam quickly until done enough. Put it into jars, and cover these in the usual manner.

Strawberry jam is sometimes said to be too luscious. By this mode the fault is corrected, and currant juice assists the stiffening. A practical fruit grower directs that the strawberries be passed through a cane sieve, then mixed with the sugar, and boiled fast for twenty to thirty minutes at the most, as he considers that long boiling injures it.

Strawberry Jelly.—Required: fruit and sugar as below. Cost, from 1s. per pound on an average.

The fruit should be of fine quality and fully ripe; for, under the most favourable conditions, this jelly wants great care to ensure clearness and perfect setting. From a fourth to a fifth the measure of red currant juice —although it detracts a trifle from the strawberry flavour—ensures firmness; as strawberry juice alone is sometimes watery. (*See* STRAWBERRIES, page 1145.)

Draw the juice as for other jellies, but as soon as it flows freely and before it gets thick; for this reason, use a jam kettle, that the fruit may be watched. Strain with care; a hair sieve first and muslin after may be recommended. Allow fourteen ounces of sugar for each pound, weighed after straining; that is, equal to seventeen and a half ounces for each pint (a pint equals a pound and a quarter on an average), and it is often easier to measure than to weigh. A smaller amount of sugar is liked by many; but longer boiling will be needed. Boil the juice for twenty minutes alone, and for the same time or thereabouts with the sugar. See that it jellies well and quickly before taking it from the fire. The plate for testing should be quite cold.

Strawberries, Bottled.—These are for flavouring purposes, to replace the fresh fruit when out of season, and excellent for ices, purées, and the like for superior dishes. As the fruit is not cooked, it is of the greatest importance that the finest be used, and of an equal degree of ripeness, gathered on a dry day and after dry weather, and that there be not one unsound berry. "Size" the fruit, putting the small in one bottle, and the medium and large in others. This is no cost, and but a trifle more trouble. The bottles *must* be dry. Take half the weight of fruit in pounded loaf sugar, and put alternate layers, sugar top and bottom; shake hard after every layer. When full, put a round of bladder cut to fit the neck of the bottle into each, and soak it well in brandy. Then cork, covering the under-side of the corks with bladder treated in the same way. Wax or resin the tops of the corks, and store in a suitable place. It must be very dry and cool. These should keep until the strawberry season comes round again or longer. A tablespoonful or two of red currant

juice to every pint of fruit may be added. (For other modes of bottling, *see* RASPBERRIES.)

Strawberries, Compôte of.—Take a pint of freshly-gathered ripe strawberries. Pick them, and put them into a bowl. Pour over them a little clear syrup which has been made by boiling a quarter of a pint of water with five ounces of sugar for ten minutes. Cover the bowl containing them with a plate, and let them stand for an hour or more. Drain off the syrup; boil it for a few minutes, skim it, and strain it over the strawberries piled in the centre of a compôte-dish. The flavour of this dish will be greatly improved if a wine-glassful of red-currant juice is added to the syrup. When it is at hand, a glass of maraschino may also be added with advantage. For a superlative dish, the syrup, after being flavoured with maraschino or kirschenwasser, may be set in ice till it is almost frozen, and in this condition poured over the fruit. Time to soak the strawberries, one hour. Probable cost, strawberries, 4d. to 8d. per pound.

Another way.—Very good. Put alternate layers of fruit and sugar in a stewpan, with a gill of currant syrup to the pound. Shake over the fire for a minute or two, then turn out to cool. Flavour if liked.

For cheaper dishes, make more syrup; sometimes half a pint of water may be used to the above weight of sugar.

Strawberries and Cream form a dish that needs no recommendation, and is appreciated whenever served. A convenient way of preparing it is to stalk the fruit, and lightly crush it with a silver fork, then place it in a bowl, and moisten with a little maraschino liqueur, though some will prefer the pure flavour of the fruit. It should then be dredged with fine castor sugar, and be covered thickly with whipped cream and set on ice or in an ice cave for an hour if convenient. The dish is worth nothing if not cold. Another way, that is useful for large parties, is to put some of the berries in custard or jelly glasses, and treat them as above. These are handy to serve, and there is compactness about them; for after a time, the contents of a large bowl will look more or less messy. The proportions of sugar to fruit must be regulated a good deal by the quality of the strawberries, and more sugar can be added, while it cannot be taken away; therefore it is better to use the minimum quantity (about four ounces to the pound).

A mixture of crushed strawberries, cream, and sugar goes in some parts by the name of "Strawberry Squash"; it is often iced.

Strawberries in Jelly.—This is a first-rate preserve of beautiful colour and flavour. The thing is to keep the fruit as nearly whole as possible. Required: four pounds of small scarlet strawberries of good quality, two pints of red currant juice, and sugar as below. Cost, about 4s. 6d. or more.

The picked strawberries and three pounds of crushed lump sugar are to be spread on dishes, and left for six hours. Put the currant juice in the kettle, and boil for a few minutes; then add a pound and a half of sugar to it, then the drained syrup from the strawberries; bring to the boil again; then add the fruit and boil for nearly half an hour; the syrup should "jelly" when tested. Skim well. Cover as usual. Raspberries may be similarly preserved, and when colour is not an object, some of the added juice may be from other fruits.

Sugar, Clarified, for Rich Preserves (German Way).—This is good with care; it serves for candying fruit and many purposes. Take lumps of sugar, and dip them quickly in cold water; they will absorb as much moisture as is wanted. Watch that it does not boil over. When it boils, let it simmer slowly; and when little beads form, it is boiled enough. Check the rising by means of a cold spoon,

Sultanas to Serve with Meats.—These are for garnishing curries and other dishes, and are mentioned in some of our recipes. The best fruit is wanted; it should be put in a saucepan with cold water to cover, and brought to the boil, then be strained and rinsed, however it is to be finished off.

Compôte.—Allow half a pint of water to three-quarters of a pound or rather more of fruit; add a little sugar (the amount varies with the dish and its adjuncts—about an ounce); a bunch of herbs should be added, and a morsel of cinnamon, or a clove or two, or some allspice berries; the herbs are to be removed after a few minutes unless a very small bunch; or some essence or wine of herbs can go in at the end. A bay leaf and a strip of lemon peel may be used for flavouring in place of herbs. Cook gently in a stewpan. The fruit should be swollen and the syrup much reduced. Pile on a dish and strain the syrup over. Time, about forty minutes. Various additions can be made—such as a little wine, or strong or weak stock, according to the dish. A little lemon juice improves for some.

Purée.—Same as above, but pass through a sieve to serve; or chop and pound the fruit at first. Another compôte or purée is made by mixing the fruit with about an equal measure of good brown sauce, with a little port or claret and a flavouring of fruit jelly, currant, or tomato. The jelly may be omitted, and tomato conserve added. A little chutney may be put in. These go with game dishes.

Sultanas to Serve with Sweets.—Wash only, or blanch as above; then make a syrup with water and sugar, increasing the latter to suit the palate. When done, flavour with spice or lemon essence; or boil a strip of orange or lemon peel with the fruit, or use a bay leaf. Wine may be added, as for FIGS (*see* recipes). A small quantity of large raisins, stoned and chopped, gives richness to the syrup.

Tamarind.—This is the fruit—or rather the pod—of a tree indigenous to the East and West Indies. It thrives also in Egypt, Arabia, and Palestine. In these countries it is sometimes used as an article of food in the form of confectionery, and it is highly thought of on account of its pleasant acid taste and cooling properties. The pod consists of two parts: the outer is fleshy, and the inner as thin as parchment. Between these two there is a space of about a quarter of an inch, which is occupied by a soft pulp of a tart but agreeable taste. The pods are gathered when quite ripe, freed from the shelly fragments, and placed in a cask in layers; boiling syrup is then poured over them till the cask is full. The syrup pervades every part, even to the bottom. When cold, the casks are headed down and sent to market. The more refined mode of preparation, however, is to clarify the juice of the fruit with the white of egg, and form it, with sugar, into a clear transparent syrup: this and the fruit supplies an agreeable and cooling beverage.

Tamarinds are used in chutneys and other compounds, and may be bought in jars of one to seven pounds at about 6d. for the small jars, and from 2s. 9d. upwards for the larger. The quality varies very greatly; some jars contain little but stalk and stringy material, and but little pulp. For this reason most mixtures into which tamarinds enter need sieving.

Tomato Jam, Yellow, American.—This is a very nice-looking preserve, and may be used as an ordinary jam, or with meats, &c., as red currant or other jellies are. Required: equal weights of yellow tomatoes and lump sugar, and three lemons for every twelve pounds of the two together. Cost, varies with the season.

The fruit should be ripe and thin skinned. Take the skins off carefully, and put in single layers on dishes, and strew the sugar over, which must be pure cane, and should be roughly broken up. In twenty-four to thirty hours, pour off the syrup and boil it,

skimming well until it begins to thicken, then put the fruit in, and cook in the usual way for jams, and apply the usual test. It should be done in about half an hour, and the lemon juice should be added just before removal from the fire. This is sometimes made by taking the fruit out with a skimmer at the end of twenty minutes, and boiling the syrup and lemon juice until thick, and pouring over the fruit in jars. The first mode gives a preserve that is most likely to keep well.

Tomato Jelly.—Required: tomatoes, water, and sugar. Cost, according to season.

Take the fruit when fully ripe, and as red as possible; break it into a jar with a little water—about two or three tablespoonfuls to the pound, if the fruit is juicy, will suffice. Draw the juice as for red currant jelly (page 1096), then pour through a jelly bag, and boil with a pound of loaf sugar to each pint and a quarter of juice. The juice of a small lemon to a quart of juice will be thought an improvement by some. Skim, test, and finish off as for other jellies. (*See* page 1097.) A few drops of carmine will improve the colour. This is excellent with cold meat, game, or poultry, as well as with hot roasts. It may also be used to garnish salads of many sorts.

Note.—It is more economical, but less clear, if the fruit be well pressed in straining. A little red currant juice adds to flavour and colour.

Vegetable Marrow Jam.—There are a great number of ways of making this, and with care it is a good preserve at little cost; but much depends upon the flavouring. Required: six pounds of marrow, the same of crushed lump sugar, three or four lemons, and an ounce of bruised ginger. Cost, about 2s., exclusive of the marrow, which is often very cheap.

Peel and core the marrow, and cut it in pieces about two inches long, cover it with the sugar on dishes, and leave all night; then add the peel of the lemons, free from pith and cut in thin shreds, and the sliced fruit itself, free from a single pip (the slices should be very thin), bruise the ginger very thoroughly, and add to the rest. Boil for about an hour and a half, skimming well. The ginger should be taken out before storing. This is very mildly flavoured with ginger; some use a large proportion, and omit the lemons, though they are a great improvement. A tablespoonful of brandy to the pound of fruit is a decided improvement; it should be put in towards the end of the boiling. The marrows are best of moderate size. Another way is to use the juice of the lemons only, and the grated rind. This improves the colour. A pinch of cayenne is considered an improvement by some cooks.

Marrows are often preserved to imitate ginger. (*See* Apple Ginger, page 1102.)

Vegetable Marrow Marmalade.—This is good and cheap, and a capital substitute for more expensive marmalade. Pare and core the marrow, and then cut it in thin slices; add twelve ounces of sugar to the pound, and, after a few hours on the dish as above, stir to the boil, then cook until almost soft. Turn out into a bowl, and when cold add two good tablespoonfuls of orange or lemon marmalade for every pound of marrow used; put back and stir to the boil, and simmer until it sets, when the usual test is applied. If more convenient, the pulp of some sweet oranges may be put with the marrow at starting, and the grated rinds, if liked. The sugar may be slightly increased.

Another way.—When nearly done, add the rind of an orange (cut in chips, and boiled previously in water) for every original pound of marrow. The pulp, or the juice only, should be added at starting.

Walnuts, Candied.—After the outer and inner skins have been removed, the nuts should be put in a pan of water, and boiled until a needle will

pierce them easily. The nuts should be put, as they are drained, in a bowl of tepid water, with the juice of a lemon. When cold, dip them in sugar prepared as directed on page 1147, under "sugar clarified for rich preserves," after first dipping them in a thinner syrup; about half above strength. The nuts should dry between the two coatings; if more convenient, the coating with the thick syrup only will suffice. Turn about with a fork, and spread on flat dishes; dry in a cool oven. Chestnuts may be prepared thus. Boil them without breaking. The sugar may with advantage be flavoured with a little liqueur for either kind of nuts.

Walnuts, Preserved. — Required: walnuts, sugar, and flavouring as below. Cost, about 1s. or more per hundred.

Some green walnuts are to be put in a pan of cold water and left for a week, the water being changed daily; then boil them softly until the point of a wooden skewer will pass readily through them; put some ground cloves, cinnamon, nutmeg, and, if liked, some grated lemon peel in addition, on a plate, and mix well; then put some in the holes of each walnut, or some prefer to stick whole cloves and strips of stick cinnamon in with shredded peel. They must be drained on a hair sieve before the spices are put in. Allow fifteen ounces of sugar to every pound of walnuts, place them in alternate layers in a deep earthen vessel, cover, and in thirty-six hours drain off the juice and boil it up; put the nuts in, and simmer for twenty minutes or more if needed. Store as other jams.

White Currant Jam.—This is considered a very delicious jam. Equal weights of fruit and sugar are to be used, and boiled together fast for about ten minutes; the juice of a lemon for every four or five pounds of fruit improves; add it after the boiling as above, and give two minutes more. The colour suffers if boiled long; stir the whole time, and skim well. Some add eighteen ounces of sugar to the pound; it must be well sweetened, as it cannot be boiled as long as other fruit on account of the colour. Cost, about 6d. per pound.

White Currant Jelly. — Required: eighteen ounces of sugar to every pound of juice.

Draw it as for other jellies; the currants must be fine and ripe, and free from dust. Boil together, observing all the usual precautions, for six minutes, then add the juice of a lemon for every six pounds of fruit first used, and boil for two minutes more. The remarks above explain the reason of the short boiling and large quantity of sugar. When the jelly sets on a plate, or the back of a silver spoon, which should be cold when dipped in, it is done. Cost, 1s. or more per pound.

Whortleberry.—This berry goes under the names of windberry, bilberry, and bartleberry. It grows wild in abundance upon our heathy commons and uncultivated hills. There are several varieties; the purple are rather larger than juniper berries; they are covered with a fine blue or purple bloom, like the bloom of plums. This berry, which is more often called bilberry than anything else, makes good pies and puddings, and may be made into jam or jelly; the recipes under BLACK CURRANT will serve, but more sugar must be used; about a pound and a half to the pound of fruit or pint of juice. These preserves keep well, and are by some considered to be better the second than the first year.

PICKLES, CHUTNEYS, & SEASONINGS.

(*See also* SALADS, SANDWICHES, SAVOURIES, AND VEGETABLES.)

PICKLES.

THIS is the name given to many sorts of vegetables and fruit preserved in vinegar. They are used as accompaniments to cold meats, to garnish dishes, both cold and hot, and to flavour sauces, hashes and the like. Their manifold uses in the last-named direction are not fully appreciated by the majority. The first thing is care in the selection of the ingredients used, and their proper preparation. They should be gathered at the right season, be in the proper condition of ripeness, and gathered on a dry day. They want trimming and wiping, but should not be washed, unless they are afterwards to be partially boiled or soaked in brine or vinegar; these hints are detailed in the recipes. The vinegar must be pure. There is nothing more likely to lead to loss and disappointment than carelessness in this respect. Good brown malt vinegar answers for every-day pickles. "French vinegar" is dearer, and "white wine" is used when a pale pickle is required. It is generally agreed that in point of wholesomeness nothing is so good as pure malt vinegar. A thoroughly reliable dealer should always be applied to for goods of this description.

The greatest care is needed that copper vessels are not used in the preparation of pickles; if lined pans are not at hand, stone jars can be used for the boiling of the vinegar; wooden spoons are also a necessity. Glass jars for storing are always good, as the condition of the contents is seen at a glance; but when made on a large scale stone jars are often used; they are best corked and bladdered over; or if likely to be soon emptied bladder will do, if the place of storage be dry; but we must emphatically repeat that folds of brown paper, so often relied on, are useless: paper is not air-proof. When to be stored some time before opening, the corking is necessary (*see* page 1157).

As to the storage, the things to avoid are damp and uncertain heat; for this reason neither the kitchen cupboard nor the cellar is suitable; a cool, dry store closet, or a spare room where there is a current of air, is better. If at any time folds of vegetable parchment have to be used in place of bladder, we advise that it be brushed over on the under and upper sides with white of egg; but it is only safe to use it for pickles for immediate consumption. (*See* SWEET PICKLES, page 1177.)

KETCHUPS, STORE SAUCES, &c.

THE cupboard should contain an assortment of these, all properly labelled and well corked. Those purchased should bear the name of the maker, and there are any number of good ones. We have before called

attention to the convenience of keeping a supply of new corks in the house to replace those that are worthless; the first cost is a trifle, and the saving very considerable in the course of a year. Wooden-topped corks are recommended by some writers. Then there are metal capsules; or a dab of sealing-wax does a good deal to keep the contents of a bottle good; a little cap of vegetable parchment, secured by an elastic ring over the cork, is also worth remembering. It is cheaper when buying sauces to get the large bottles; but if likely to last some time, it is a good plan to fill small bottles and use as required. All tastes may be met, some sauces being so mild that they are adapted to the most delicate dishes; many of the best-known makes can be had both mild and piquant, which is a convenience. The place of storage, especially of home-made ketchups, must be free from damp.

When only a few kinds of sauce are stored, the most generally useful are anchovy sauce, mushroom and walnut ketchup, a flavoured vinegar or two, and a good Worcester sauce—we use the term "good" advisedly, as there are so many qualities in the market. There are other sauces very much like Worcester in flavour, and sold at a moderate price, and most of them are good. Speaking broadly, sauces should not be added to delicate clear soups; they are mainly useful for thickened preparations of all sorts. They should never be added in sufficient quantity to overpower the flavour of vegetables when they form part of the dish, as in a stew, for instance. A bottle of browning will always be found handy.

SPICES, FLAVOURERS, AND CONDIMENTS.

It has been said that a volume would be required for the adequate treatment of this subject, the details connected with the various products being so numerous. No sharp line can be drawn between them, neither is it necessary for our purpose. Some writers attempt to define a condiment as "a something eaten with meat," and a spice as "an adjunct to a sweet dish," but there is no weight in this argument; for does not ginger enter alike into a curry and an iced cream, and is not nutmeg as useful for the stuffing of a joint as for the rice pudding of everyday life? Again, any number of essences made from spices serve the double purpose of flavouring savouries and sweets. We must, then, deal with the group as food adjuncts. By the agreeable flavours imparted food may become more palatable and wholesome; but moderation should be observed, or the processes of digestion may suffer.

Space does not permit detail under separate headings of many, but the more important kinds in daily use are described, and reference should be made to the Index. Herbs are amongst the most wholesome of flavourers. (*See* here the chapter on Vegetables, besides recipes in this chapter. *See* also Essences in the Index.) A spice-box with a good lid may be here mentioned as a handy kitchen utensil. A "herb-tray," often used for convenience' sake, is not to be recommended, unless only enough for the day's needs be put in, as the herbs lose strength by exposure. The same remark applies to the trays used for salt and pepper; for the latter a dredger is handy, and there is not much loss of strength. (*See* Kitchen Utensils at end of book.)

THE ART OF SEASONING.

THE art of seasoning can only be gained by experience combined with a knowledge of the properties of the materials used, and a due appreciation of the varying tastes of those for whom the dishes are prepared. We are here speaking of the daily meals; such things as pickles and the like, which are seasoned for keeping, require separate consideration. An important point is the difference of treatment between such ingredients as depend upon the action of heat for the development of the savour and those in which the flavour is dissipated by heat; many herbs and spices are types of the former, while volatile essences, and wines and spirits, belong to the latter. Vanilla essence furnishes a good example. It would be as useless to add this to a mixture before boiling as it would to put in whole spices just before dishing-up a sauce or soup. Grasp these facts at starting, and a vast amount of loss and disappointment will be saved.

As to quality: of no single branch of cookery can it be more truly said that the very best is the cheapest, than in the matter of seasonings. The cook who prepares quite a plain soup, and seasons it judiciously with good spices, properly prepared herbs and vegetables, &c., will score a far greater success than one who starts with a richer foundation and ruins it with a cheap and nasty wine, or drowns its natural flavour by an overdose of ketchup. Apart from the question of purity, which is of greater importance than the majority seem to think, the saving in quantity required more than compensates for the extra price that has to be paid for the best seasonings, both solid and liquid. Then, given the very best, how often are they spoilt by careless storage! Herbs in paper bags, or lying about on pantry shelves; flavoured vinegars with the corks left out or bad corks used; capers half covered with vinegar—these are some of the familiar forms of waste, and dishes made from such condiments are bound to suffer.

With regard to quantities, how often it happens that an inexperienced cook thinks that because one spoonful of a sauce or ketchup improves a dish, that twice the quantity will still further improve; and how frequently that second spoonful spells *ruin*. In many recipes, particularly when dealing with anchovy essence, this remark has been emphasised. But the caution is of general application. Then the palate must not be constantly relied upon. Perpetual tasting of all sorts of edibles, flavoured with various herbs and other materials, will soon blunt the palate to such an extent that it will be almost useless so far as delicate dishes go. And yet many cooks keep tasting dish after dish. The thing to aim at is the ability to estimate approximately the amount of seasoning required. Of course, one *has* to taste sometimes, as when experimenting with a new dish; we would only guard against the formation of the habit.

In preceding various chapters, mention is made of the manner of adding special seasonings.

Allspice. — Allspice berries are small and dry, resembling somewhat common black peppercorns, though side by side there is a marked difference, one being much smoother than the other. Pimento is another name, and Jamaica peppercorns is still another. Allspice may be had in the

ground state. It is often confused with mixed spice, which is often erroneously called allspice; the latter takes its name from its supposed resemblance to a mixture of some of the ordinary spices, as ginger, nutmeg, and cloves. But it will be found that the best qualities of mixed spice are very superior to allspice alone, and the one cannot do duty for the other.

Anchovy Essence, or Essence of Anchovies. — This is one of the most useful and popular of all the sauces, not only for its own flavour, but for its power of bringing out other flavours. The bottles should be kept well corked, and the best brands always purchased. Cost, from 6d. per bottle.

SHRIMP AND LOBSTER ESSENCE may be bought in the same way, but are not so universally employed, though very useful for fish savouries and sauces.

Apple Chutney. — Required: two pounds of brown sugar, two quarts of brown vinegar (the best quality), four and a half pounds of good cooking apples, weighed after coring and peeling; a pound and a half of sultana raisins, four ounces of salt, an ounce of mustard seeds, the same of grated ginger, half an ounce of garlic, and a quarter of an ounce of pure cayenne pepper. Cost, about 3s., when apples are plentiful.

Boil the fruit, sugar, and vinegar to a pulp in a jam kettle; cook gently, and take the usual precautions against burning. The apples should be quartered only, unless very large. Turn into a pan when done, and add the other ingredients. The raisins may be whole or chopped as preferred, or half of each. The garlic should be chopped to pulp; it is better fresh; if dried, rather more may be used. Stir daily for a week, keeping the pan covered to exclude the dust, then put in dry glass bottles with wide necks; cork or bladder them, and store in a dry place. This will keep for years, and is a cheap and very wholesome relish. When the fruit is exceedingly juicy, a trifle less vinegar may be required.

Barberries or Crabs to Pickle. — Required: fruit, vinegar, and spice as under. Cost, very variable.

Barberries must be freed from any leaves and discoloured berries there may be amongst them. Crabs should have half the stalk removed, and not be quite ripe when used, or they may burst in the pickle, and, as they are so often employed for garnishing, this is to be avoided. Enough vinegar to cover them thoroughly is to be boiled with a teaspoonful of peppercorns, and a bit of alum the size of a coffee berry, to each half gallon. Strain this over the fruit when quite cold. Secure the jars well.

Beans, French, Pickled. — The beans should be quite small and young, and even in size. They may be treated as gherkins (page 1161) or as follows:— Put the beans, after wiping, in strong salt and water; leave for three days, and stir now and again. Put them in a saucepan with vine leaves under and over, and fill with weak salt and water; leave on the fire until they turn green, then drain and put in jars, and pour boiling spiced vinegar on. It should be a couple of inches above the beans. The next day boil again, and when cold cover for use. Cork well (*see* page 1157).

Another way.—After the brine treatment at first, drain, and put in boiling vinegar with vine leaves, and cover to keep in the steam; this is to be repeated daily until they are a good green; the vinegar is then to be poured off, and fresh spiced vinegar added. That poured off serves for dishes for present use, but by repeated boiling is not suited for the keeping of the pickles. This is true of other pickles treated thus. Gherkins may be prepared in either of these ways.

Beetroot, Pickled. — The root should be boiled and left to get cold, then be sliced, and put in cold vinegar, with a teaspoonful of salt to the pint,

and any approved spice; or spiced vinegar may be used. Some think a dust of cayenne sufficient; or simply boil a few peppercorns and a clove or two with some of the vinegar for a few minutes. Generally the flavour of the root is liked, and much spice destroys it. A morsel of bruised ginger, with a few allspice berries to each pint of vinegar, may be recommended. This is a pickle that is often made as required; when for keeping, much more spice should be used, the jar must be well tied down, and the vinegar come well above the root.

Carrots, previously boiled, rinsed in clean hot water, and then dried in a cloth, may be treated in this way. The flavour will be almost equal to beetroot if left in the vinegar for a day or so. The two may be used together. It is a good way of using up cold carrots. The rinsing is only needed when carrots have been boiled with meat, and would make the vinegar greasy. Pickles of this kind are much more wholesome than uncooked ones. Parsnips are used with the carrots sometimes. A common pickle of carrots and parsnips is made by putting them in the surplus vinegar of any sort of pickle, or a mixture of two sorts, as walnut and onion, or cabbage. Any thick pickle vinegar also answers.

NOTE.—A better pickle is got by boiling the carrots in their skins, then treating them as beetroot.

Bird Peppers, Pickled.—This is extremely hot. It is sometimes employed as a garnish, the "peppers" being served whole. It must be taken with caution, particularly the pips. The peppers are added to chutney and other preparations to give pungency.

Bottling Wax.—(*See* CORKS, page 1157).

Burnt Onions give a peculiar rich flavour and colour to soups of the gelatinous kind, such as ox-foot, &c. But the taste is an acquired one, and small quantities only are to be used, and not until the cooking of the meat used is nearly over. Cost, from 6d. upwards.

Cabbage, Pickled.—This is a very simple recipe. Required: a cabbage, vinegar, and spices as below. Cost, about 1s.

The outer leaves should be taken off, and the cabbage cut in quarters. Remove the hard stalk, and cut across in very thin shreds. Spread on a flat dish, strew with a good handful of dry fine salt, and cover with a second dish. In twenty-four hours drain in a colander, and remove any moisture by dabbing with a clean cloth. The vinegar should well cover the cabbage, and be first boiled for five to ten minutes with a couple of ounces of whole black pepper and half to one ounce of bruised ginger to two quarts. The full amount of ginger is often liked, and a good pinch of cayenne added. Pour it when cold over the cabbage, and tie down with bladder. This is soon ready for use, and loses both colour and crispness if kept long. A little red colouring adds to the appearance, and the cabbage will be crisper if the frost has just touched the leaves. Some consider a morsel of alum an improvement to the colour.

Camp or Harvey's Vinegar.—Required: a quart of the best vinegar, a clove of garlic, a quarter of an ounce of cayenne, half a dozen anchovies, three tablespoonfuls of Indian soy, and the same measure of mushroom or walnut ketchup. Cost, about 10d., exclusive of anchovies.

The anchovies should be cut up small, and the garlic chopped very finely; put them with all the rest to soak in the vinegar for a month, shaking often, and keeping the bottle tightly corked. Then strain for use through muslin, and store in small bottles.

Capsicum or Cayenne Essence.—Required: a pint of brandy or rectified spirits of wine, and an

ounce of pure cayenne pepper. Cost, varies with the spirit.

These materials should be put in a bottle, and corked and infused for two to three weeks. The clear liquid is then to be poured off and strained for use. It is very convenient to have this at hand for the flavouring of sauces, &c., as the taste is quickly diffused. The strength of cayenne varies so much that the quantity of the above to use for each pint or tureen of sauce or gravy can only be regulated by the cook; it is very pungent, and should be added drop by drop with caution.

Capsicums, Pickled. — These may be pickled either green or red. They are finest and ripest in the late autumn. It is best to gather the pods with the stalks before they are red, as a rule. Required: capsicums and vinegar to cover them, and a teaspoonful of salt and half an ounce of mace to every quart of vinegar.

The vinegar and spice and salt should be boiled together, then poured while hot over the capsicums. They must be tied down with a bladder when cold, and should remain for six weeks before they are untied, as they improve by keeping.

Carraway Seeds. — These are very wholesome. Besides the whole, ground seeds are obtainable, and are often liked for flavouring purposes better. Cakes to which carraways are added become dry in less time than they otherwise would. A far smaller quantity than generally used would be found more acceptable. Cordials, &c., are often flavoured with carraways, and the medicinal uses are well known.

Carrots, Pickled.—(*See* BEETROOT.)

Casaripe. — This is a form of browning which resembles soy, but the flavour is less pronounced. It is used for soups, gravies, &c., when it is desired to impart a gamey flavour; it is, therefore, suitable for salmis of game, and all other dishes of the same description. For stewed pigeons and other birds it is very nice, and may be used with advantage, in place of other sorts of browning, in highly-seasoned dishes of brown meat. It is sold in bottles by grocers, and is a perfectly harmless preparation, being made from a plant that grows in the Bermudas.

Cauliflower, Pickled.—When a crisp pickle is liked the vegetable should be broken in sprigs, as even in size as possible, and put between two dishes, with salt, as directed for cabbage. After draining, cold spiced vinegar is poured over, and the jar tied down with bladder. If wanted quickly, or to be soft, boil in salted water for a minute, and drain, and pour the boiling vinegar and spices over.

Cayenne Pepper is a boon in the hands of an intelligent cook, but an overdose is far from pleasant. The kind ordinarily sold is insoluble, and therefore leaves a deposit. Soluble cayenne, for which "Indian salt" is another name, is a superior kind, but, owing to the salt that is mixed with it, care must be taken when seasoning the dish not to over-salt it. The best quality cayenne is the most satisfactory both in point of flavour and true cheapness. Cayenne is the active principle of "devils" of all sorts. (*See* recipes in INDEX.)

Celery Salt, Seed, and Essence. — These preparations are all of service in the kitchen; salt is eaten as a condiment, and used in salad dressings and other sauces. The main uses of the essence and seed are as flavourers, when the fresh vegetable is out of season. Extreme caution must be observed, and the safest way to use the seed is to tie a little in muslin and simmer it in the liquid —to be used for soup, &c.—until the flavour is strong enough. A drop or two of essence will flavour a small boat of sauce sufficiently for most purposes.

Celery Vinegar.—Take half a pound of the well-cleaned root and white stalks of a head of celery; put them, after shredding finely, in a pickle jar, and pour over a pint of boiling vinegar and half a teaspoonful of salt; when cool cork, and in three weeks it can be strained and bottled. (*See* GREEN MINT VINEGAR, page 1162.) When the root of the fresh celery cannot be had, half an ounce of celery seed will serve the same purpose, or some for choice use half of each. This is a very agreeable addition to many salads.

Cherries, Pickled, Simple and Good. — Required: cherries, vinegar, and spices as below. Cost, about 6d. to 8d. per quart bottle, but variable.

Take fine Kentish cherries, and leave an inch of the stalk on. They must not be over-ripe. Put them in bottles and cover with good vinegar—cover for three weeks; then boil the vinegar up with a blade of mace, half an ounce of coriander seeds, half a teaspoonful of white peppercorns, and a pinch of cayenne, or one or two chillies, to the quart; all the spices are to be bruised and tied in muslin. This should be cold when added to the cherries. Tie down and keep a month before using. Very nice as a garnish, as well as to serve with meat, &c.

NOTE.—The common kinds of black or red cherries may be thus pickled. (*See* also SWEET PICKLES.)

Chillies.—Dried chillies are used for making chilli vinegar, and pickled chillies are useful for ornamental purposes, the bright red skin contrasting well with gherkins and other green edibles, particularly for soles and other white fish.

Chutneys. — There is a wide difference in the flavour and quality of the various chutneys sold. The very best are made abroad and imported by several leading English firms; but many good ones are made in this country from Indian recipes. Most chutneys are a mixture of acid, sweet, and hot ingredients, and they form agreeable compounds. The sweet kinds are more generally used as a relish to meats; but the hot ones are frequently added to curries of all sorts, as well as to devilled meats and fish. A skilful cook finds endless uses for chutneys. To mention all the sorts would be impossible, but the following are in general use:—Madras, Bengal Club, Tirhoot, Lucknow, Indian Mango, and others named after individuals. Lucknow chutney is referred to in some of our recipes, and is very nice. The directions for home-made articles of this description will be found reliable; at the same time they are but substitutes for the real thing. (*See* alphabetical recipes.)

Cinnamon is a spice which some dislike very much; though when blended in small quantities with other spices—in mincemeat, for example—it is useful. It consists of the true bark of a small evergreen tree of Ceylon. Cinnamon has medicinal uses. Cassia is similar in flavour.

Cloves are the dried calyx and flower buds of an evergreen tree belonging to the myrtle order. They are sold also in the ground state, and essence of cloves is a useful preparation. Like mace, care should be taken in using cloves, as they contain a pungent aromatic oil in considerable quantity. It would be difficult to say for what purposes cloves cannot be used; everyone knows them in connection with apple pie; and they enter into cordials, &c., as well as savoury seasoning mixtures.

Corks, and Bottling Wax. — These methods render the corks air-tight:—1. Melt one part of beef suet and two parts of white wax, dip the corks in and let them dry, then repeat.

2. Melt a pound of common red sealing-wax with a pound of black resin and half a pound of beeswax.

Gentle heat should be used, and the mixture stirred with a tallow candle to prevent burning. Let the wax coat the edges of the bottles. Unless the place of storage be very bad, either of these modes alone will suffice, though some carry out both processes. To *bladder* corks, a piece of bladder should be put under the cork before it is inserted in the neck of the bottle, a second piece being tied over; or vegetable parchment does for the under side very well. Some prefer to use wash-leather. To prepare the bladder for the outside, it must be damped, so that when dry it will stretch and thoroughly exclude the air. To save trouble, bottling wax may be bought ready for use at any good oilshop.

Cucumber Mangoes.—Choose large green cucumbers, not very ripe, cut a long narrow strip out of the sides, and scoop out the seeds with a teaspoon. Pound a few of these with a little scraped horse-radish, finely-shredded garlic, mustard-seed, and white pepper; stuff the hollows out of which the seeds came as full as they will hold, replace the strips, and bind them in their places with a little thread. Boil as much vinegar as will cover them, and pour it on them while hot; repeat this for three days. The last time boil the vinegar with half an ounce of mace, half an ounce of cloves, two ounces of pepper, two ounces of mustard-seed, a stick of horse-radish, and one clove of garlic to every half gallon of vinegar. Put the cucumbers into jars, pour the boiling liquid over them, tie the jars closely down, and set them aside for use. Time, four days. Cost of cucumbers, about 6d. each when in full season.

Cucumber Mustard Pickle.—This is thought to be more wholesome than the ordinary kind. Required: cucumber and a pickle as under. Cost, about 1s. 3d.

Peel and cut the cucumber in cubes (or leave the peel on if liked), and allow, if liked, a little minced onion; put both on a dish, and sprinkle a tablespoonful of salt over if a large cucumber, and drain in six hours. Make hot spiced vinegar as directed for various other pickles, and to a quart allow a dessertspoonful of good mustard; for some this may be doubled; it should be mixed with a little warm vinegar, and added after the spices, &c., have boiled up well; pour the vinegar over, and cover the next day. This is best eaten soon. If stored, the bottle must be corked and bladdered; as a safeguard bladder should be put under as well as over (*see* CORKS, AND BOTTLING WAX.)

Cucumber Vinegar.—This is useful for salads, hashes, &c., and to flavour cold meat. Required: cucumbers, shalots, vinegar and spices as below.

Take as many cucumbers as may be wanted, and allow a shalot to each, or two may be used; wipe the cucumbers, and slice them without paring; put into wide-mouthed bottles, and pour over cold vinegar to well cover; add a clove of garlic, a teaspoonful of white pepper, and the same of salt for every quart of vinegar. Let all infuse for a fortnight, then strain into small bottles, and cork tightly. Freshly-cut cucumbers are essential.

NOTE.—The young leaves of burnet, soaked in vinegar, will serve as a substitute for cucumbers.

Curry Paste and Mulligatawny Paste should be got of a reliable dealer, as the qualities vary greatly. Pastes of varying degrees of strength are to be bought, adapted to all palates and every dish. After opening a jar of either, it must be well corked up again, for all these preparations lose flavour quickly. They suffer greatly both by exposure to air and damp. Curry paste is generally more pungent than mulligatawny; the latter is therefore more suited to delicate dishes and soups. As a rule, a mixture of curry powder and paste will give the best results. A supply of powdered coriander seed should be kept, as by its aid any curry

stuffs that have lost strength may be revived; with every care they will become weaker, and this should be remembered in estimating the required quantity for any dish. (*See* CURRY POWDER below.) Cost, very variable, some brands being much higher than others—from a shilling to three or four, for the largest-sized bottles or pots.

Curry Powder. — We think that curry powder is better and cheaper when bought than made at home, all things considered. When possible, it should be got of a dealer in Indian produce; such as live in large towns will have no difficulty. If bought in the loose state it is likely to turn out a failure, for nothing varies more in quality. The ingredients not only want blending properly, and in the fresh state, but to be sealed up at once that the fragrance may not be lost. Large dealers sell powders to suit all classes of curries, from the mildest to the hottest. Amongst other ingredients, some of which can only be got abroad, may be mentioned turmeric, saffron, pepper, cayenne, mustard, coriander, cumin, cardamoms, ginger, and other spices, as the usual ingredients of curry powder. Rice powder and cocoa-nut, dried and pounded, are frequently added to the best kinds; the rice powder is made by frying rice and grinding it.

No. 1.—Dr. Kitchener's.—Put five ounces of turmeric, six of coriander seed, two each of black pepper and mustard seed, half an ounce each of cinnamon and cumin seed, and one ounce of lesser cardamoms, in a cool oven for one night. Pound thoroughly in a marble mortar, and rub through a sieve. Keep in a well-corked bottle.

NOTE.—This is a larger amount of cinnamon than is usually employed, and it is often omitted altogether.

No. 2.—Half a pound of coriander seed, two drachms of saffron, a half teaspoonful of cumin seed, half an inch of stick cinnamon, a saltspoonful of black pepper, and two ounces of rice-flour, to be mixed as above directed. The author of this directs that at the time of preparing the curry some powdered bay leaf be added, and for a hot dish a pinch of cayenne. This may be reduced in strength, and cheapened by the addition of a few ounces of turmeric, and will then be superior to much of the cheap curry powder, which consists for the most part of turmeric. When for use with brown dishes, it is an improvement to bake the rice flour in the oven to a golden brown; but this necessitates the use of two bottles, one for brown and one for white dishes; in the latter the rice is used in the unbaked state. A suspicion of garlic vinegar is added to some curries, and a chilli or two simmered in the gravy.

NOTE.—(*See* recipes for CURRIES in the INDEX. *See* also CHUTNEYS, page 1157.)

Curry Sauce, to which reference is made in other parts of this work, is sold by grocers, and is useful for serving with hot or cold meats. A very good home-made substitute can be obtained by putting three ounces of good curry powder in a bottle with a quart of strong vinegar. Cork for a fortnight, and then strain the liquid through muslin, or filter it. A very small quantity will give a pleasant zest to sauce, or the gravy used for hashes and stews, and the like; it is of great use in imparting flavour to scrap dishes, owing to its acidity and piquancy.

Doctor's Zest.—Required: half a pound of salt, a quarter of an ounce of cayenne, a drachm each of mace and nutmeg, a drachm and a half each of cloves and pimento, half an ounce of mushroom powder, and a quarter of an ounce of dried lemon peel. Cost, about 6d. to 8d.

The ingredients are to be pounded and mixed, then put in wide-mouthed bottles with glass stoppers. This is an old and very good mixture, and has a number of uses. It is excellent for

forcemeats and savoury mixtures, for rissoles and croquettes, and the like. The mushroom powder improves, but is not absolutely necessary, especially when fresh mushrooms are added to the dish.

Eggs, Pickled.—Required: two quarts of good vinegar, thirty eggs, an ounce of black peppercorns, the same of allspice berries, and half an ounce of ginger. Cost, about 3s. 9d., with eggs at a penny each.

A fourth the quantity of the vinegar should be boiled with the spices and a teaspoonful of salt until reduced to half the quantity; the rest is then to be added and brought to the boil, and then poured over the eggs (first boiled hard and shelled). If small eggs, forty may be used. The vinegar should come an inch or two above, and the jar should be left for a month before it is untied. A covering of bladder is essential. This pickle should be made when eggs are plentiful. These are not only useful as a pickle, but for the garnishing of many dishes.

Elderberry Ketchup. — Required: a quart of elderberries, the same measure of vinegar, two ounces of shalots, two blades of mace, two inches of root ginger, a teaspoonful of cloves, and two teaspoonfuls of peppercorns. Cost, about 1s., exclusive of the berries.

The berries are to be stalked, and put in an earthen jar with the boiling vinegar, and set all night in a cool oven; then drain the liquid from them, and boil it up with the spices for about ten minutes; then bottle when cold with the spices. Strain as it is drawn off for use. This is an old-fashioned ketchup for fish sauces.

Epicurean Sauce. — Required: half a pint of vinegar, the same of walnut ketchup, a pint and a half of mushroom ketchup, a quarter of a pint of Indian soy, and a teaspoonful of cayenne. Cost, about 2s.

The ingredients are to be put in a bottle and corked, and shaken often. At the end of a month strain and bottle for use.

Another way is to add half a pint of good port, half a dozen small onions or shalots, and the rind of half a lemon in thin strips. Less soy would be liked by many. These compounds can be recommended to add to melted butter for fish, or to flavour gravies and sauces, &c.

French Mustard. — This may be bought of Italian warehousemen. There are several varieties, herbs of many kinds being used. The modes of manufacture of some of the best kinds are trade secrets. The following is a good imitation. Three ounces of salt, two ounces of scraped horseradish, half a clove of garlic, a quarter of an ounce of sugar, a quart of French vinegar that has been boiled and cooled, a tablespoonful of tarragon vinegar, and the same of vinegar from sweet herbs. The above should macerate for twenty-four hours, then be strained and mixed with a sufficient quantity of pure flour of mustard, and stored for use. It is advised that the strained vinegar be stored for use, and the mustard mixed as required in the ordinary way, or sufficient to last a few days only; for it must be air-tight to keep.

French Ragoût Powders.—These will be found very valuable in all kitchens where good cookery is the rule. Once prepared, a little goes a long way, and many a dish may be quite transformed by the use of them.

No. 1. — Required: an ounce of grated lemon peel, the same of ground black pepper, half an ounce of powdered nutmeg, the same of ginger, a quarter of an ounce each of cloves, cayenne, and mace (all in fine powder), three-quarters of an ounce of pure mustard. Cost, about 8d.

The whole of the materials should be dried before a slow fire that their flavour may not evaporate, then pounded in a mortar, and mixed with two ounces of fine salt that has been separately dried—half should be common salt and the other celery salt

if convenient. After pounding, pass through a very fine sieve.

No. 2.—Required: the rinds of a Seville orange and a lemon, two ounces of truffles, the same of dried mushrooms, half a nutmeg, half an ounce of powdered mace, a drachm of cayenne, an ounce of salt, and an ounce of pepper, half white and half black. Cost, variable.

These ingredients are to be prepared as in the first recipe, and bottled for use. The truffles are to be very gradually dried. Should no mushrooms be handy, use mushroom powder, and add it with the salt; do not expose it to further heat. (*See* page 632.)

German Mustards.—*No.* 1.—Required: half an ounce of sardines, the same of shalots, an ounce of capers, the eighth of an ounce of garlic, a gill of water, half a gill of brown vinegar, a gill of tarragon vinegar, half a teaspoonful of salt, one of sugar, and two of salad oil, with mustard flour as below. The first four ingredients are to be chopped, and boiled with the water for ten minutes; the water is then strained, the residue being well pressed. The vinegars and water are then to be boiled up together. The mustard is then mixed in the usual way when the liquid has cooled a little. The other ingredients are then to be added, and the mixture put in small pots for use when cold, and tied down with bladder. Or little jars with screw tops will answer. It should stand a fortnight before using. Handy for sandwiches, salads, and all sorts of savoury dishes.

No. 2.—Required: half a pint of good pale vinegar, a sprig of fresh tarragon, a bay leaf, a small onion (chopped), a clove of garlic minced small, half a dozen bruised cloves, half a teaspoonful of black peppercorns, also crushed, and a saltspoonful of salt. These are to be boiled, and the strained liquid mixed with good mustard and stored as above; or the liquid may be bottled, and used for mixing the mustard as required.

No. 3. — Required: a good-sized onion, a clove of garlic, two bay leaves, half a pint of tarragon vinegar, two ounces of lump sugar, four ounces of mustard, a teaspoonful of salt, a drachm of ground allspice, half as much cinnamon, and as much vinegar as may be needed. The onion, garlic, bay leaves, and vinegar should infuse for some hours, then be heated slowly to the boil; the strained liquid is to be mixed with the sugar and the other ingredients, as much extra vinegar being added as will make the mixture the right consistence. Finish as above directed.

Note.—Equal parts of yellow and brown mustard are generally used for these preparations in Germany, but all one kind, if genuine, will answer very well. Common, adulterated mustard is useless.

Gherkins.—Gherkins are young cucumbers, and are only used for pickling. They should be gathered on a dry day, and those in one bottle should be, as nearly as possible, uniform in size. They are not really good for much in flavour until they are about three and a half inches long and three-quarters of an inch in diameter. They may be had in July and August, and the best time for pickling them is about the end of August. Like other pickles, their excellence depends, in a great measure, on their being kept covered with vinegar. A mixture of French beans and gherkins makes a nice pickle.

Gherkins, Pickled. — Put the gherkins into a large stone jar, and cover them with brine strong enough to carry an egg. Place the cover on the jar, and leave it for two or three days, until the gherkins begin to turn yellow; then drain them, and pour boiling vinegar over them. Put bay-leaves on the top, keep the jar in a warm place, and heat the vinegar afresh every day, till the gherkins turn as green as you wish. Boil fresh

vinegar, and with it one large blade of mace, two ounces of whole pepper, four bay leaves, and half a dozen small silver onions to each quart. Put the gherkins into wide-mouthed bottles, pour the vinegar over them, first allowing it to cool a little, or it will crack the bottles, and cork securely when cold. Time, from a week to a fortnight. Probable cost, 1s. per pint bottle.

Ginger.—This is one of the most wholesome and generally used of all the spices. It is sold both whole and ground, and the quality is very variable. There are those who assert that the only way to get genuine ginger is to buy the whole, and grate it as required. Certainly, the low-priced ground ginger will result in disappointment, and it is best to buy it in tins of a reliable dealer. The common kinds contain what is known in the trade as "spent ginger." Ginger may be had both bleached and unbleached. Cost, from 8d. to 1s., or more, per pound, on an average. Essence of ginger is of use for flavouring purposes. It is very strong.

Green Mint Vinegar.—Fill wide-necked bottles lightly with mint (either pounded or chopped a little), then pour on some pale brown vinegar. Infuse for a month, then strain into small bottles, and cork them well. The leaves must be wiped only, not washed.

Herbaceous Mixtures, whether bought or made at home, are best kept in glass-stoppered bottles. A rubber cap is a good thing to put over the stopper, but a piece of vegetable parchment, or wash-leather, is better than nothing. Unless something of the sort be done, the mixture soon loses its aroma and strength. Tasty dishes are much more easily prepared where a bottle of herb mixture is always at hand.

Herbaceous Mixture. — Required: two ounces each of ground cloves, white pepper, and ground nutmeg, half an ounce of cayenne, the same of ground mace, and an ounce each of thyme, basil, bay leaves, and sweet marjoram.

Pick and dry the herbs, pound them, and pass several times through a very fine hair sieve; then add the spices, and sieve again for the purpose of thoroughly blending the materials. Store in small bottles, and cork well. When properly prepared this is fine, and may be used for forcemeats, sausages, meat pies, &c. &c. If the trouble of preparing this is objected to, a bottle of good mixed spice may be bought, and another of mixed herbs; if blended in suitable proportions, a very good substitute is the result.

Herbaceous Mixture for Soups.—Required: two ounces of dried mint, the same of sage, an ounce of parsley, a quarter of an ounce each of bay leaves and allspice, a teaspoonful of curry powder, and enough soluble cayenne to cover sixpence.

The curry and other spices should be mixed, and the herbs reduced to the finest powder, and the whole pounded in a mortar. This is to be bottled as above. For any thick soup of the brown class, as pea, lentil, or haricot, this will be found a useful mixture. The curry can be omitted if liked.

Another way.—Take powdered sage, parsley, and mint in equal parts and mix them. This will be better liked generally than either sage or mint used alone, and is handy for pea and other soups of the kind.

Herbs, Mixed and Powdered.—Required: two ounces each of lemon thyme, basil, winter savoury, and sweet marjoram, four ounces of parsley, and half an ounce of bay leaves. Cost, variable.

Dry the herbs after picking them over carefully, and rub through a coarse sieve, then through a fine one; bottle for use, and cork tightly. The portion that will not pass through the fine sieve may be kept for tying in

muslin, and used for flavouring stews, soups, &c. This is a very useful mixture, as the flavour is pleasant, and not too pronounced. Tarragon in very small proportion may be added.

Horse-Radish Vinegar.—Required: three ounces of salt, two and a half ounces of scraped horse-radish, a clove of garlic, half an ounce of ginger, four or five chillies, or a pinch of cayenne, and three pints of good malt vinegar. Cost, about 1s. 3d. to 1s. 6d.

Take a dry bottle with a wide neck, and put the salt in, then the horse-radish, bruised ginger, and other materials; the vinegar should be boiled, and poured over when the first heat has gone off, the ingredients being first moistened with a little cold vinegar. Tie down and leave in a warm place for thirty-six hours, then strain, and pour into little bottles with a chilli in each. Cork securely when quite cold. This is very piquant, and useful for fish stews and soups, and all sorts of meat dishes, salads, &c.

Hot, Thick Pickles.—Those who like any vegetable pickled singly in a hot, thick liquor have only to turn to the recipes for MIXED PICKLES AND PICCALILLI on pages 1165 and 1169. The preliminary preparation of the vegetable must be carried out the same as when the kinds are mixed for the pickle to be a success.

Indian Mustard.—The recipe for TARTAR MUSTARD (page 1172) should be followed, except that a portion of the vinegar is to be omitted, and the liquor from some mixed Indian pickles (strained) substituted for it; the proportions of the several articles are a matter of taste, but the preparation is to be pungent; it may be used as mustard, or added to salad dressings, &c. The bottle should be kept well corked, and in a cool place.

Indian Pickles.—Most of the leading English firms supply these, and they are to be had of grocers. They are very hot; heat is the feature of them. They are frequently served chopped up in sauce or gravy with cutlets of meat, fish, &c. The clearest and brightest colours should be selected for garnishing purposes.

Lemon Ketchup. — Required: six fine lemons, three ounces of salt, a quarter of an ounce of mace, the same of cloves, and rather less of good cayenne, an ounce of shalots, a morsel of garlic, two ounces of horse-radish, half an ounce of ginger, and a pint and a half of the best white vinegar. Cost, about 1s. 4d. to 1s. 6d.

The lemons are to be peeled, and a piece taken from the ends, or very deep incisions made, and the salt rubbed in. The surplus salt should be rubbed over the outside. Put them in a jar with the chopped shalots and garlic and the bruised spices. Boil the vinegar with a little more mace and a bit of ginger in addition to the above, and pour it over them. The boiling should be kept up for five minutes. Then cover lightly until cold, and tie down with bladder. Strain in six months, or, better still, in twelve. Should this be wanted for present use, the spices may be increased, and all boiled with the vinegar. A few drops will give savour to hosts of dishes. The ketchup should be put in small bottles with new corks. A few sliced, ripe, red tomatoes are considered by some to improve both colour and flavour.

Lemons, Pickled. — Required: lemons, salt, vinegar, ginger, and other spices as below. Cost, about 3s.

Take a dozen sound lemons, small, and with thick rinds. Rub them well with a strip of flannel, and slit them down in four quarters through the rind only, without breaking the fruit. Fill the openings with salt, pressed hard in, and set them upright in a deep pan, which must be put in a warm place until the salt melts. Turn them three times a day, and baste them often in the liquor until they are tender. Drain the liquor from

them, and put them into earthen jars. Boil the brine with two quarts of good vinegar, half a pound of bruised ginger, three ounces of black pepper, six ounces of mustard seed, and an ounce of Jamaica pepper. Pour it, when boiling, upon the lemons, with an equal quantity of the seasoning in each jar, and, when cool, cover with bladder. The lemons must be kept well covered with vinegar, and as it evaporates more must be added. When the lemons are used the liquid will be useful in making fish and other sauces. This pickle will keep for years, but it ought to be kept twelve months before it is used. If wanted sooner, however, bake the lemons in a very cool oven for six or seven hours. The best time for making this pickle is from November to April.

Lemon Pickle Sauce, as sold by grocers, is a kind of lemon vinegar, and is useful to impart relish to fish sauces. The flavour is delicate, and it can take the place of ordinary vinegar, or be mixed with it, to give zest to white sauce for various sorts of fish, &c.

Mandarins' Pickle.—Required: a gallon of cider vinegar, two ounces of fine, dry salt, four ounces of pure mustard, a small stick of horse-radish, scraped as for sauce, two ounces and a half of grated ginger, an ounce of celery salt, the same weight of cloves and cinnamon in powder, a saltspoonful of cayenne, and other ingredients as below. Cost, uncertain.

The above materials are to be boiled together for seven minutes, and form the foundation of the pickle. The following are to be added as they are obtainable: tiny onions or shalots, whole gherkins, or cucumber in cubes, nasturtium seeds, small tomatoes, and green gooseberries. All but the latter are to be first parboiled in salted water. As they are added, the contents of the jar should be very well stirred from the bottom, and it must be kept tied down in the intervals. When all are added, tie down with bladder, and store for a few months before the pickle is eaten. French beans can be put in, also a small amount of vegetable marrow and grated apple. It is a good pickle if the instructions are carefully carried out, and a little gives zest to many dishes.

Mango Relish, Mango Chutney, and Mango Pickle may all be bought of first-class grocers. Each mango, before pickling, is opened and stuffed with capers and chillies, &c. All are useful adjuncts to hashes and stews, and broiled and grilled fish, as well as cold meats.

Melon Pickle. — Required: a melon, vinegar and spices as below. Cost of melon, variable; of vinegar, &c., about 1s. 6d.

Take a melon of the sort generally used for pickling, first seeing that it is not quite ripe; cut off a slice from the top, and carefully pick out all the seeds. Shred finely one ounce of garlic; mix it with two ounces of mustard seed and the seeds of the melon. Now, put this back as a stuffing, place the top on, and bind it down. Boil, in two quarts of best vinegar, one ounce of pepper, one ounce of whole allspice, one ounce of bruised ginger, and a teaspoonful of salt; when boiling pour it over the melon. The same vinegar must be put into a saucepan, boiled up again, and thrown over the melon for three successive days, or more if possible; then tie down with bladder to exclude the air.

Mint Essence.—A very useful flavourer for salads and other cold dishes. Required: four tablespoonfuls of chopped mint, a tablespoonful of lemon juice, with enough of the best French vinegar to fill a gill measure, the grated rind of a lemon and half an orange, and pounded loaf-sugar. Cost, a few pence only.

The mint should be young and fresh, and be most carefully wiped,

leaf by leaf; it should then be pounded a little, and the vinegar and juice added by degrees, after they have been mixed with as much sugar as they will dissolve. The whole should then be blended and put in a bottle in a warm place; then after a few hours strain off with pressure, for use, into small bottles, which must be well corked. An agreeable change is made by adding a teaspoonful of chopped capers and reducing the sugar a little. Lime juice may replace the lemon juice, and the rind of a whole orange used.

NOTE.—In adding a little of the above to any ordinary salad dressing, as a rule no sugar should be used in the dressing, or the mixture will be too sweet.

Mixed Pickles, Clear.—These can be bought, or prepared at home, by following the directions given for the various kinds, and blending them in such proportions as may be liked. Spiced vinegar is used, and the pickles generally consist of beans, onions, gherkins and cucumber, cauliflower, and red capsicums. They are useful for garnishing.

Mixed Pickles, Hot.—This is very good, but as none of the ingredients are boiled, it should be kept for some months before it is eaten. Required: half a gallon of malt vinegar, two ounces each of ginger, mustard, and salt, an ounce of mustard seed, the same of turmeric, half an ounce of black pepper, and a dozen and a half of chillies. Vegetables as below. Cost, variable.

A jar with a lid is wanted. Into it put the vinegar, which is to be mixed with the mustard, pepper, turmeric, salt, and cayenne. The other spices are to be bruised and added. The jar should be kept in a warm place for three weeks, and the contents stirred every other day with a wooden spoon. It is then ready for the vegetables; cauliflower, celery, cucumber, beans, and onions are excellent; others may be added as liked; nasturtiums are a good addition, and anything to increase the heat, as capsicums, is permissible. Whatever goes in must not be washed, but thoroughly wiped. Should white cabbage be used, it must be young, and in extremely thin shreds. When all are in (each going in at its proper season), cork and bladder, and store in the usual way. This is not much trouble, and costs little. If eaten too soon it will be very inferior.

NOTE.—Many persons expose the vegetables to the sun for some hours, and draw some of the juice from the cucumbers. These precautions better ensure good keeping.

Mixed Pickle, Simple, for present use only. These are wholesome, and quickly made, and may be eaten as soon as prepared.

No. 1.—Required: a quarter pint each of chopped apples, cucumber, and onions (in dice or slices), and tomato pulp, and from half to a whole pint of vinegar, which may be spiced (given on page 1171), or vinegar boiled with spices, as directed in various recipes; the kind and amount of spice to use are matters of taste, but this is not a highly-seasoned pickle. Fresh tomatoes may replace the pulp.

No. 2.—Make as above, but omit the tomatoes.

No. 3.—Use equal measures of onions, beetroot, and apples, all in thin slices, and finish off as above. The addition of a little thick mixed pickle liquor is sometimes liked. A dash of celery will give crispness, but without it the mixture is very nice. A morsel of either of the CHUTNEYS given in this work will increase the zest of the pickles.

No. 4.—This is sometimes called "ladies' delight," and is made by putting equal measures of chopped onions and grated apples in a jar, with spiced vinegar to cover; a hint of garlic is sometimes added, and some use a small proportion of sultana raisins. In this form it is a kind of chutney. Another variation consists in adding a little curry powder to the vinegar, or curry paste may be mixed

with a little hot vinegar, and the rest added cold.

Mixed Spices for Pickles.—These are sold by most grocers, and consist of long and round peppers, allspice berries, cloves, ginger, chillies, and mustard seeds generally; but the proportions and quality vary considerably. This is useful for everyday pickles, and from one to two ounces for each quart of vinegar may be set down as the average. Mixed spices are often called "allspice," but this is incorrect and misleading; "allspice" is another name for pimento berries.

Mulligatawny Paste. — (*See* CURRY PASTE.)

Mushroom Ketchup. — Required: a gallon of mushrooms, six ounces of salt, and spices as under. Cost, variable.

Select good-sized flaps, and see that they are not worm-eaten; cut the ends of the stalks off, and wipe the mushrooms carefully; break them in a pan, and strew the salt over, putting the largest portion at the top. Stir daily, and in three days strain the liquor without pressure. Measure it, and allow for a quart, half an ounce of whole black pepper and a drachm of mace, boil in a clean pan until reduced to a little more than half. Pour into a clean jug, and lay a folded cloth over, and leave until the next day. Then pour into small bottles and cork and seal. A little salad oil is used by some; it is poured in the necks of the bottles the better to exclude the air. This is not very salt, and the spices do not overpower the flavour of the mushrooms, but a greater quantity or variety may be used, and many would prefer ketchup thus made. A little cayenne is often liked. For example, in addition to the peppercorns, a quarter of an ounce of allspice berries and half an ounce of ginger may be used. Some boil the liquor first, and then add the spices, and boil again.

NOTE.—The squeezings of the mushrooms, and the thick sediment, may be boiled with spices for present use for thick sauces, &c. This is called "second ketchup." Some persons store the ketchup in wine bottles first, and then in three months' time boil it again with a little more spice, and store in small bottles. Many say that keeping is never ensured unless boiled the second time.

Mushrooms, Pickled. — Required: a quart of button mushrooms, the same measure of vinegar, besides salt, and spices as below. Cost, about 1s. 3d. to 1s. 6d., or more.

The mushrooms should be the wild or meadow, not artificially raised ones; let them be fresh, cut the stems off close, and clean them with new flannel, moistened and dipped in fine salt; throw them in cold water salted a little, and when all are ready, drain and dry on soft cloths, or the pickle will be weakened. Add to the vinegar a teaspoonful and a half of salt, half an ounce of white peppercorns, half an ounce of ginger, a saltspoonful of cayenne, and a good-sized blade of mace; to these a quarter of a nutmeg can be added, but over-much spice is a mistake. When all boils up, put the mushrooms in and give them from five to eight or nine minutes, and, should they be disproportioned in size, give the large ones a little longer. Put them in warm, wide-necked bottles, cover with the vinegar, and divide the spices amongst them. When cold, cork and seal. Store in a dry place, and guard from frost. White wine vinegar is the kind to use.

Mushrooms, Preserved, Superior.—This is a trifle more expensive than the commonly-employed methods, but the result quite justifies the little extra outlay. Required: mushrooms, water, salt, lemon juice, and fresh butter as below. Cost, variable.

The "buttons" are the best for this, but those a little larger may be used, so that they are close and firm; the large "flaps" are not suitable, and every one should be freshly gathered.

Peel and put the mushrooms in a clean, dry jar, and cover with water, which should come an inch or two above them; add an ounce and a half of salt, four ounces and a half of butter, and the juice of four good lemons to every three pints of water used. The water should be first carefully measured into the jars. Then cork the jars and set them in a water bath; the water should be hot, and brought to the boil gently; after a quarter of an hour's boiling the jars should be removed, and when cold the corks should be sealed. Store in a cool, dry place. The butter used must be pure, or the mushrooms will suffer in flavour.

NOTE.—Boil the water, and let it get cold before putting it in the jars.

Mustard, to prepare for table. The secret of having good mustard is to see that it is free from lumps, and to mix it to a proper consistence. It should be neither lumpy nor sloppy. Stir from the centre with the back of a spoon, adding the water by degrees. The mustard should be of a consistence to just drop from the spoon. If cold water be used, fermentation is likely to result; and if boiling water, the strength of the mustard will be lost. The best thing is to boil the water and use it when cold. A teaspoonful of salt should be added to every three or four ounces of mustard. To reduce the pungency a little sugar may be added. For a very mild mustard, cream or milk is often used in the mixing, in place of half or all the water. When extra pungency is liked, a pinch of cayenne may be added. Pure mustard should be used. Mustard soon discolours, and becomes very unsightly, as well as disagreeable to the taste, particularly in warm weather, and should be prepared in small quantities as required, and always put into a clean, dry pot.

Nasturtium Vinegar. — Required: some freshly-gathered nasturtium flowers, and enough vinegar to cover them, a clove, two peppercorns, a morsel of garlic the size of a pea, and a chopped shalot to each pint bottle. Cost, about 6d. per quart bottle, exclusive of the nasturtiums.

Small bottles should be used; put all the materials in, and cork and seal securely; leave in a dry place for a few months before using. This is very useful as a flavouring for salads and sauces for mutton, &c. It is cheap enough to be within the reach of almost all. Pure malt vinegar should be used.

Nasturtiums Pickled. — Required: some young nasturtium seeds, enough cold vinegar to cover them, a teaspoonful of salt, a couple of cloves, half a teaspoonful of scraped horse-radish, and a leaf of tarragon to every pint of seeds. Cost, exclusive of the seeds, about 6d.

Should no tarragon be handy a little tarragon vinegar will do, and ginger may be used instead of horse-radish. Wash the seeds in cold water, and dry them in a soft cloth, folding it over and dabbing them gently, then put them in glass bottles, and cover with the vinegar and other materials. This is a simple recipe. Cover with bladder, or cork and seal.

Another way.—This should be kept for a month or two, and is then a very good pickle. Allow salt as above, and a small teaspoonful of peppercorns and a couple of chillies to every pint of vinegar. Boil all together, and pour over the seeds when cold. Add a small proportion of buds to the seeds.

Nutmegs. — Nutmegs are universally used in the kitchen. They contain an aromatic and pungent essential oil. When wanted fine, ground nutmegs should be bought. Essence of nutmegs is also handy.

Mace is the covering of the nutmeg, and no spice wants more careful handling, whether whole or ground, or in the form of essence. Nothing is more objectionable than a dish over-flavoured with mace. In moderation it is extremely useful.

Onions, Pickled. — This is a popular pickle, and there are many ways of preparation.

No. 1.—Take small silver onions, as soon as possible after they are harvested, as they are then in the best condition. Remove the peel until the onions look clear, being careful not to cut the bulbs. Before peeling, put them in salt and water for a few hours. Put them in the jars with cold white wine vinegar, and a teaspoonful of grated horse-radish, a teaspoonful and a half of white peppercorns, and a couple of inches of stick ginger to each quart; a sprig of tarragon is a good addition. Tie down, and in three days pour the vinegar off and boil it, and again pour over, and when cold tie down for use. This is a German recipe.

No. 2.—Allow a dessertspoonful each of whole black pepper and allspice berries to every quart of vinegar. Remove the outer skin of the onions with the fingers, and the next with a silver knife; a steel one injures the colour; put in dry bottles, and pour the cold vinegar and bruised spices over; this is simple, and the onions will be crisp. Brown vinegar is intended for this. For a pale pickle of the kind, use white vinegar and white peppercorns, with half the measure only of allspice; a teaspoonful of salt should be used to each pint of vinegar.

No. 3.—Throw the onions as fast as they are peeled into brine strong enough to bear an egg; leave them all night, then drain and dry between two soft cloths. Boil enough vinegar to cover them, with an inch of ginger, an ounce of peppercorns, and a saltspoonful of mustard seeds to the quart; when cool, after three to five minutes' boiling, pour over, and seal the bottles when cold. When soft pickle is liked, the onions are sometimes boiled for a minute or two in salt and water, and the boiling vinegar is put over. White vinegar, used cold, gives the best coloured and the crispest pickle. A morsel of mace is added by some, and others use very little spice, so that the onion flavour may be unimpaired. A pinch of celery seed gives a flavour that many will appreciate; as much as would half cover a threepenny-piece would suffice for a quart to three pints of vinegar. The onions must be kept well covered with the vinegar, and any that may remain will be handy for flavouring salads, hashes, and other dishes.

Oriental Chutney.—Required: a pound and a half of apples, weighed after peeling and coring, four to five ounces of moist sugar, according to the acidity of the apples, half a pound of stoned raisins (muscatel for choice), five ounces of stoned tamarinds, four ounces of salt, one ounce of garlic, two ounces of shalots, one ounce of grated ginger, a quarter of an ounce of capsicums, a tablespoonful of soy, and half a pint of good brown vinegar. Cost, about 1s. 6d. to 1s. 9d. on an average.

The apples and tamarinds are to be chopped to a complete pulp with the raisins, shalots, garlic, and capsicums; if this part of the business be neglected the chutney will suffer considerably. The rest of the materials are to be added by degrees, and the whole mixed very thoroughly. After the first chopping, put all in a mortar if convenient for the final blending; otherwise use a wooden spoon. Cork in wide-necked bottles, and seal securely. This should be kept for some months, or, better still, a year before using it. It is pungent, and a little goes a long way. This is a small quantity only.

Oriental Pickles are employed in making sauces to serve with grilled salmon and other fish. They are also served with cold meats, and may be added in small proportion to curries. They are very popular generally. They consist of a combination of "sweets and sours."

Parisian Essence is a thick, dark fluid, for colouring soups, sauces,

and the like; and while any degree of colour may be imparted, the flavour will not suffer; this is no small recommendation, and where a rich brown is required in made dishes of all sorts, it can be safely used.

Peach Mangoes. — Required: peaches and vinegar, &c., as below. Cost, variable.

The fruit should be of moderate size, but not ripe. Wipe them, and put them in brine that will float an egg. Remove in three days, and drain on a hair sieve. Boil a quart of vinegar, two ounces each of whole white pepper and ginger, a blade of mace, a teaspoonful of salt, a quarter of a teaspoonful of cayenne, and four ounces of mustard seed. This is to be poured boiling over them, and in two months they may be eaten. Before adding the vinegar, a round is to be cut from the stalk end, and the spaces filled up with very fresh mustard seed, washed in vinegar, and a little grated horse-radish, with a hint of garlic and chopped shalot. The stones are to be carefully removed. The parts cut out are to be replaced and secured with thread crossed over the fruit. Nectarines may be similarly treated.

Pepper. — This condiment is in common use. There are several kinds, the most important being black and white pepper (both whole and ground), long pepper, and cayenne pepper. Black and white pepper are the products of the same plant; the latter being deprived of its outer coating is the less pungent, and therefore more agreeable for table use, and for delicate cookery. There is considerable difference in the strength and quality, the low-priced peppers being often dirty. Long pepper is mostly used for pickles. CAYENNE is referred to on page 1156. Mignonette pepper is simply coarsely-ground pepper; its uses are indicated in many recipes. A firm of wholesale grocers make the following statement concerning pepper: "Pepper, being dried upon the ground in the producing districts, contains a quantity of earth, stones, and dirt upon its arrival here. As the loss of weight would be too great, and the cost too much enhanced, to satisfy the rage for low prices were this extraneous matter sifted out, the whole is ordinarily ground to powder, which is gritty to the teeth." This firm, therefore, and others, recommend home-ground pepper of the best kinds, and for this as much as eighteenpence, or more, per pound may have to be paid. The market is, of course, liable to fluctuation. When groceries are ordered, pepper should not be packed with other goods, unless it is in tins or bottles. "Pabulum" is a pepper specially recommended by those who have had long experience in the trade.

Pepper Water. — Required: a pint and a half of cold water, the juice of a lemon, a dessertspoonful of salt, two cloves of garlic, an onion, a dozen peppercorns, a tablespoonful of curry powder, and a bit of onion fried in butter. Cost, about 4d.

Add the lemon juice to the water, then pound the spices and onion in a mortar; put all in a saucepan, and bring to the boil, and simmer for a quarter of an hour, then put in the fried onion, and give another boil, and strain through muslin. This should be bottled and corked for use. A little tamarind may be used instead of lemon, or in addition. This is useful for flavouring purposes. To increase the pungency, use more peppercorns, or reduce the water. A few chillies may be added.

Piccalilli. — This is made from all sorts of vegetables, such as the following: cauliflowers, white cabbages, French beans, capsicums, gherkins, large and small onions, cucumbers, radish pods, green tomatoes, and nasturtiums. Take equal quantities, as nearly as convenient, of each kind. Prepare them by slicing the large sorts, shredding the cabbage, and pulling the cauliflower into small pieces. Put them into a large pan with boiling

brine sufficiently strong to bear an egg. Let them simmer for one minute, then drain the liquid from them, spread them out on large dishes, and place them in the sun until they are perfectly dry. Prepare as much pickle as will entirely cover the vegetables, in the following proportions:— Boil two quarts of good vinegar with two ounces of bruised ginger, one ounce of whole white pepper, one ounce each of allspice, turmeric and curry powder, and two ounces of shalots. Boil these for five minutes, then mix two ounces of best Durham mustard smoothly with a little warm vinegar, and stir it into the rest of the vinegar, which must not boil after the mustard is added. Let the first heat go off, then pour the vinegar over the vegetables, and when they are quite cold, store them in jars and intermix the spices amongst them. Be careful that the vegetables are covered with the vinegar, and cover the jar with bladder to exclude the air. This pickle must be examined at intervals, and as the vegetables absorb the vinegar, fresh boiled vinegar must be added and well stirred in. Additions of various vegetables may be made as they come into season; but it should be remembered that they must be scalded in brine and dried, then scalded in hot vinegar, and allowed to grow cold before they are put to the rest of the pickle, or they will not keep.

NOTE.—Small jars, corked, the better ensure keeping.

Plums, Pickled like Olives.—Required: plums, vinegar, &c., as below. Cost, uncertain.

Take some hard, green plums, gathered before the stone forms. Boil as much vinegar as will cover them, with an ounce of salt, and half an ounce of mustard seed to each pint. Pour it over while hot. Next day drain, and boil again; cover when quite cold. This is useful, and when plums have to be gathered for the sake of thinning the trees, the cost is but little.

Raffald's Browning.—This is a store sauce and browning in one, as a very small quantity will flavour and colour sauces and gravies. It is only suitable for dark-coloured preparations. Required: a quarter of a pound of lump sugar (powdered), an ounce of butter, a pint of red wine, half an ounce of allspice, six cloves, two blades of mace, four peeled shalots, three tablespoonfuls of good mushroom ketchup, the rind of a lemon thinly peeled, and a teaspoonful of salt. Cost, varies with the wine.

The sugar and butter are to be put in a clean pan over the fire and mixed until frothy, when the pan should be raised and the wine added by degrees, the stirring being kept up the whole time. Then add the rest of the ingredients, and boil for ten to fifteen minutes very carefully that the mixture may not waste. Pour into a basin, and when cold remove the scum, strain, and put in small bottles for use. We may specially recommend this for brown fish stews, dishes of liver, heart and kidneys, jugged hare or rabbit, &c. But when this or any similar preparation is employed in any dish, the seasoning should be added carefully at starting, or the compound may be too savoury.

Rajah's Relish.—Required: the juice of half a dozen large or nine small lemons, a teaspoonful of salt, the rind of half a lemon, and a drachm of the purest and best cayenne. Cost, about 10d.

The lemon rind is to be in thin strips, and put with the other ingredients in a china saucepan, and be brought to the boil, then simmered for five minutes, and turned into an earthen vessel and covered with a cloth until cold, when it is to be strained very carefully, as it should be clear. Use small dry bottles, cork them well, and store in a cool dry place.

Another way.—Use the juice of one orange, and enough lemon juice to make the whole up to half a pint;

add a strip of orange rind to that of the lemon, and then proceed as above directed. Another relish is made by using a teaspoonful of crushed peppercorns (black and white) in place of the cayenne, but this wants longer boiling, and it is best to use a little white vinegar at first, and then add the lemon juice and boil again for a few minutes. These are sometimes used in place of ordinary vinegar for salads, the seasoning being reduced proportionately. A little may be sent to table in the cruet, but it should be in small quantities, as it loses its pungency by exposure.

Salt.—This appears to be essential to the life of the higher animals. It is diffused everywhere. By boiling down and crystallising the solution, salt of varying degrees of fineness is obtained—bay salt, kitchen salt and table salt. Bay salt is of service in curing meats, kitchen salt for general use, and table salt for the table; and, before filling the salt cellars, see that the salt is dry; if necessary, dry it in the oven or on the hot plate, and roll it finely. Unless allowed to get cold before putting in salt cellars, it will cake and become lumpy. The addition of a little corn-flour is recommended as a preventive. The best thing, however, is to keep the salt dry, owing to its deliquescent properties.

Shalot Vinegar. — Required: four ounces of shalots and a quart of vinegar. Cost, about 6d.

The shalots should be peeled and bruised and put in the vinegar; the jar should be closed, and in a month the liquid may be strained for use. A larger quantity of shalots can be used when stronger vinegar is desired. A few drops will flavour a tureen of sauce or gravy.

Shalot Wine. — This is useful when the above is unsuitable on account of the acid. Allow a pint of sherry to a quarter of a pound of shalots, and add a good pinch of cayenne; the wine may be poured off at the end of a fortnight, and if not strong enough may be put to another ounce or two of fresh shalots. The bottle should be shaken the first few days, but not the latter part of the time, as the liquid should be clear when poured off into small bottles for keeping. Cost, varies with the quality of the wine.

Shalots, Pickled.—Required: a quart of peeled shalots, the same of vinegar, half an ounce of salt, an ounce of white peppercorns, and an inch of bruised ginger. Cost, about 1s. 6d.

Boil the vinegar (white) and spices, put the shalots in, and give a couple of minutes' simmering; remove any scum. Tie down when cold. (*See* ONIONS, page 1168.)

Soy.—This is a thick, dark fluid to be had of grocers. Many dislike the flavour, but it is a useful preparation, and may be added to glaze to strengthen it and deepen the colour. It is used for fish sauces by adding it to melted butter with mushroom or other ketchup. It is said that soy, after it reaches this country, is subject to adulteration, but such as bears the name of a good English firm is reliable.

Spanish Onions, Pickled.—The most simple way, and one often liked, is to peel and slice the onions, and put them in a jar with a little salt and a dust of pepper between the layers, and then to cover with cold vinegar. The onions will be crisp, and may be eaten at once, or left a week or two. When for keeping, the spices are boiled with the vinegar as for other pickles. (*See* CABBAGE, page 1155.) Equal parts of onions and beetroot make a very good pickle of this sort. Or a few small ripe tomatoes may be put in for present eating. (*See* SPICED VINEGAR.)

Spiced Vinegar.—This may be bought of a grocer, or prepared at home. The following is the method,

and the spices may be altered to suit the taste. It may be used as soon as ready for any pickles for which hot vinegar is required, or cold for the crisper pickles; it is also useful if stored in small bottles when quite cold (it is better to let it stand all night) for salads and flavouring purposes generally. To every quart of vinegar allow two ounces of black pepper, an ounce of ginger, an ounce of salt, and half an ounce of allspice berries. All the spices should be bruised well. A little cayenne or a few chillies may be used for a hotter vinegar. An ounce of chopped shalots or onions and a morsel of garlic will increase the savour. Put all in a jar tied over with bladder wetted with vinegar, and set in a warm place for a few days, and then put it in a water bath and let the water simmer round the jar for an hour or two. To save time, the vinegar, &c., may be boiled for a quarter of an hour, but the flavour will not be so good as if the above modes are followed. A bunch of mixed herbs may be put in, and will be found an improvement; or a bay leaf or two will suffice.

Note.—Good vinegar should be used. The cost is but little more, and the flavour very superior. This would be too salt for anything that had been salted or put in brine; in such cases reduce the salt to one-fourth.

Spirit of Herbs, Kitchener's.—This is recommended for purity and flavour, as well as strength, as it is very economical in use. A few drops will season made dishes to perfection. Required: lemon thyme, winter savoury, sweet marjoram, and sweet basil, of each one ounce; grated lemon peel and shalots, of each half an ounce; and celery seed, one drachm. Add a pint of brandy, and infuse for not less than a fortnight. Small bottles are best for storage, and filtering is necessary.

Spirit of Savoury Spices, Kitchener's.—Required: an ounce of black pepper, half an ounce of allspice, and a quarter of an ounce of nutmeg, and sixteen fluid ounces of brandy. Infuse for ten days, then strain. The spices should be finely ground.

This is a concentrated preparation, and a drop or two goes a long way. Any spice can be used singly, and to make a tincture, which is rather weaker, the spices should be whole and thoroughly bruised; they should digest for at least a fortnight. About three ounces of spice to a quart of spirit will be right. Allspice, cloves, cinnamon, and nutmeg are the most used.

Tarragon Vinegar.—Required: tarragon and vinegar. Cost, uncertain.

The herb should be gathered on a dry day just before it begins to bloom. Pick the leaves from the stalks and put them in a bottle with a wide neck, bruising them that the flavour may escape. Cover them with good vinegar, and tie bladder over, and leave in a dry place for a couple of months, then strain through muslin until clear, and put in small, well-corked bottles for use. This is strong, and should be used with great caution.

Tartar Mustard.—This is a pungent preparation that will be found very useful for salads and all kinds of savoury dishes. Required: a quarter of a pound of pure mustard, a teaspoonful of salt, and enough horse-radish vinegar and chilli vinegar to form a smooth paste of the usual consistence. A small quantity of tarragon vinegar may be used and one of the others reduced in quantity. This should be mixed some time beforehand, and be kept well corked. A pinch of white sugar improves it.

Tomato Chutney.—Required: four pounds of tomatoes, a pound of apples, an ounce of crushed mustard seed, half an ounce of grated ginger, half a dozen small onions, four ounces of salt, a small teaspoonful (or less) of the best cayenne, and a pint and a quarter of the best malt vinegar; sugar in proportion to the fruit, about a pound of soft moist. Cost, about 3s., but variable.

The tomatoes should be ripe and

sound, but not *over* ripe; break them into a preserving pan, and add the apples in quarters, but not peeled or cored; they should be of a juicy kind; chop the onions, and add with all the other ingredients except the sugar, which is best put in when the mixture has begun to soften a little. The whole must be boiled slowly to a complete pulp that can be rubbed easily through a coarse hair sieve. The whole should be stirred well, and left for a day before bottling. If thought too hot, the addition of a few ounces of finely chopped raisins will remedy it; they are best added when cold. It is intended to be kept a few months, and the flavour softens a good deal. The quantity of vinegar given is the average, but as apples and tomatoes vary so much, it may have to be reduced or increased a little, but the chutney should be rather thick, of a jam-like consistence. The store closet must be dry. (*See* APPLE CHUTNEY for the finishing off.) This is recommended as a cheap and tasty chutney, that goes well with all sorts of fish and meat dishes, both hot and cold, as well as with salads, soups, &c.

NOTE.—It is better to use only half the above quantity of cayenne at first, as more can be put in after boiling, if liked. A hint of garlic is thought an improvement by some. Some of the watery part may be removed from the tomatoes, if they seem to require it.

Tomato Ketchup.—This is a link between tomato conserve and tomato sauce, as, unlike the first named, it has been flavoured with vinegar and spices, and is a rather piquant preparation, while it is not so highly flavoured as the sauce. It gives a nice flavour of a blended sort to any dish to which it is added, and is especially useful for brown gravies and sauces that are served with beef-steak, kidney and the like, besides being a popular relish with cold meat. It is excellent for game dishes. It has an advantage over conserve, as if well corked it will keep some time after opening. Cost, about 9d. to 1s. per bottle, and sold by most grocers.

Tomato Ketchup, American.—Required: a quart of tomato pulp, three-quarters of a pint of vinegar, a teaspoonful of cloves and peppercorns mixed, a blade of mace, a pinch of cayenne, a saltspoonful of celery seed, twice as much pure ginger, a teaspoonful of salt, and two of good mustard. Cost, about 2s. to 2s. 6d.

The pulp is made by cooking the fruit until it can be sieved; nothing but stems and seeds are to be kept back; all the pulp must be carefully scraped from the sieve and used, or the ketchup will be watery. The spices are to be tied very loosely in a muslin bag after bruising, and all are to be boiled until the mixture is like thick cream in consistence. When cold, take the bag out, pressing it to get out the flavour of the contents. It is a good plan to boil the spices and some of the vinegar a little time in advance. Put up in small, well-corked bottles. This is nice for such dishes as require zest, but must be used with caution with delicate preparations. (*See* remarks above.)

Tomato Preserve, Savoury.—Required: tomatoes, sugar, onions, seasoning and vinegar as below. Cost, about 9d. to 1s. per pound pot.

For three pounds of tomatoes, put four ounces and a half of sugar in a jam kettle, and moisten with a tablespoonful or two of white vinegar, and let it boil up; then add three or four small onions, chopped, and simmer them a minute; put in the sliced tomatoes, which need not be completely ripe, though they should not be far off that state. Stir to the boil, then add a little salt and pepper; some should be black and some cayenne, and the piquancy can be decided by taste; a dash of grated ginger and nutmeg will improve. When done, pass through a hair sieve, and boil again until it resembles marmalade in appearance, then pour into small pots, and cover the next day as jam. May be eaten with cold

or hot meats or added to made dishes. We have tasted a very similar preparation, flavoured very little with herbs in addition to the above, and can recommend it.

Tomato Soy. — Required: two pounds of green tomatoes, half a pound of onions, the same of cucumber, four ounces of salt, a teaspoonful of peppercorns, four cloves, an inch of root ginger, a small blade of mace, half a dozen chillies, and enough good malt vinegar to cover. Cost, about 1s. 6d., but variable.

Slice the vegetables, and put them in a colander, with the salt (which should be in fine powder, and quite warm) sprinkled over them. Set on a dish, and leave all night. Then put them in a preserving-pan, after the brine has drained from them, and add the spices and vinegar; boil slowly to a perfect pulp, and rub at once through a hair sieve. Have some small, dry, warm bottles ready, and drop a clove and a chilli in each, fill up, and cork and seal, and store in a dry place. This is a useful preparation for giving zest to meat and fish stews, &c., also to gravies and sauces.

NOTE.—The proportion of onion and cucumber can be altered to taste, so that the combined weight is the same. Green gooseberries may replace the cucumber, then a couple of ounces of brown sugar will be wanted.

Tomato Store Sauce, for long keeping. As this improves with age it is well to make a good quantity when tomatoes are cheap. Required: a dozen pounds of tomatoes, a pound of onions (half English and half Spanish for choice), three pounds of Demerara sugar, three-quarters of a pound of salt, six ounces of black peppercorns, a heaping teaspoonful of cayenne of the best quality, an ounce and a half of cloves, three pints of vinegar (two-thirds brown and one-third white), three-quarters of a pound of allspice berries, an ounce of ginger, an ounce of mustard seeds, and a teaspoonful of chopped garlic. Cost, about 6s. to 7s.

The tomatoes are to be quite ripe, and broken up into a jar, and set in a slow oven until the juice flows freely and they are getting pulpy. The spices are to be bruised and added with the rest of the materials, and the whole cooked for a couple of hours or so to a perfect pulp. This may either be done in the jar in the oven, or a preserving-pan may be used. In either case care is needed to avoid burning, and the mass should be often stirred with a wooden spoon. Then rub through a hair sieve, the finer the better, and as soon as cold, bottle for use in small bottles, and cork and seal well.

NOTE.—This is not intended as an adjunct to meats, &c., upon the plate, but to give zest to gravies, sauces, soups, &c.; and, owing to the spices used, avoid over-seasoning any dish to which the compound is added. A very small proportion of sour apples may be added, and should garlic be objected to, it may be omitted. It is very important that no unsound tomatoes be used, and that the mixture be thoroughly cooked. It will be found an improvement to put the spices in a pint of the vinegar in a covered saucepan, and bring to the boil before adding to the rest. (*See* NOTE at end of TOMATO CHUTNEY on page 1173.)

Tomatoes, Small, Pickled.— Required: tomatoes, vinegar, spice, and salt as under. Cost of tomatoes, variable.

The tomatoes should be ripe, but quite sound; reject any broken ones, and let them be as even in size as convenient, not much larger than a good-sized walnut. Wipe them, and put them lightly in jars, and pour over enough boiling vinegar to cover, spiced as for onions, cabbage, &c. (*see* recipes); or use the spiced vinegar of page 1171. A teaspoonful of salt, and half as much sugar, should be added to every pint. Cover to keep the steam in with a

plate or saucer, and tie down with bladder next day. Serve with cold meats, or as garnish for salads and other dishes. This should be eaten quickly, and prepared in small quantities, being a pickle for "present use."

Another way.—Prick the tomatoes, dredge with fine, dry salt, and leave for a couple of days; then proceed as above. The juice that flows from them as soon as pricked should be kept in a covered earthen vessel and added to the vinegar; it is best to boil it. Wipe the tomatoes free from brine before putting to the vinegar. No added salt is required.

Truffle Essence. — Required: half a pound of fresh truffles, a quarter of a pint of Madeira or good sherry, half a pint of rich stock, clear, a tiny bunch of herbs, a morsel of salt and pepper, and a pinch of grated nutmeg. Cost, variable.

Peel and slice the truffles; put them in a stewpan with all the materials except the wine; cover and cook for twenty to thirty minutes, then add the wine; cover tightly, cook for twenty minutes more, then strain the liquid through a fine hair sieve or clean cloth. This is a useful preparation if several dishes have to be flavoured; say game gravy, or brown sauce to serve with game or fillets of beef, or a forcemeat; some of the liquid could be added to the latter, and the truffles rubbed through a sieve. In cold weather this can be kept for use until the next day, or longer. If required stronger, the quantity of truffles may be doubled, and another half gill of wine used. The stronger the stock the better the essence—strong of meat, that is; the less of other flavours the better; one made from veal or chicken, with a little beef, will answer for most dishes. The most convenient time to make the essence will be when preparing clear soup, as the same stock will serve for it. One of the richest and best gravies or sauces obtainable, to serve with game, is made by adding this and Fumet of Game, say a gill of each, to an equal measure of Brown Sauce.

Vegetable Marrow. — Required: a marrow of medium size, two quarts of vinegar, an ounce and a half of root ginger, six shalots, a quarter of a pound of moist sugar, half a teaspoonful of white peppercorns, the same of mustard seed, and an ounce of turmeric. Cost, about 1s. 9d.

The marrow should be pared and the seeds removed, then cut in thick slices, and again into cubes; sprinkle it with half a pound or so of salt, which should be fine and dry; in six hours the marrow must be very thoroughly drained. The rest of the materials are to be put in a saucepan and brought very slowly to the boil, the shalots chopped, the ginger bruised, with the other spices, and the turmeric mixed to a paste with some of the vinegar; when boiling point is reached, simmer for five minutes, then put the marrow in, and give about seven or eight minutes more; turn into dry, warm jars, and tie down with bladder the next day. Should the marrows be young and small, use a couple. This is a pickle that will only keep in a dry place, for the least damp will spoil it; it may be used almost at once, though, in a suitable place, it improves by keeping a short time. The vinegar, &c., should be more than enough to cover the marrow at first, and any left over after the marrow is eaten will be found useful for hashes and other savoury dishes.

Another way.—Required: a marrow, a fourth its weight of onions, and vinegar and spices as below.

The marrow should be sliced thinly, then treated as above, and the onions cut up and put with it in a warm jar, with enough boiling vinegar to cover; when cool, pour the vinegar off, and boil it with the following spices to each quart: half an ounce of white peppercorns, the same of ginger, a quarter of an ounce each of nutmeg and allspice berries; add three cloves. Let this cool before putting it over the vegetables,

and see that it is two or three inches above them. Use glass bottles, cover with bladder, and keep some time before using. Very strong vinegar is wanted for this. Any left from the pickle is useful for brown fish stews and soups, and for all sorts of meat dishes. The nutmeg may be reduced, and more of the other spices added.

Vinegar for Salads.—Required: half a gallon of good vinegar, a handful of garden cress, half as much mustard, a tablespoonful of tarragon leaves, half as much chervil, and a saltspoonful of celery seed. Cost, about 1s. 4d.

The whole of the materials should be put in an earthen jar, or wide-mouthed glass bottle, and tied over, and at the end of a week strained through fine muslin or a clean linen cloth for use.

This is a useful vinegar, and those who appreciate the flavour imparted by tarragon and chervil will do well to keep it ready for use, making a good supply when those herbs are plentiful. Some pimpernel leaves may be added in place of part of the cress.

Walnut Ketchup.—Required: a hundred walnuts, young and green, half a pound of shalots, a head or two of garlic, half a pound of salt, and two quarts of vinegar, two ounces of anchovies, the same of whole pepper, half an ounce of cloves, and a quarter of an ounce of mace. Cost, about 2s. 6d. to 3s.

The walnuts are to be pounded in a mortar until well bruised; put them in a jar with the chopped shalots, vinegar, garlic, and salt, and stir every day for ten days; then strain the liquor, and boil it with the other ingredients for thirty to forty minutes, skimming well. Strain, and when cold pour it free from the sediment into small, dry bottles, and cork securely. The sediment comes in for present use for flavouring thick gravies and sauces. For a ketchup that will keep many years, add a quart of strong beer in place of half the vinegar; or, what is still more reliable, a mixture of beer and good port, and slightly increase the amount of all the flavouring ingredients; a bunch of sweet herbs may be added.

Walnuts, Pickled.—Required: a hundred walnuts, two quarts of vinegar, a teaspoonful of salt, two ounces of whole black pepper, the same of bruised ginger, a quarter of an ounce of cloves, half a dozen small onions, a blade of mace, two ounces of mustard seeds, and brine as below. Cost, about 2s. 6d., but very variable.

The walnuts must be gathered when a pin will pierce them easily, as when the shell can be felt they are no longer in a condition to make a satisfactory pickle. Make enough brine to cover them, in the proportion of six ounces of salt to each quart of water. The scum that rises to the surface as the salt dissolves should be all removed. Put in the walnuts and stir them daily, and change the brine in three days. If wanted for immediate use, leave them in it for twelve days; but if not, drain them in nine days. Spread them in single layers on flat earthen dishes, and expose them to the air until they turn quite black. Then prepare the pickle by boiling the ingredients given above for five minutes; the walnuts should be ready in a jar, and the pickle poured on as soon as taken from the fire. When quite cold, cover with bladder and store in a dry place. The walnuts should be covered well with vinegar, and, if necessary to add more, it should be boiled first with spices as before.

Note. — The walnuts should be pierced by passing a large needle right through them from end to end and also through the centre. If this is omitted, they will not soften properly or become well flavoured. They are better if kept for a few months at least, some say a year, before using. The spices may be varied without detriment. Many use a larger amount of cloves and peppercorns, and less ginger and mustard; others substitute allspice berries for some of the peppercorns. For present use the brine may be a little stronger; half a pound of salt to the quart of water.

SWEET PICKLES.

OTHER names for the above are "spiced fruit," "fruit in vinegar," and "pickled fruit." They are prepared in perfection in America and Germany, and are much less known in England than their excellence warrants. They have the merits of wholesomeness, general utility, and effective appearance. They go with almost everything, both cold and hot, and are suitable for all meals and all seasons. The varieties are too numerous to detail in recipe form, both in the kinds of fruit used and the modes of preparation; some of the processes are complicated, and, speaking from experience, we can recommend the easily concocted pickles as being everything the most fastidious palate could desire. Reference is made in many parts of this work to these pickles and the number of uses to which they may be put, and those who may try any of the recipes given will find them acceptable in hosts of ways other than those named.

The special points in preparing them are few, yet demand attention. The fruit must be sound, and the size and degree of ripeness should be as equal as possible. Pure cane sugar must be used, and so must good malt vinegar. Apples and pears should be peeled and cored. Tomatoes and stone fruit should be pricked in a few places. Glass jars are best, and may be those with screw tops, or corks or bladder can be used; the thing is to make them air-tight; if this is not done, fermentation will soon set in. The place of storage must be dry and cool. The average proportions of the several ingredients are given, but these may be varied to taste in the matter of spices; or when the fruit is extra juicy the amount of liquid may be slightly decreased. But no waste need occur in the event of a superfluous amount of syrup, as such comes in as handy as the pickle itself. A spoonful of syrup gives a delicious flavour to many curries, for instance.

Reference should be made to the recipe for pickled damsons, page 1178, whatever the kind of fruit under treatment. Our own experiments were made first on damsons, and some pickled by the first mode kept well for three years. This is the mode to which we give the preference, though a little more trouble than the second one; the latter is a very common one in the States. The first is unquestionably superior for fruit with little syrup; for currants and berries of various sorts it is immaterial which mode be followed.

NOTE.—Should stone jars in place of glass bottles be found more convenient, they must be glazed, and should not have held anything of a greasy nature, or have been used for cooking, or the pickles will be ruined. Should deviation be made from the proportions given, it must be remembered that the more acid the fruit the less the vinegar required.

Apples, Pickled. — The fruit may be left whole, and cored without breaking, or large fruit may be divided in the usual way. (*See* the recipes for PEARS.) The amount and kind of spice can be regulated by taste and the kind of apples. Russets and pippins are excellent pickled thus. The simmering of the cores and peel is a great improvement, and the trouble is well bestowed.

Blackberries, Pickled.—

Required: six pounds of ripe fruit, three of sugar, a pint and three-quarters of vinegar, half an ounce each of cloves and cinnamon, and a quarter of an ounce of ginger. Cost, about 3s., but very variable.

The spices are to be bruised and tied loosely in a muslin bag, and be boiled in a gill of the vinegar until it is well flavoured. The vinegar and spice bag are then to be added to the rest, and the second mode for damsons followed. Time to simmer to be regulated by the fruit. Seedy, dry berries are useless; only the finest are worth the trouble, and advantage should be taken of a good season to make a fair supply, as this is generally a popular pickle, and keeps well.

Another way.—The spices used may be ground, and a small amount of apple juice added, and the whole cooked in a preserving-pan precisely as jam is made. This, though not so nice in appearance, is exceedingly tasty, and not much trouble; apples and blackberries mixed are also nice.

Cherries, Pickled.—Required: some Kentish cherries, vinegar, &c., as under. Cost, about 2s. 6d. per gallon jar, but variable.

Wipe the cherries, and cut off the stalks to within nearly an inch; put them in jars, and boil enough French vinegar to cover them, with a pound of sugar to the quart; a few grains of cayenne and a couple of cloves, with half a dozen allspice berries, and the same number of peppercorns, are the only additions requisite. Cover with the hot mixture, and tie down when cold. Ready for use in a month.

Damsons, Pickled.—Required: six pounds of damsons, three pounds of lump sugar, a dozen cloves, a blade of mace, half an ounce of root ginger, a dozen black peppercorns, the same of allspice berries, and a pint of malt vinegar. Cost, about 2s. 3d. to 2s. 6d., but variable.

Attention is called to these two modes, as they serve as a guide for all the other fruits.

No. 1.—*Recommended.*—Pick and wipe the fruit carefully, rejecting any that is broken and unsound. It is preferable a trifle under- than over-ripe. The sugar should be roughly crushed, not pounded. Sprinkle part of the sugar over the fruit in layers in a jar. Put the rest of the sugar with the vinegar and the spices (bruised, but not tied up) in a lined saucepan, and bring very gently to the boil; then add to the contents of the jar, and cover with bladder. Set it in a pan of cold water to reach nearly to the top, put the lid on, and bring the water to the boil. Simmer for two to two and a half hours. Remove the jar when the water is cold, and not before. Cover with a second bladder before storing. This is the way to adopt when small jars are filled as required from the large one, which must be very well tied down every time it is opened. Should half a dozen jars be used (and this is in every way preferable), the ingredients are to be evenly distributed in the correct proportions, and the jars set in a large pan of water as for bottled fruits. (*See* the chapter on FRUITS.) Less time is required in this way: about an hour and a half as a rule. Another way is to use one large jar, and then remove the fruit and put it in small jars, and distribute the syrup; but this is more trouble.

No. 2.—The prepared fruit and part of the sugar are to be put in a preserving kettle, and brought as slowly as possible just to the point of boiling. The sugar and spices, with the vinegar, are then to be added, and the simmering prolonged for about half an hour. The fruit is then to be taken out with a skimmer, and put in dry, warm jars, and the syrup re-boiled until quite thick. It is then poured over, and must come an inch or two over the top of the fruit. Cover when cold. Unless the fruit be fully ripe, longer boiling will be wanted; but damsons and anything of a similar

kind, as plums, should retain their shape. An enamelled pan is needed, and the fire should be steady.

For other fruits, the time must be regulated solely by the kind and state of ripeness. A quarter of an hour will suffice sometimes; and for some sorts nearly an hour may be wanted. (*See* PEARS, page 1180; TOMATOES, page 1180; and BLACKBERRIES, page 1177.)

Green Gooseberries, Pickled.—Required: a gallon of fruit, measured after topping and tailing, three pounds and a half of sugar, half a pint of vinegar, and half an ounce each of cloves, allspice and ginger, all whole, and half an inch of stick cinnamon. Cost, about 2s. 6d. to 3s.

(*See* the first mode for DAMSONS above.) Before putting the ingredients in the jar, the fruit should be brought to the boil with half the sugar and about a gill of water, and simmered for a quarter of an hour. The rest of the sugar and the spices are then to be added with the vinegar, and the simmering in the saucepan continued for about an hour and a half; but the appearance of the fruit is the only guide; so long as the berries are not broken up it will not hurt, and long cooking gives a better flavour.

NOTE.—We do not recommend ripe red berries for this sort of pickle, though we have met with recipes for their use.

Melon, Pickled. — Required: melons, vinegar, &c., as below. Cost, variable.

Take one or two good-flavoured melons, within a day or two of complete ripeness; take the rind off, and remove the seeds, and cut them in half-inch slices, and again as liked, either triangles or squares. Lay them in vinegar for a week to ten days, then simmer them in the vinegar until tender. Lift them out on to a hair sieve to drain, and when cold, stick a clove in each piece and put into glass jars; cover with cold syrup, made by boiling very quickly for ten minutes ten ounces of sugar to each pint of water, regulating the quantity to make by the size of the melons. Cover for a week, then take from the syrup, drain it all from them, then put them in jars, ready for storing, and pour over them fresh vinegar that has been boiled for one minute and left to get cold before adding. This is particularly good with venison, hare, &c., in place of currant jelly. More cloves, as well as allspice berries and cinnamon, are used sometimes, but the flavour of any should be very mild only.

NOTE.—Neither the surplus vinegar nor syrup need be wasted, as there are endless ways in which they can be used up.

Melon Rind, Pickled.—Required: a melon, vinegar, sugar, and spices as below. Cost, about 1s. 4d. to 1s. 6d. on an average.

Take the outer rind from a medium-sized water-melon with a sharp knife, and then remove every bit of the inner pulp that may be adhering. If this is omitted the crispness of the pickle will be destroyed. Cut the rind in strips of two inches long and about a quarter of an inch wide, and sprinkle with a little fine salt on an earthen dish. Leave for twelve hours, then drain and rinse in cold water; drain well and cook in a potato steamer until a straw will pierce them. Have some dry jars ready, put the rind in, and cover with the vinegar prepared as follows:—Boil together for half an hour, skimming often, a pint of cider vinegar, a pound of lump sugar, two blades of mace, half a teaspoonful of whole cloves, two inches of stick cinnamon, broken up, and half an inch of root ginger. This should be poured over while boiling. Then keep the rind under the vinegar by means of a plate or saucer, tie when cold with bladder, after putting in a good cork; or a metal screw top may be used. This is ready for use in about ten days. The amount of vinegar, &c., to use depends upon the size of the melon; the above would suffice for a small

one only. The rind must be well covered with the vinegar, and it should reach quite three inches above it at first.

Pears, Pickled. — Required: pears, cider, vinegar, sugar and spices as under. Cost, variable.

This is a special recipe, as the mode differs from those given under DAMSONS. The fruit should be pared and cored, then quartered, or cut in eight if large. Put the fruit in a jar, and cook in a pan of water on a steady fire until soft but unbroken. The cores and peels are to be simmered in cider to cover until it is reduced to half the quantity. Then strain, and to every half-pint of the flavoured cider allow three pounds of sugar, a pint and a third of vinegar, a teaspoonful each of cloves, peppercorns, and stick cinnamon, in small pieces, a blade of mace, an inch of root ginger. Boil to a syrup, then put the fruit in, and simmer for twenty minutes, more or less, according to its condition and kind; the pieces should retain their shape; finish off when cold in the ordinary way. (*See* DAMSONS, page 1178.)

NOTE.—The above proportions are for ripe pears of good flavour; enough of the syrup should be made to cover them entirely. For hard pears an extra allowance of flavouring and sugar may be wanted. When cider cannot be had increase the vinegar. Another way is to proceed as directed in the first recipe for damsons. A smaller allowance of peppercorns may be used, and sometimes allspice berries are added. This recipe may be followed for other fruits.

Tomatoes, Pickled.—Required: seven pounds of tomatoes, three pounds of sugar, a pint of vinegar, spices as for damsons (page 1178), or with the addition of an inch of stick cinnamon if the flavour be liked. Cost, about 5s. in average seasons.

If the fruit be small, about the size of a large walnut, leave it whole. If large, slice it a quarter of an inch thick. It must be ripe. If the first mode be followed, half an hour's cooking after the water in the outer pan boils will be enough. If the second, simmer for five to seven minutes. This is very delicious and useful. Whole tomatoes are sometimes peeled, but are always liable to break. When sliced, the pickle resembles chutney in appearance, and if liked may be converted into a perfect pulp by passing it through a hair-sieve. The whole fruit is handier for garnishing purposes generally.

BEVERAGES.

GENERAL REMARKS.

NEARLY every day brings us new drinks, which may be classed as good, bad, and indifferent. With all respect to temperance reformers, many of the beverages vaunted as good substitutes for wines are too sweet to be of much service to the majority for consumption with meals. It is universally agreed that a sweet dinner drink is a mistake; it spoils both palate and digestion. To enumerate a tithe of the drinks of this class would take up all the space at our command; perhaps those most agreeable on the whole are the best of the fruit syrups, which can be diluted to taste. Of home-made drinks there are a large number, and many of the most popular are included in this work; not all in this chapter; some are in that devoted to invalid fare, and reference should be made to the INDEX. In the chapter on ICES much will be found of use here, especially with reference to the icing and cooling of all sorts of drinks. The recent introduction of bitter non-alcoholic ales under various names is a step in the right direction; but the process of manufacture is complicated, and beyond domestic imitation.

An effort has been made to include in this chapter some of the very cheapest drinks that shall at the same time be both palatable and nourishing; some are worthy of special attention, and should not be ignored by reason of their small cost. A little more care than is often given to homely beverages might, with advantage, be bestowed. A bright glass costs no more than a smeary one; and to strain a lemonade is the work of a moment. Let a cold drink *be cold;* and when ice is employed, we may repeat the warning, though this is more fully dealt with elsewhere, to let it be pure. Let none think that "rough ice" can take the place of "pure ice"; to melt a lump of it, and notice the condition of the water, is an experiment worth the making by the sceptical.

We have not thought it necessary to include such drinks as "shandy gaff"—a mixture of ginger beer and ale—and others of a like kind.

WINES, ALES, CUPS, AND MIXED DRINKS.

Admiral's Cool Cup. — Required: a quart of first-class cider, an orange, a lemon, two ounces of fresh pineapple, six ounces of sugar, two glasses of Madeira, a sprig of balm, the fourth of a nutmeg, and some ice. Cost, about 2s.

Rasp the sugar on the orange and lemon to remove the outer rind; add the strained juice, the pine in shreds (grated pine may serve), and the rest of the ingredients. Cover closely, and imbed in ice for an hour. Ice may be put in, but is a questionable improvement.

Ale and Beer. — (*See* MALT LIQUORS.)

Ale, Berry or Scotch Brown Caudle.— Boil a couple of ounces of groats, or the coarsest oatmeal, with two to three gills of beer or porter, after mixing it to a paste with water or cold beer. Ginger or other spice and a little sugar should be added. Time to boil: ten to fifteen minutes.

Ale Cup.—Required: a quart of good ale, a slice of hot toast, half a pound of sugar, half a gill of brandy, and a gill of sherry, with a sprig of balm or borage. Cost, about 1s. 6d.

The toast and sugar are to be put in a large tankard with the ale, and after a short time the other materials should be added; cool and serve.

American Drinks. — A few years ago the drinks which are peculiar to America were something of a novelty to the average Englishman; now they are easily obtained, for the "bar mixist" has found his way to this country, and his toothsome tipples are said to be increasing in demand. The following are specimens of such drinks as may be concocted at home with little trouble; some of the drinks are secret preparations, and for many a certain gum, and other materials which are considered indispensable, are difficult to obtain, even if the proportions and mode of mixing were known. Such drinks have been described as artistic productions that require the master hand. *Cobblers*, *cocktails*, *juleps*, *flips*, *bishops*, *noggs*, *floaterees*, and *crustas* are amongst the most familiar; some bear most extraordinary names.

No. 1.—*Mint Julep.*—The ways of making this are many, and the following is considered one of the best. The materials required are: a few sprigs of mint, three tablespoonfuls of water, one (or less) of white sugar, a wineglass of good whisky, and some ice and fruit. The mint is first bruised and pressed well with the sugar in a soda glass; the water is added, and the flavour of the mint extracted; the glass is filled up with the whisky and finely-shaved ice, and the mint put as a bouquet on the top, the stem being imbedded in the ice; it is well for the sake of appearance to put away the bruised mint and add a fresh sprig; a few bits of orange or pineapple should be put round it, and the julep taken with straws. The fruits are to be sprinkled with sugar.

No. 2.— *Golden Slipper.*— This is composed of equal parts of gold water Dantzic and yellow chartreuse (from half to a wineglassful to taste, or a liqueur glass is voted correct by many), and the yolk of an egg. The latter should be kept intact until it reaches the throat, according to authorities.

No. 3.—*Pousse l'Amour* is made from a mixture of liqueur, the yolk of an egg, some cordial and good spirit. The first is often maraschino (about half a glass), and vanilla cordial and pale brandy are prime favourites. They are in smaller proportion than the liqueur, and that is the first ingredient in the glass, the egg being floated on it, the rest being put on the top separately.

No. 4.— *Sherry Cobbler.* —This is simple to mix. From one to two glasses of pale sherry are put in a glass with sugar to taste, and a dash of lemon peel; a little nutmeg, with sometimes a spoonful of port, and either orange or pineapple to flavour, form the foundation; the tumbler is filled with ice, and the drink taken through straws. Other additions are made to suit individual taste.

No. 5.—*Sherry Flip.*—This is made by shaking up the yolk of an egg with half a tablespoonful or more of sugar, a glass of sherry, and some shaved ice. A grate of nutmeg is sometimes put on the top.

No. 6.—*John Collins.*—The materials for this are sugar, lemon, gin, ice, and soda water; the exact proportions are a matter of taste, but the ice is in small proportion, and the glass should be filled up with the soda.

No. 7.—*Hari Kari.*—This is said to be a very popular drink. The glass is nearly half-filled with finely-cracked ice, and a dash of lemon juice and

whisky are added; after a vigorous stir it is filled up with some kind of water of the seltzer type, and garnished on the top with fresh fruits in season.

No. 8.—*Egg Nogg.*—Out of the many (and some very peculiar) mixtures for this drink, this is given as one of the most likely to be generally agreeable. The yolk of an egg with a heaping teaspoonful of sugar are beaten together, then flavoured with nutmeg or cinnamon, and mixed with a few small lumps of ice, half a glass of old brandy, a smaller proportion of good rum, and enough milk to fill the glass; after a good shake this is strained and served.

No. 9.—*Floateree* is pronounced something of "a sell," as it is only a schooner of lager beer with a cork in it to prevent its being taken too quickly.

No. 10.—*A Bishop* is made up of about half an ounce of sugar, a teaspoonful of orange and the same of lemon juice, enough ice to half-fill the glass, and enough seltzer water and burgundy, with a dash of rum or brandy, to fill up. This is dressed with fruit, and taken through a straw.

No. 11.—*A Punch* that will be voted excellent on a warm day is made up of half an ounce of sugar, a tablespoonful of lemon juice, twice as much good port, the same of rum, and a teaspoonful or more of brandy; the glass is nearly filled with fine ice, and any nice fresh fruit put on the top. This may be varied by using sherry instead of port, and orange in place of lemon juice. Raspberry and other fruit syrups enter into various drinks of this sort. For example, one is composed of equal parts of pineapple syrup, rum, lemon syrup, and brandy, then put in a glass and filled up with ice. The top fruits are bits of pine and orange or lemon peel.

Cambridge Milk Punch.—Required: a quart of milk, the thin rind of half a lemon, the yolks of two eggs, a couple to four ounces of sugar (according to taste), four tablespoonfuls of brandy, and eight of rum. Cost, about 7d., without the spirits.

The lemon rind should infuse in the milk; it should then be brought to simmering point very gently; then add the sugar, remove the rind, and stir in the yolks after beating with a little cold milk; beat well, then put in the spirits. Whisk until the mixture froths, but it must not boil again.

NOTE.—The exact proportions of the spirits are a matter of choice; less than the above is often used, while some would double the quantities.

Champagne.—(*See* WINES.)

Champagne Cup.—Required: a bottle of champagne, two bottles of soda or seltzer, a tablespoonful of brandy, two ounces or more of sugar, a strip of cucumber if liked, and some ice. Cost, very variable.

Mix the champagne and soda in the cup (silver or glass), add the brandy, and about half a pound of crushed ice, and the cucumber; stir with a silver or glass spoon, adding the pounded sugar gradually, taking care the liquid does not overflow. Time: a few minutes; mix just before serving. (*See* CUPS, page 1184.) Other light wines may be used, the sugar being regulated to taste. In a stronger cup omit one bottle of soda or seltzer. Sherry is thought an improvement by some, alone or with brandy.

Cider.—This is the fermented juice of apples, and is chiefly manufactured in Devonshire, Gloucestershire, Herefordshire, and Worcestershire. In some places the apples are mashed into coarse pulp, in others cut into pieces or shavings; the result is encased in horsehair cloths and the juice expressed. According to the exact method, kind of apples, and soil, is the quality of the cider; and even the best qualities of various localities have characteristic differences. In no beverage does quality vary so immensely. The common thin cider largely drunk by agricultural labourers is almost unimaginable to an ordinary palate. On

the other hand, by keeping separate the best juice, and careful handling and bottling, an effervescing beverage is produced approaching champagne in character; such cider is powerfully intoxicating. Unfermented juice from the vats is termed *sweet cider*, and is very pleasant and refreshing; but it should be taken with great caution, as it often upsets the digestive system in a sudden and extraordinary manner.

Claret.—(*See* WINES.)

Claret Cup.—This is the usual way of preparing. Required: a bottle of claret, a glass of sherry, or half brandy, a tablespoonful or more of maraschino, two or three tablespoonfuls of sugar, the thin rind of a lemon, a bottle of soda or seltzer water, and flavouring as below. Cost, from 2s. 6d.

Put the wine and sugar with the lemon rind in a jug, cover and leave for an hour; then put in a little balm, borage, or verbena, or a slice of cucumber, and the water and a lump of ice, and serve. Sliced nectarines, peaches, or raspberries may be used in place of lemon rind.

Another way.—Use a sweet orange, rind and juice, to a bottle of claret, in place of lemon, with soda and sugar as above. A little cracked ice can be put in each glass at the time of serving, instead of adding it to the cup. (*See* also CUPS.)

Claret Cup, Superior.—This is more trouble than the ordinary sorts, but is worth it. Required: wine, water, sugar, flavouring, &c., as below. Cost, about 3s. to 3s. 6d.; varies with the claret.

Take a teacupful of lump sugar and dissolve it in hot water; put a bottle of claret in the cup or jug, and add a strip of cucumber rind, a couple of slices from the middle of a fresh lemon, a glass of good brandy, and, if handy, the same, or rather less, of maraschino; set in ice to get quite cold; remove the cucumber after a short time, or it will overpower the other flavours. Just before serving, add a bottle or two, according to the strength desired, of iced soda water. If put in too soon, the cup is flat. A little nutmeg is liked by many, and a very decided improvement is a sprig of balm or borage. Some use both.

NOTE.—In this way the "cup" is beautifully clear. Use as much of the syrup as may be liked; many will not find the whole too much. (*See* CUPS.)

Cool Cup.—Required: six ounces of loaf sugar, a lemon, a pint bottle of cider, a tumbler of sherry, a quarter of a nutmeg, and a sprig of borage, thyme, or mint. Cost, about 1s. 6d.

The sugar should be rasped on the lemon to remove the yellow, then be put with the strained juice, and the grated nutmeg and other materials. The bowl should be set on ice or in a refrigerator before serving, but no ice is to go in the mixture.

Cranberry Drink, Old-fashioned and very refreshing.—Mix half a pint each of cranberries and water, and mash the fruit. Boil two quarts of water, an ounce of oatmeal, and the peel of half a lemon for ten or fifteen minutes, then add the fruit and water and a little sugar, not enough to destroy the pleasant sharpness of the fruit; put in a glass or two of wine, any sort to taste, or omit it if for children. Boil for twenty minutes, strain, and serve cold. This is the original mode, but it is better to add the wine after boiling and cooling.

Cups.—The cup "mixist," as a rule, has a method of his own; as with salads, no two people will make a "cup" just on the same lines. Indeed in many instances to follow a recipe literally would result in spoiling the cup. In the first place, no two agree exactly as to the amount of sugar to use; again, what a difference the quality of the wine (such as claret) will make in this respect! Then the amalgamation of the various flavours. It has been well said that too often claret cup tastes of nothing but soda water. Sometimes the cucumber over-

powers everything else. The thing to aim at is a blend; even a liqueur (and many think that nothing equals curaçoa or noyeau) may be added with too liberal a hand; and where a novice would add a second glass, the experienced hand would probably stop short at half a glass, and would assert that even so valuable an addition should not betray its presence. Another "old hand" says that nothing but an occasional taste during the blending of the materials will bring about good results, in order that the sprig of balm or borage, or the strip of cucumber or lemon, may be removed in the nick of time before it has killed all other flavours. One rule we think may be well enforced: when cups are made on a large scale it is necessary to have handy some pounded sugar, or better still some sugar and water boiled to a syrup, that the possessors of a "sweet tooth" may be in a position to satisfy a probable craving for more sugar. And considering that some declare that even a dash of sugar spoils a cup, it is also well to be provided with a small quantity of lemon juice or any other acid ingredient that has been added, in order that such an individual may further acidify it to taste. These hints are only intended for large gatherings, where it is impossible to suit all tastes. Many of the bottled syrups, cordials, &c., may be employed for various homely cups, and directions often accompany them; one is made by taking one part of lime juice cordial to four parts of claret and five or six parts of soda water, with sugar to taste. (For further details see various recipes.)

Gin Punch.—Required: a pint of water, the rind and juice of half a lemon, two ounces of loaf sugar, two tablespoonfuls of pounded ice, half a pint of gin, a glass of maraschino, and two bottles of soda water. Cost, about 2s.

Put the lemon peel, juice, sugar, and water in the bowl, and leave for an hour; add the other materials, the soda water last of all.

Another way is to use a bottle of lemonade and one of soda, omitting the lemon peel; more gin is liked by some, and other liqueurs than the one named are often used.

Ginger Egg Flip.—Required: a quart of good mild ale, four eggs, half an ounce of grated ginger, and half a pound of crushed brown sugar candy, or less to taste. Cost, about 1s.

Beat the egg with a fourth of the beer, add the ginger, boil the rest of the beer, and add the candy; stir, then beat it to the eggs, beat hard for a few minutes, and serve hot. If reheated, take care it does not curdle. A very good drink, better liked with fewer eggs by some. The yolks of eggs only may be used.

Hebe's Cup, or Heidelberg Punch.—This is generally much liked. Required: a medium-sized lemon, a couple of inches from a freshly-cut cucumber, three ounces of pounded sugar, two bottles of soda water, one bottle of claret, three tablespoonfuls of brandy, six of sherry, and a strip of orange peel. Cost, about 2s. 6d. to 3s.

Cut the cucumber in thin slices, and put in the bowl with the lemon peel in thin strips; add the sugar, and work with the back of a wooden spoon; put in the orange peel, and the wine and brandy; stir, and add one of the bottles of soda water, and mix and leave for a time. At the moment of serving, put in the other bottle of soda water. Add ice if liked, or set the bowl in ice.

Hops and Sherry.—This may be prepared for use as bitters, or as cordial. For the former, half-fill a wine bottle very lightly with hops, fill up with sherry, cork, and leave for a week or two, then strain. For cordial, add, after straining, about an equal measure of thin syrup. More hops may be used, and infused a shorter time.

Imperial.—This is a very good drink for warm weather. Required: two ounces of ginger, a good-sized

lemon, or two small ones, two pounds of loaf sugar, an ounce of cream of tartar, two gallons of boiling water, and a tablespoonful and a half of yeast. Cost, about 1s. 2d.

The lemons should be sliced very thinly and the pips removed; the sugar and cream of tartar are to be put with the lemon in a pan and left until lukewarm, then the yeast is to be added, and the whole covered for twelve hours, when it should be strained and bottled. Another way is to use double the quantity of lemon and cream of tartar, and add from four to six quarts of boiling water, and sugar to taste. Ferment as before, and add half a pint or more of rum. This bears a good deal of dilution. Good raisin wine may replace the rum, and will be generally liked.

Institution Cup.—This is of American origin. It is suitable for all sorts of outdoor gatherings when cooling beverages are required. The proportions of brandy and fruit are varied to taste, and it is often made stronger of the spirit than the following recipe; but this is recommended on that account, and will be found of excellent flavour. Required: two sweet oranges, two glasses of pale brandy, half a pint of strawberry syrup, the same of pine-apple syrup, a pint of finely-shaved ice, and a quart of sweet champagne. Cost, varies with the fruit syrups and champagne.

The orange rinds should be removed, and one of them, the yellow only, cut in thin strips and put in a bowl with the fruit in very thin slices, freed from white skin and pips. The other materials should be mixed in, the champagne going in after the ice. The whole should be mixed and strained into tumblers. It is a good plan to put the strips of orange rinds in the syrups to infuse for a time before the other ingredients are added. A small portion of lemon is sometimes put in and less orange. Should fresh fruit juice be used in place of the fruit syrups, some sugar will be wanted.

Liqueurs.—The following liqueurs may be obtained of good wine merchants:—*Absinthe:* Intensely bitter, and used (or abused) as a tonic. *Anisette:* Said to be a good digestive. *Benedictine; Cassis:* One of the nicest and most wholesome, being made from black-currant juice with fine spirit. *Celestine:* One of the most costly. *Crême de Café, de Rose, de Thé, de Vanille,* and others. *Chartreuse,* both green and yellow; the latter the cheaper. *Curaçoa,* of various colours, and either dry or sweet. *Gold* and *Silver Water Dantzic; Kirchenwasser; Maraschino; Noyeau,* both pink and white, and very popular. *Ratafia; Trappestine,* both green and yellow, and resembles Chartreuse in flavour and uses. There are hosts of others, including the various flavoured brandies, cordials, bitters, &c. The above are foreign. Of British preparations of the kind there is a wide choice. The prices range from four or five shillings to ten shillings per bottle; half-bottles are always a trifle dearer in proportion. Liqueur syrups, mentioned in some recipes, are very useful for flavouring purposes generally; they cost about 1s. per bottle.

Mulled Claret. — Required: claret, sugar, water, and flavouring as below. Cost, from 3s. 6d. upwards.

Put in a saucepan two drachms of cinnamon, the same of ginger, bruised, and half a dozen cloves, with nearly half a pint of water and the thin rind of an orange or lemon; a little grated nutmeg may be added also; boil this until reduced to half; then strain, and put back on the fire with six or seven ounces of loaf sugar and two bottles of claret; bring nearly to the boil, then serve. A quicker way is to heat a little water and orange or lemon juice and flavour with essence of spice, the "mixed" being best, and then finish in the above way.

NOTE.—For strong mulled claret less water should be used.

Malt Liquors.—Ale, beer, porter, and stout have the common characteris-

tic of being produced from the fermentation of an infusion of steeped malt. The quantity of alcohol they contain varies greatly, London porter not exceeding about ¾ oz. per pint, while strong beer may contain 3 oz., and some of the lightest German lager beers have been found to contain actually less alcohol than some of the beverages sold and consumed as "non-alcoholic" or teetotal ales! The fact is, that *absolutely* to exclude alcohol from any beverage containing sugar which is kept over a few hours, is almost impossible. Even fully- or over-ripe fruit contains an appreciable portion of alcohol; but the temperance reformer reasonably rests satisfied with beverages in which alcohol is not purposely produced, and which cannot in any possible quantity produce intoxication.

Liquors so various in quality must have various effects. Some are highly intoxicating, while others are not at all so. There is no doubt that malt liquors are of some food value, though not much; and their tonic properties (derived from hops) are considerable. Their fattening properties are, however, apt to cause biliousness in persons of sedentary habits who approach middle age; and many are then obliged to substitute lighter beverages. There has been a marked growth during recent years in the taste for light lager beers, some of which almost deserve to be ranked as teetotal beverages, so little alcohol do they contain.

Porter and *Stout* (which is a stronger kind of porter) differ from ales and beers in the much larger quantity of malt extract which they contain, and by the partial use of roasted or half-burnt malt. For these reasons they are as a rule more digestible than beer, and are often prescribed in certain cases of debility; but the full body is unsuitable to many constitutions.

When malt liquors are bottled, the confined further fermentation produces a sparkling character which is very agreeable; but there is no doubt that good draught ale or stout is the more wholesome. The cask (small in proportion to the consumption) should be kept in a cool place, but not where it can be frozen, and should be had in a week at least before using. A tap needing no vent-peg is safest, as the vent-peg is apt to be forgotten; and if this occurs often, it soon spoils the contents of the cask. When the cask begins to need tilting, do this gently and *after* drawing, so that the liquor may settle clear again before the next draught. If there is room for two casks, the best plan is to have two in: when one runs down, tap the other, and the same day order a fresh one in. In this way time is allowed for the contents to settle and get bright before using.

Negus.—This derives its name from its originator, Colonel Negus. The ingredients are port or sherry, and water (the latter often double the amount of the former), lump sugar, and flavouring; lemon or orange rind is often used as well as spice, and a little essence of vanilla is a great improvement. We may mention essence of mixed spice, or either of the other kinds, as mace, cloves, &c., as very suitable for flavouring negus. The water should be boiling when added, and the negus may be served hot or cold.

A pint of wine, two pints of boiling water, four to five ounces of sugar, the juice of half a lemon, and a little of the rind with spice, about the fourth of a small nutmeg, or a few drops only of essence, will be a guide to the proportions. When served hot, heat the vessel in which it is mixed, and serve at once. When the wine and water are in equal parts (and this is the only form in which some consider the negus worth drinking), re-heat, but do not boil after mixing. This is best done by covering the jug and settling it in a vessel of boiling water for a few minutes.

Orange Toddy, Iced. — Required: four ounces of strained orange juice, two ounces of powdered sugar, half a pound of ice in chips, a strip or

two of orange rind, and two ounces of old Irish or Scotch whisky. To be drunk before the ice is quite melted. When liked stronger of orange, rub the sugar on the rinds of one or two, then crush it; or a few drops of essence of orange may be used. Various drinks from fruits can be concocted on this principle. A morsel of pineapple improves this.

Perry. — This is a fermented beverage made from the fermented juice of pears, in much the same manner as CIDER, but is much less common. It is not so sharp as cider, but rather apt to produce colicky pains in persons who freely partake of it rashly. We have known some of the best samples of bottled perry pronounced by good judges equal to champagne; but such quality is very rare, and probably due to some peculiar quality in the pears, as well as careful management. Unbottled perry is rarely worth drinking.

Pineapple Punch.—Required: a pineapple, rice, water, spices, lemons, sugar, brandy, rum, and wine as below. Cost, about 1s. 4d., exclusive of the pineapple and wine and spirits.

Take a well-flavoured pineapple, pare it, pick out the specks, and cut it into thin slices. Weigh the pulp, and put half a pound of it into a bowl. Boil a quarter of a pound of best Carolina rice in a quart of cold water, with two inches of stick cinnamon, and a quarter of a drachm of nutmeg. When the rice is soft, strain the water, and put it aside for a short time. Rub a few lumps of sugar upon the rind of eight fresh lemons, add more sugar to make up a pound and a half, and put this and the strained juice of the lemons with the pineapple. Pour in three pints of boiling water, and then with two jugs—one in each hand—pour the liquid backwards and forwards from a good height, and continue this for twenty minutes. Add gradually half a bottle of French brandy, half a bottle of Madeira, and a bottle and a half of rum, and whilst the spirits and wine are being added keep on pouring the liquid from one jug to another for fully three-quarters of an hour, by which time the punch will be delicately flavoured. Last of all, add the seasoned rice water, stir it quickly into the punch, pour the preparation into a bowl with a closely-fitting lid, throw a cloth over this, and leave it in a cool place for eight hours. Strain through a jelly bag until the punch is quite bright, then bottle it and cork securely. Pineapple punch improves with keeping. Sufficient for about a gallon of punch.

Port.—(*See* WINES.)

Regent's Punch. — Required: some syrup, two China oranges, one Seville, one lemon, a pint of strong, cold green tea, a glass each of brandy, rum, arrack, and pineapple syrup, two bottles of champagne and one of seltzer water; the latter is sometimes omitted. Cost, varies with the champagne.

Make a syrup with half a pound of sugar (or white sugar candy) and water; boil, and when cold add the rinds of the fruit, very thin. Infuse for an hour, add the tea, the fruit juice, and all the rest, strain through lawn until clear, bottle, and set in ice until ready to serve. Some use slices of fresh pine in place of the pine syrup.

Sherry.—(*See* WINES.)

Sleeping Cups.—There are many sorts of drinks that go by this name. Spice cup is a term often applied. They are made of any degree of strength to suit the taste of the drinker, and are much liked by many in cold weather. Spice, water, rum, or any other spirit, and sugar are the usual ingredients.

No. 1.—Required: half a dozen cloves, the same number of coriander seeds, half an inch of stick cinnamon, half a pint of water, and from half a gill to a gill of good rum.

The spices are to be boiled in the water until a good flavour is obtained, and then mixed with the rum, and just heated, but not boiled. Sweeten to taste and serve hot.

No. 2.—Use ginger instead of cinnamon, about an inch, and sweeten with honey. Whisky may be used instead of rum.

No. 3.—Required: a pint of water, an ounce of sugar, a glass or more of brandy, a teaspoonful of good mixed spice tied in muslin, and a strip of lemon peel.

The spice bag should be put in the boiling water, and when well flavoured removed; the liquor must be strained and mixed with the spirit and sugar and served at once. The lemon should be put in the water with the bag; lemon juice may be used if preferred. The spices should be well bruised, and the bag will serve for a number of cups. A good mixture is composed of cloves and ginger, with a few allspice berries and a bit of mace or nutmeg; carraway and other seeds to taste may be put in.

Sportsman's Punch. — Required: a pint of water, half a pint of whisky, four ounces of lump sugar, or to taste, a wineglassful of old pale brandy, half as much old ale, the thin rind of half a lemon, and the strained juice. Cost, about 1s. 6d.

Make the jug hot, and boil the sugar and water together, with the lemon peel and juice; pour into the jug, add the brandy cold, and the ale, boiling, last of all. Serve at once.

Spruce Beer. — *No.* 1.—Put a quart of black treacle in a pan with a gallon of water, half an ounce of white ginger, and the same of sassafras; simmer for two and a half hours; strain into a tub and add a gallon and a half to two gallons of water; when milk-warm, ferment with a little yeast, and next day it may be bottled. It should stand covered to ferment in a warm place. Three raisins pricked should be put in each bottle. Cork, tie, and set in a cool cellar for three days, when it should be ready.

No. 2.—Ten gallons of water should be boiled with seven or eight pounds of sugar, then added to the rinds of ten lemons; cover, and when lukewarm add the juice of the lemons, ten ounces of essence of spruce, and a gill and a half of good yeast; or if thin, use half a pint. Stir and put in the cask, and let it work a day or two. When fermentation is over, add an ounce of isinglass dissolved in some of the liquor. Stir and bung, and then let it fine for a week, when it may be bottled. This is sometimes made without lemons, but is not so refreshing. The bottles should be wired and set on their sides until brisk, then set upright, or they will burst. More or less sugar may be used to taste; some allow a pound to the gallon; for white beer use loaf, and for brown beer, brown sugar.

Stout.—(*See* Malt Liquors.)

Tea with Liqueurs.—Make good tea and strain it while hot into a jug, with the rind and juice of a lemon, and an ounce or less of loaf sugar to the quart; when cold add a glass or two of any liqueur and serve with a little ice. This is a good and not expensive drink for tennis and other parties, picnics, &c. A little of the tea used should be green.

Wassail Bowl (Sir Walter Scott's).—"Put a pound of little sponge cakes in the bowl, with a pound of mixed macaroons and ratafias; add a gill of sherry, two bottles of old raisin wine, a bottle of champagne, one of chablis, and a little lemon juice. Serve at once." This is sometimes seen in old country houses of the present day at the festive season, but is an extraordinary compound, and can hardly be called a beverage.

Wassail Bowl, Old-fashioned.—Mix half an ounce of grated ginger, half a grated nutmeg, and a pinch of powdered cinnamon with half a pound of Demerara sugar. Put it into a saucepan with a pint of ale, and let it boil; then stir in two additional pints of ale, half a bottle of sherry, Madeira, or raisin wine, and a large lump of sugar which has been rubbed upon a fresh lemon till the yellow part is taken off. Make the

wine very hot, but do not allow it to boil; put it into the bowl. Throw into it half a dozen apples roasted, as in the last recipe, and half a small lemon cut into slices and freed entirely from the white pith. Serve very hot.

West Indian Shrub.—Required: half a pint of pure lime juice, a quart of old rum, and a pound and a half of sugar. Cost, varies with the rum.

Mix sugar and juice, add the rum, and put in a jar to mellow. Excellent for making punch.

Another way, usually called "Punch Shrub." Required: twenty-four lemons, four pounds of loaf sugar, and two quarts of rum. Cost, varies with the rum. Rub off the yellow rind of half the lemons with the lumps of sugar, dissolve it in the strained juice of all the lemons, add the rum, and proceed as above. Lime and lemon juice are sometimes mixed, or lime and orange juice, the rinds of the oranges being used for rasping.

Wines.—That certain wines need certain temperatures is known to most; but for ordinary folks all that can be done is to keep the cellar as free from damp and draughts as possible, and pretty evenly at a rather cool temperature. This applies as much to home-made as to imported wines. 55° to 60° is set down as correct by a large firm of wine merchants. In the case of light wines, as Clarets, Burgundies, Hocks, Sauternes, &c., they should be brought into a moderately warm room some hours before being used. "Cold locks up the flavour, and makes them harsh and rough on the palate." When warmed in haste near a stove or fire, take care not to over-heat them, for a wine too warm is as bad (if not worse) as one too cold or icy. Some wrap the bottles in flannel and set them near enough to the fire to acquire a very gradual warmth; others put them on a high mantelpiece; many go so far as to take "the chill off" the glasses in cold weather by subjecting them to slight warmth before laying the table.

The *bottling* of wines from the wood is too technical a matter to be treated here, as it demands the greatest care under experienced superintendence.

Order and Relation of Wines.—There never was a time when people were more at liberty to please themselves with regard to dinner beverages than at the present day; and with temperance so much and happily on the increase there is every facility to drink what one pleases without appearing in the least noticeable. Many, who are by no means teetotallers, regarding a good digestion as a thing not to be tampered with, drink but one wine all through dinner, having found out that however good in itself claret and champagne may be, and however choice the brands, they often quarrel sadly when they arrive in the stomach. The prudent man avoids the mixing of red and white wines to any great extent during a meal. But there are still those who follow the good (?) old custom of running through various wines that are supposed to be "the thing" with the different courses; and some have not the courage to break off a bad habit. Yet this mixing of wines is now declared by men whose word is generally accepted in matters of the table to be "a barbarous misuse of the good things of the world"; it is one more proof, if such were wanted, of the conservatism that is rampant regarding eating and drinking. Wines should be sound and good, however few the kind; better one sort only, or none at all, than the stuff palmed off as wine in some instances. The charge of bad wines, even where there is lavish display in other respects, is often heard. There is much common-sense in the advice of one who says, "When tempted to give your guests bad champagne, don't; substitute good ginger beer; or withhold your bad sherry, and set before the guests honest English beer." Where several wines *are* served, there are certain noteworthy points in connection with the order, and the list given below may be said to be based on sound principles. At the same time

departures may be made at choice. The guiding rule should be harmony between the beverage and the dish with which it is taken. The next dish should not be out of mind either; for what man in his senses would drink milk punch with turtle soup if he contemplated stewed eels afterwards? The *menu*, to be of use, should be a guide to the beverages as much as to the dishes. "If dinner is preceded by those luxuries, oysters, nothing can compare with a glass of chablis. After soup, a glass of sherry; if the soup be turtle, a glass of Madeira. After fish, a dry sherry, or should the fish be rich, such as stewed eels, a glass of old East India sherry. Hock after light *entrées;* claret or Burgundy after richer *entrées*. Champagne not too early in the dinner if dry, and not till late if at all sweet. This seems the fashion in the present day, and in long and elaborate dinners is, perhaps, best. Of course, when wine is drunk freely during dinner, it cannot be drunk freely after dinner. Again, port after dinner, when champagne is drunk with dinner, is a mixture which but few persons can stand. Port is a heavy wine, and, after champagne, is very apt to disagree." The following is what the author of *Food and Feeding* has to say on the subject, and perhaps no one's dictum is better worth accepting: "Briefly, the rule by gastronomic consent, for those who indulge in the luxury of wine, is to offer a glass of light pale sherry, or dry Sauterne, after soup; a delicate Rhine wine, if required, after fish; a glass of good Bordeaux with the joint of mutton; the same, or champagne dry, but with some true vinous character in it, during the *entrées;* the best red wine in the cellar, Bordeaux or Burgundy, with the grouse or other roast game; and—but this ought to suffice, even for that exceptional individual who is supposed to be little, if at all, injured by moderate potations. With the ice or dessert, a glass of full-flavoured natural champagne, or a liqueur, may be served. But at this point dietetic admonitions are out of place, and we have already sacrificed to luxury."

We need only add a very few notes about the principal kinds of wine.

Burgundy and Chablis.—Burgundies deserve a high place amongst wines. They stand in character somewhat between claret and port. They may be had both red and white, and still and sparkling; a still, red Burgundy is often ordered to those who want a fuller and more generous wine than claret. It is said that a very poor claret is sometimes palmed off as a superior wine owing to a mixture with a small proportion of Burgundy to give it "bouquet." These wines suffer from change of temperature to a greater extent than claret, and a good deal of care in keeping is required. Sparkling Burgundy, when not too sweet, is said by competent judges to be nearly equal to champagne, and the price is far lower than the fine brands of the latter. Burgundies of good, sound quality, some with valuable ferruginous tonic properties, are now imported from Australia. *Chablis* is one of the best French wines of the white Burgundy class, and more alcoholic than some others; it is often taken with oysters.

Champagne.—To keep in good condition this wine requires rather a cooler temperature than many others. It is the most exhilarating and rapidly intoxicating of all wines, the effect passing off with proportionate rapidity. Hence it is a peculiarly dangerous wine to drink at all freely. The various brands may be roughly classed into sweet and dry wines, the latter being almost always preferable when this wine is ordered medicinally, as it sometimes is for obstinate sickness, or periodic attacks of faintness accompanied by nausea. Very cheap champagne is mostly adulterated. When taken medicinally, the best way is to use a champagne tap screwed into the cork, which will draw off a single glass without injuring the remainder. Bottles of champagne should be kept on their sides, and cooled before

drinking, but not iced, and ice should never be put in the glasses.

Claret.—At one time no wine was less appreciated than claret; now it is in daily use amongst all classes where wine is drunk at all, having great dietetic properties, with very little alcohol. Clarets, having similar characteristics to those of Bordeaux and its vicinity, are finding their way into the market from Australia, Hungary, and Italy, and Italian clarets are very good value for money, assuming a reliable firm to be dealt with. Whether a thin or full-bodied claret be chosen for ordinary consumption is a matter of taste, but the wine should not be acid. Claret bears considerable dilution, and diluted with water or soda water is one of the most thirst-quenching of beverages.

Hock and Moselle—These may be grouped, being similar; hock is a little the cheaper; both, whether still or sparkling, are considered wholesome; the three main points are freedom from acidity, brightness, and bouquet. The lowest-priced brands of both are sometimes cloudy, and a cloudy wine will be inferior in flavour. Moselle is much appreciated for making cups, but is apt to be rather a sweet wine.

Madeira. — Good old East India Madeira is said by many to bear favourable comparison with any wine in the world. New Madeira is, price for price, cheaper than sherry, and more than one authority advises those who drink wine, and have the money and the cellar accommodation, to lay down a stock. The aroma of the very best Madeiras is fine, and they may be classed as full-bodied.

Port.—This wine bears a comparatively warm temperature, and must not be cold. There is much to be said for a glass of good port, but, unfortunately, no wine has been more systematically doctored and fortified than that which is the product of the sunny vineyards of Portugal, and which takes its name from the country of its origin. The term port now embraces Spanish wines from the districts of Tarragona and Reus. There is about these a certain roughness, but they are for the most part sound and reliable, and their price is moderate; many medical men strongly recommend them. Then we have French mountain port; this possesses a distinctive character, and is considered light and digestible; it is very moderate in price. The ports of Italy are, when fully matured, delicate in flavour and aroma. Crusted ports, which have been some years in bottle, require considerable care in decanting. They should never be ordered from the wine merchant and at once decanted, but after a journey need a rest of a few weeks to regain their brilliancy. The bottle should be moved and the cork drawn very gently, without shaking, and the wine poured into the decanter through a strainer very steadily, keeping the same side up as was so in the bin, and stopping directly there is the least cloudiness. The dregs are easily used up in many ways mentioned in this work. Port is often ordered for convalescents and invalids, and in such cases should be chosen with care; with a view, however, rather to soundness and genuine character than price.

Sauterne.—This is a fine white wine of the Bordeaux class, with a delicate fragrant odour and aroma. It may almost be called a fine white claret, and suits some invalids better than red wine.

Sherry.—The wines that come under the designation of sherry are many; they differ in strength, flavour, colour, and sweetness. Taking the dry, pale or natural, practically of one family, Amontillado is the most delicate and costly. Manzanillas are delicate, high-class wines, light, and with little more alcohol than the finer growths of hock. The aromatic flavour is supposed to be due to the soil on which it is grown. Montillas are cheaper and thinner, and require age to develop their full perfection. The golden and brown sherries supply the demand for a

sweeter wine, as for many palates the unblended wines are too dry; one of these blends is the famous East India, which, when old, fetches a very high price. It is not too much to say that no wines are more hurtful than adulterated, fiery sherries. Good sherry will keep almost indefinitely in the wood; but it is a mistake to think, as some do, that bad sherry, or any other wine for that matter, is made good by putting it in a barrel; to keep well in wood, the wine must be pure and good to start with. The dregs, both of sherry and port, should be reserved for cooking; it is a pity to cloud the whole by pouring out the last drop from the bottle. When drawn from the wood the wine is generally bright.

NON-ALCOHOLIC BEVERAGES.

Acidulated Milk.—Mix a dozen grains of powdered citric acid with a gill or a gill and a half of fresh milk. The result is a good imitation of curds and whey.

Acidulated Tea.—This is excellent for use on long journeys by road or rail. Make some tea in the usual way, of average strength; strain at once from the leaves, and leave to get cold, then add a quarter of a pint of lemon juice to a pint of tea, with a very little sugar, the less the better, as sweet drinks tend to create rather than relieve thirst. This will keep on the hottest day, whereas tea mixed with milk is apt to curdle. The lemon should never be used in slices, as sometimes advised, or the white pith will make the tea bitter.

NOTE.—Half the lemon juice named above will make the tea very refreshing, and be better liked by some.

Apple Water, Iced. — Required: water, sugar, apples, and lemons. Cost, about 4d. per quart.

Slice four large juicy apples, without paring; add a quart of boiling water, cover until cold, then sweeten, and flavour with lemon or orange juice. Set in ice, or serve with lumps of ice.

Another way is to mix the apple water with an equal measure of home-made lemonade; or, to convert it into an effervescing drink, use bottled lemonade.

Another good drink is made by adding a pint of cider to a quart of the apple water with a little sugar or honey.

Blackberry Syrup.—The juice of this fruit is so rich that it bears dilution. Required: a pint of blackberry juice (the berries should be dead ripe), a pound of sugar, three-quarters of a pint of water, and half a quartern of brandy. Cost, about 1s. 3d.

Boil sugar and water to a syrup, add the juice, boil again for a quarter of an hour, stir nearly all the time; put in the spirit when quite cold. Bottle as usual. (*See* CURRANT SYRUP.) [The small quantity of brandy is added merely for keeping purposes, this juice not keeping well without.]

Café au Lait.—(*See* COFFEE.)

Café Noir.—(*See* COFFEE.)

Children, Nourishing Beverages for.—Make some cocoa from the nibs, or any good essence, mix it with an equal measure of boiling milk, sweeten a little, and serve hot or cold. This is often liked better than either cocoa or milk alone. Three-fourths milk and one-fourth cocoa make another good drink; the cocoa should be the best obtainable. (*See* COCOA.)

A mixture of thin oatmeal gruel, cocoa, and milk may be recommended, for it is both palatable and nourishing, far better for growing children than tea or coffee.

Barley water, with an equal measure of milk, sweetened with a little malt

extract, suits children for whom malt has been prescribed medicinally.

The changes may often be rung with benefit in the matter of drinks, as well as solid food.

Chocolate.—This is made from the cocoa berry, mixed with sugar and spices. It is nutritious, like cocoa, but less used in England than in other countries, especially in Spain and Spanish America. It is made by grating or scraping as much as is needed of the cake chocolate into equal quantities of hot milk and water, stirring until dissolved. Then place it in a saucepan, and make quite hot, stirring all the time briskly; but it must not boil, or it will be oily. No quantity can be given, as some like it much thicker

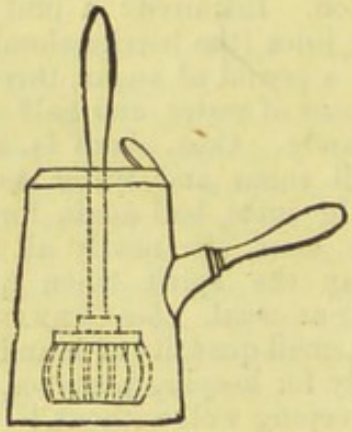


Fig. 167.—Chocolate Mill.

than others; and it must also be sweetened to taste, but on an average an ounce will go to a pint of milk and water. The principal makers print special directions on the packets, which had better be followed. Some foreign makers mix the chocolate quite thick with hot water alone, and then pour in the boiling milk.

A mill, shown in Fig. 167, is used to give the fine frothy appearance so much liked, and which cannot be quite effectually produced without it, though brisk stirring over the fire will go a long way to produce it. In using the mill, the chocolate should be mixed with the water or milk very smoothly, and poured into the pot; the lid, with the handle of the mill coming through, is then put on, and the chocolate warmed gently, the handle being rubbed briskly between the palms of the hands while the pot is on the fire. When the lid is removed, the contents should be in a state of fine froth.

Cocoa.—This beverage is now very largely consumed, and forms food and drink combined. It is, however, less refreshing than tea and coffee, and, owing to the fat it contains, disagrees with many. It is, for the same reason, a much better drink for growing children, at least once a day, than either of the others named above. Many whose food supply is limited or not of the most nutritious description would do well to drink cocoa. The low-priced kinds are the dearest in the end; the nourishment is small, and, as they are less soluble, there is always a deposit in the cup which results in waste unless boiled, which it too seldom is. Unfortunately those who use this cocoa are the very people most in need of the nutrition. The pure "soluble" cocoas at eighteenpence or more per pound are worth the money; a cocoa at sixpence or eightpence will consist more or less of starch, and is relatively dear. Cocoa Nibs afford a good drink, but some trouble is entailed in its preparation. Those who prefer can buy cocoaine, a recently-introduced powder for making a beverage of thin consistence, and which is generally liked. For preparing cocoa the directions on the tin should be followed; the milk and water can be regulated to suit the taste, so can the exact amount of cocoa to use. We may add that many of the "soluble" kinds are improved by boiling up for a minute, even where the makers state that no boiling is necessary. Condensed milk answers very well for cocoa; it should be mixed with the right proportion of boiling water first. Hot milk is as great an improvement to cocoa as to coffee.

Cocoa Nibs.—The following are simple methods of preparation: Allow about an ounce to a quart of water,

soak for some hours, at least twelve, then boil in the same water until reduced to half the quantity. The oily matter is taken from the top when the liquid is cool. Re-heat, and add milk to taste. If half milk be used, the nibs may be increased to an ounce and a half per quart at starting.

Another way.—Allow an ounce of the nibs to a pint and a half of water; thoroughly bruise the nibs in a mortar, and put in a stone jar and cook gently for four hours; then serve, without skimming, adding about an equal quantity of hot milk. This is strong, and recommended by an authority for invalids who are ordered a good proportion of fat in their diet.

A method adopted in many houses where the cocoa kettle is "kept going" is to pour off the clear liquid, adding more water, and giving a second cooking. The proportions at first are a matter of taste, and less water must be added the second time. This way exhausts the strength of the nibs, and the two cookings are thought to produce a better-flavoured beverage than if a large supply of water be used at first and the cooking prolonged. Again, some add cold water in proportion to the amount of cocoa drawn off, and keep up the simmering until the nibs have lost their strength. A delicately clean vessel must at all times be used.

Coffee.—It has often been remarked that on the Continent we seldom get good tea, but almost always a good cup of coffee; whilst in England the tea is good, but coffee almost never. Partly to this cause, and partly to the great cheapening of tea, is to be ascribed the steady decline in England of coffee-drinking. This is in many respects to be regretted, because, while nearly as stimulating, coffee contains much less tannin or astringent matter, and, moreover, when taken with milk, is a much more substantial breakfast beverage. In some people, however, coffee causes a feeling of heat and irritation, and in such cases should be avoided, though trial should be made of a proper preparation before it is finally condemned.

The principal causes of the poor coffee found in England are simply laziness, and ignorance of what good coffee requires. In days we can remember yet, people often bought their coffee raw and roasted it themselves; and they always ground it themselves. That is the only way perfect coffee can be obtained. But nowadays folks "have no time," so the coffee is bought ready ground, and used when all the aroma is gone; and people have to help out with chicory to get some kind of flavour. Yet it is easier to roast coffee at home to-day than ever, for handy little roasters—we may name one very good one known and sold as "the daily roaster"—are now to be obtained suitable for any requirement, from least to greatest, at prices from a few shillings to a couple of guineas, so simple that with ordinary care they cannot fail. Special directions are supplied with each form of roaster; and we need only add here that some French authorities consider the flavour improved by adding just a trace of sugar, while some roasters add also a tiny morsel of the very best fresh butter. Perhaps few, however, will roast their coffee in these high-pressure days; but in all large towns we may buy berries freshly roasted (always to be known by the rich fragrant smell) and tightly tinned. Then take the requisite quantity, and *put in the oven* between two plates for five minutes before grinding. It should be freshly ground for each service, and the mill set very coarse: many people say coffee is better not "ground," but crushed in a mortar. And unless it has kept warm, the ground or crushed product should be again heated in the oven, and the pot or other vessel with boiling water, before making. Then use *plenty of coffee*, and you will have a delicious and fragrant beverage; but the Frenchman often allows a cupful of ground coffee to three or four cupfuls of boiling water. Coffee is like tea in this respect: you can get a

dark fluid with a strong taste of some kind by using a little, and stewing or boiling; but to get really restorative, fragrant drink, the *real coffee* all people admire whenever they do get it, you must use plenty, and only get the aromatic principle out quickly, without stewing or boiling at all. The percolator vessels are good; or in any plain hot coffee-pot, or a plain hot jug, a bag of muslin or wire receptacle may be immersed for a few minutes only. To boil coffee, even after the grounds are removed, is to spoil it, as it drives off the aroma and much of the flavour.

When made in this way, with well-roasted berries, and plenty of them, Mocha coffee is still the best. For using ready ground, colonial growth often gives a stronger flavour, but it lacks the delicious aroma of the true Mocha. Ready-ground coffee is undoubtedly improved by chicory, and many like a dash of the chicory flavour even in good coffee; but this can easily be added at discretion. Even with coffee bought ready ground, from a good grocer who has a steady trade, the beverage may be much improved upon what it usually is, by taking care to make the coffee-pot *hot* before using, and placing the ground coffee for five to ten minutes in a cup covered by a saucer in the oven. Or if that is not hot in the morning, on the hottest part of the top plate of the range. If not hopelessly "gone," this will freshen up the aroma considerably. One more point: always make the milk *hot;* the best coffee will be half-spoiled if mixed with cold.

Black Coffee (*Café Noir*), as often handed round after dinner, is coffee made very strong and served without any milk or cream, but with sugar to taste, and sometimes a squeeze of lemon. In this form coffee is a strong stimulant, pick-me-up, and remedy against sleep. Occasionally such a stimulant is very useful, but the habitual indulgence in such plays havoc with the nervous system.

Coffee and Milk (*Café au Lait*) is understood in France as equal quantities of moderately-strong clear coffee and boiling milk, poured into the cup simultaneously. For those who can take milk for breakfast, a still more nourishing beverage, and one with more aroma of the coffee, is made by nearly filling the cup with boiling milk, and adding two or three tablespoonfuls of strong black coffee.

Cream. — Nutritious beverages from cream and milk, and other materials, are given in the chapter on INVALID COOKERY.

Currant Syrup. — Required: equal weights of red and white currants, and sugar as below. Cost, from 6d. to 9d. per pint, but very variable.

All red currants may be used, and to those, or a mixture as above, a pound or two of red cherries or raspberries to six pounds will be found an improvement, though they can be dispensed with. The fruit should be picked and bruised a little, then put in a jar, and the juice drawn as for jelly; it must be strained twice, or more, until quite clear, or the appearance of the syrup will be poor. Leave it in a cold place until next day, being careful to guard against dust. The juice may then be poured off free from any sediment there may be. Weigh the juice, and put it in a very clean pan, with fourteen ounces of sugar to the pound. The sugar should be the best loaf, broken in small lumps and heated that it may dissolve the sooner. Stir to avoid burning, and simmer only; do not let it boil. Skim carefully. When no more scum rises, put the syrup in an earthen or china vessel to cool. Again cover very lightly to keep out dust. In twelve hours pour into very small bottles, and cork and seal securely. The corks must be new. Bottles of a quarter pint each are the most useful, and the necks should be narrow. This is a delicious preparation, and retains the fresh flavour of the fruit; some use a pound of sugar to the pint if for long keeping. It may be used for pudding sauces,

ices, fruit jellies, and for many kinds of cooling drinks, and will be found very suitable for invalids. With attention to details no one need fail in making syrups that will keep well.

NOTE.—This mode may be followed for other fruits; the sugar should not be less than the above, and in many cases a little more is an improvement.

Another way.—Unboiled. This is easily made. Black currants, or half red, are put in jars with an equal weight of sugar. The brown jars with narrow necks, holding a couple or three pounds, are the best to use. The sugar should be pounded loaf. Put sugar top and bottom, and go on with fruit and sugar in alternate layers, until the jars are quite full, shaking hard between each addition. A clove or two, or a few allspice berries, are sometimes liked. Before covering, soak a couple of sheets of stout white paper in brandy, and lay on; then tie down with bladder. If more convenient, use bottles, and cork or seal securely. In three months the syrup may be drawn off, and, if liked, put in bottles for future use; they should be small, well corked, and a little spirit added. But it is much better to open a jar and use the fruit and syrup at the same time, if it can be arranged. In cases of illness, the syrup will be found delicious for cooling drinks; and the fruit answers well for plain pies and puddings, &c. Therefore this method is economical; but the best of fruit, gathered in the finest of weather, combined with a dry store closet, are essential to the proper keeping.

Effervescent Waters. — (*See* MINERAL WATERS.)

Eggs. — Nourishing drinks from eggs, combined with other materials, will be found in the chapter on INVALID COOKERY.

Frosty Morning Drink.—An old recipe directs that hot milk be flavoured with curry powder. Spiced milk is more agreeable to most palates. Essence of mixed spice, or ginger only, may be used, with a pinch of cayenne, or a drop or two of cayenne essence to give greater zest. "Composition essence" may be used to flavour hot milk. The idea that spirits added to milk are of an advantage in "keeping out the cold" is now known to be a mistaken one.

Fruit Punches, Simple.—These are not to be confounded with the ordinary drinks bearing the name of punch, and for which a variety of materials of an expensive kind are wanted. They are really fruit drinks, prepared with a little more than common care, and which can be recommended for use in warm weather. The caution that the ice must be of the purest may not be out of place. When the internal use of ice is objected to, as it is, and perhaps wisely, in many cases, the drink must be diluted with an extra supply of water, and then set in an ice cave or refrigerator, or vessel containing ice and salt; or failing either, set in cold water with a good supply of salt added, and with a wet cloth wrapped round the vessel containing the drink.

No. 1. — Required: strawberries, water, lemon juice and sugar, and some ice. Cost, variable.

Mash the fruit and pass it through a hair sieve, then put to a quart of the pulp the same measure of water, or more for a cheaper drink, with from four to eight ounces of powdered sugar, and the juice of half a lemon; the grated rind may be put in also. The sugar should be allowed to dissolve, and the mixture strained again, and cooled for use as above, a teaspoonful of powdered ice being put in each tumbler at the time of serving. When required at once, and no time can be given for cooling, make it stronger of the fruit at first, say a pint of water only to a quart of fruit pulp, then add double, or more, the quantity of ice. Acting on this principle, all sorts of drinks may be served at very short notice.

No. 2.—Required: a dozen ordinary oranges, two lemons, three-quarters of a pound of lump sugar, water and ice as below. Cost, about 1s. 6d.

The peel of the lemons, and of one or two of the oranges, should be taken off on the sugar, then put in a bowl, and the juice of all the fruit squeezed over; the sugar is better crushed; water to taste may be added; an equal measure makes a first-rate drink, but twice the measure, or more, may be put to for children. This should stand covered for half an hour, then be strained, and mixed with a pint or so of chopped ice, and again left to blend before serving.

No. 3.—This is one of the best of the drinks. Required: a small pine-apple, a pound of sugar, two and a half pints of water, the rind of an orange and half the juice, or half the quantity of lemon rind and juice, a pint of cracked ice, and as much water as may be necessary to reduce the sweetness to taste. Cost, varies with the pineapple.

The water is to be boiled with the sugar to a syrup, for about ten minutes; the rind of the orange or lemon should be very thinly removed and boiled with it. Then strain and add the pine; put in the fruit juice when cold; the pine should be very finely cut up; a tin of grated pine can be used instead. Cool for a time, then stir the ice in, and cool again.

No. 4.—Required: some ripe raspberries, cider vinegar, water, sugar, and ice as below. Cost, variable.

Take as many raspberries as may be required, and pour over just enough cider vinegar to cover, and leave for twenty-four hours, then pour the juice off. Add to it an equal measure of water that has been sweetened to taste; those who like acid drinks will add but little sugar; it is a good plan to put in but a little at first, and to hand round some more of the syrup with the punch. To a quart of the mixture after cooling add half a pint of ice, cool again, and serve.

Ginger Beer. — *No.* 1. — For keeping. Required: four ounces of ginger, four pounds of sugar, four gallons of water, a quarter pint of fresh yeast, the same of brandy, two lemons, a quarter of an ounce of good essence of lemon, and half an ounce of cream of tartar. Cost, about 2*s.* 6d. or 2s. 9d. Bruise the ginger, and boil with water and sugar for twenty minutes; pour this boiling on the lemon rind, essence, and cream of tartar; add the lemon juice and, when lukewarm, the yeast. Work for three days. Skim, and strain into the cask, add the brandy, bung, and bottle in a fortnight. Less brandy will do if a small quantity be made, or if it will be soon consumed after bottling.

No. 2.— This is cheap. Allow a pound of brown sugar, the whole of a lemon (except the pips), an ounce or rather more of ginger to the gallon of water; boil as above, and ferment with a spoonful of yeast; or the ingredients may be mixed by adding the boiling water; in twenty-four hours strain and bottle; fit for use in a few days, but much depends on the weather.

No. 3.—(*See* GINGER-BEER POWDERS.)

NOTE.—The above cannot be said to be quite free from alcohol, but are, notwithstanding, really temperance drinks. The fact is, that to keep any fluid containing sugar *absolutely* free from alcohol for more than a few hours is almost impossible. There is a perceptible quantity in over-ripe fruit. The intelligent temperance reformer will be content with beverages in which alcohol is not purposely introduced, and which if drunk (in *any* quantity) cannot possibly intoxicate.

Ginger-Beer Powders.—These are very useful, but should be put in a dry place. Required: two drachms of powdered white sugar, twenty-six grains of bicarbonate of soda, six grains of the finest ginger, and a single drop of essence of lemon; these mixed are for the blue paper; thirty grains of powdered citric acid, or thirty-six grains of tartaric acid, are to be put in the white

paper. To use, dissolve each in half a glass of water, mix the two, and drink at once.

To make on a large scale proceed thus: Mix together a pound of powdered sugar, two ounces of freshly-grated ginger, five ounces of bicarbonate of soda, and fifty drops of essence of lemon—divide amongst ninety-six blue papers; six ounces of tartaric, or five ounces and a half of citric, acid, should be divided amongst the same number of white papers. Use as above.

NOTE. — Weaker drinks are now more common, and the proportions may be reduced to two-thirds or thereabouts, with better results in some cases.

Ginger Syrup.—Required: a quart of water, a pound and a quarter of lump sugar, a strip of lemon peel, and three ounces of bruised ginger. Cost, about 8d.

The water and ginger are to be boiled until the liquid is reduced to half; simmer only, or the liquid will be reduced before the goodness is obtained from the ginger; it is a good plan to let them macerate for a few hours in advance. Then strain, add the sugar, and boil again, skimming well until no more scum rises. When cold, bottle for use. A little essence of lemon may be used just before bottling in place of the fresh rind. Another way is to make a sugar-and-water syrup, then to add as much ginger essence as is agreeable, and bottle for use. This is a useful and wholesome syrup.

Harvest Drinks.—*No.* 1.—Mix six ounces of fine oatmeal, the same of cocoa, half a pound of sugar, and a gallon of boiling water. Mix the oatmeal to a paste with a pint of cold water; boil all together for ten minutes or so, and when cold add a pint or two of skim or new milk. This is a sustaining drink. It will be more refreshing if thinner, and the milk may be omitted.

No. 2.—Mix a quarter of a pound of fine oatmeal with a little warm or cold water, then add a gallon of boiling water; boil for ten minutes, then sweeten and flavour with lemon juice, or citric acid, or raspberry vinegar. A little pure malt vinegar is liked by some, and is wholesome.

No. 3.—Make toast and water, and add a little oatmeal; strain when cold. The water should be boiling and the vessel covered. Flavour, if liked, with lemon, lime, or other fruit juice.

Herb Beer. — The most convenient way for most people is to use extract of herbs, or dried herbs in powder. The former is to be had of chemists and grocers, and the latter of herbalists. The method of making resembles GINGER BEER. These drinks are for the most part agreeable and wholesome, but fermented drinks do not agree with all. The herb extract may, in such cases, be used for "present use" drinks by adding the water and letting it stand until cold. If to be kept a short time a little spirits of wine must be added. Country residents may make good drinks of this sort by boiling nettles, &c., and using the liquid just in the same way as water is used in making GINGER BEER. A small amount of hops will give an agreeable bitterness. As a rule the packets of herbs are labelled with the contents and the proportion of each herb. Essence of mixed herbs is generally preferred, but dandelion and other kinds may be had singly. (*See* NOTE to GINGER BEER.)

Hop Beer (a pleasant harvest drink).—Required: five ounces of hops, nine gallons of water, three pounds (more or less to taste) of brown sugar, and a little yeast. Cost, a few pence per gallon.

Boil hops and water slowly for forty to fifty minutes; strain over the sugar, add yeast when lukewarm, and let it ferment; finish off like GINGER BEER; or if liked, draw from a stone or wooden cask as wanted. The addition of a little bruised ginger, or essence of ginger is often approved. (*See* NOTE at end of GINGER BEER.)

Jam, Drinks from.—A tablespoonful of jam of any sharp kind to

a quart of boiling water, covered, and strained when cold, makes a wholesome drink for children. (*See* recipes in INVALID COOKERY.)

Lemon Syrup.—Required: three pints of water, three pounds of loaf sugar, a teaspoonful of good essence of lemon, and four and a half ounces of citric acid. Cost, about 1s. 6d.

The water and sugar should be boiled for ten minutes, then poured at once over the acid and essence in a jug, and stirred until the acid is dissolved. When cold, bottle and cork for use. A tablespoonful or more with a tumbler of water, or soda, seltzer, &c., makes a very pleasant and wholesome drink. Stir with a wooden or silver spoon.

Lemonade Powders or Portable Lemonade.—*No.* 1.—Take for a single glass twelve grains of tartaric or citric acid, half an ounce of powdered white sugar, a drop of essence of lemon or a little fresh lemon peel, rasped on sugar. Stir into the water and drink at once. Powders made up in the above proportions will keep in a dry place, and are useful to have at hand, or a mixture may be put in a bottle and well corked.

No. 2.—Required: four pounds of sugar, an ounce of citric acid, half an ounce of tartaric acid, and a quarter of an ounce, or less if very good, of essence of lemon. The sugar should be in powder, except that upon which the lemon essence is poured, which must be in lumps; it is then to be powdered and dried and mixed with the rest. From one to two teaspoonfuls of the powder will make a small tumbler of lemonade.

No. 3.—These are effervescing. Required: a pound of white sugar, a quarter of a pound of bicarbonate of soda, a drachm and a half of essence of lemon, and six ounces of tartaric or citric acid, or half of each. The sugar, soda, and essence of lemon are to be mixed, and divided into portions to fill six dozen blue papers. The acids are to fill the same number of white papers. Mix in the same way as seidlitz powders. Two of the powders, viz., one of each, will make half a pint of lemonade. The water used should be as cold as possible.

Lemonade Syrup.—This is very useful when a good quantity of lemonade is wanted, as it can be diluted to the required strength with water or any effervescing beverage. Required: the rinds of six and the juice of twelve lemons, a pound of lump sugar, and three gills of water. Cost, about 1s. 3d.

The rinds must be very thin, and should be infused for a time in the water; then add the sugar, and stir over the fire, and boil for a minute; then put in the strained juice by degrees, and simmer, but do not boil again. It is then ready for use. A much nicer drink is made by rasping the rinds with the sugar, and when a stronger flavour is liked the whole of the rinds can be used. If wanted quickly, set the vessel in ice. For present use, not for bottling, some add the juice to the syrup after it has cooled.

Lime Juice.—The best kind is said to be the pure, unsweetened juice. This requires the addition of sugar, and may be taken with plain or aerated water, or used for flavouring purposes the same as lemon juice. It is not so good when it has been long in bottle, and the bottle should be quickly consumed after opening. There is a vast difference in the qualities offered for sale. "Lime Juice Cordials" are a compound of juice and sugar, with flavourers of many sorts. Some are said to contain drugs such as iron; when quite pure they are often too sweet to be agreeable—at least, as a dinner drink. Lime squash is made by using lime juice, and proceeding as for lemon squash. Many dislike lime juice because they do not sufficiently dilute it; it is one of those beverages that are best weak.

Mineral Waters.—This term is now generally extended to all effervescing waters, though drunk merely as

beverages, which owe their sparkle and flavour to being charged with carbonic acid gas. Some even of these are natural, the imported seltzer being perhaps the most wholesome and agreeable of all; but the manufacture of them has greatly improved of late years. At one time all the siphons were of French importation, and the water contained in them was of doubtful purity, as Sir Henry Thompson has pointed out; but eminent English firms now use siphons, which are filled (like English bottles) from deep artesian wells. The soda-water now so freely drunk as a beverage contains only a very few grains of soda bicarbonate in a bottle; but when first made it was a truly drugged or medicated water containing 60 grains to 120 grains per pint; and we can remember an action being brought for the present weak water being sold. It will be seen, therefore, that there is a *medical* soda-water as well as a weaker table-water; and if ordered for medical reasons, what is meant should be ascertained from the doctor.

The medicated waters may be roughly classed as follows:—

1. *Saline and alkaline.*—Soda-water has been mentioned above. Potass-water also should have its strength stated. Lithia-water has marvellous effects in many cases of gout and gravel. Of the natural imported waters, we may mention Homburg, Kissingen, Vichy, Apollinaris, Carlsbad, Friedrichshall, Pullna, and Hunyadi Jànos. The last four are sulphated in character.

2. *Chalybeate Waters.*—These are chiefly drunk at spas, such as Bath and Tunbridge Wells; in bottle, Marienbad belongs to this class.

3. *Sulphurous Waters.*—These also are chiefly taken at watering-places. Harrogate-water can be had in bottle.

There are other waters which specially contain iodine and bromine, such as one of the Kissingen springs, whose water is imported. And others have a superabundance of earthy salts, which are useful in rickets and consumption. Of these, Taunus-water is an example.

Where economy has to be studied, and effervescent waters are drunk as a beverage on a large scale, a gasogene or seltzogene is a good investment. A wire-covered one may be had from half a guinea, and full directions are given with it; these, by the way, must be accurately observed, or accidents are likely to happen. The method is simple enough when the principle is understood, but there should be no rash experiment with other quantities or methods of preparation. The cost of the waters so prepared is merely nominal, after the first cost.

Mulberry Syrup (a French recipe).—Gather and pick the fruit before it is quite ripe, that the juice may have a little acidity. Reduce to powder an equal weight of sugar, and place it together with the fruit in a preserving-pan; do not mash the fruit, or it will make the juice thick. Set the pan over a very moderate fire; the heat will soon burst the fruit, and by this means the juice will be quite clear. When the sugar is dissolved it will require a few boilings to make the syrup. Strain it through a horsehair sieve without pressing the fruit. The mulberries will remain in the sieve, and the syrup will not need to be clarified. Finish as directed for Currant Syrup.

Pileorade.—A delicious summer drink. Required: three oranges, three lemons, a quarter of a pound of fresh pine, two quarts of water, sugar, and ice. Cost, about 9d., exclusive of pine.

Put the thin rinds of the oranges and lemons in a jug with their juice and the pine in thin shavings; add the water, cover at once, and set by to cool; then sweeten; about a quarter of a pound of sugar will suit most tastes, and add a little pounded ice. This may be varied by omitting the pine, and adding with the ice a quarter of a pint of the juice from fresh strawberries, when it becomes

"Strawleorade." Well made, it will be preferred to many more costly drinks. Strain carefully before adding the ice. Pineapple syrup may be used when fresh pine is out of season.

Raspberry Acid.—(*See* STRAWBERRY ACID.)

Raspberry Vinegar. — Required: raspberries, vinegar, sugar, as below. Cost, about 1s. per pint on an average, but variable with the fruit.

Pour nine pints of white wine vinegar over six pounds of raspberries in glass jars; tie a thick white paper over, and leave for six or seven days; then drain, allowing the juice plenty of time to drip; a fine sieve laid over a basin may be used. Change the fruit, using the same weight of fresh raspberries, and pour the vinegar over; in three or four days drain, and again change the fruit; pass the whole of the liquid through a jelly bag, and then boil it with its weight of sugar—that is, a pound and a quarter to the pint of juice, for five minutes, skimming very thoroughly. The sugar should be roughly crushed pure cane loaf, and is best warmed a little. The boiling pan must be delicately clean; an enamelled one is generally preferred. Leave in earthen vessels until next day; then bottle in small, dry bottles, using new corks, which should be put in lightly at first, and cork securely after a few days. A damp store closet will destroy both colour and flavour of this and all similar preparations.

NOTE. — When the fruit is scarce and dear it may be changed twice only, or left a day or two longer in the vinegar; but when it can be afforded it is worth while to follow this recipe, and get the fine flavour of the fruit, which should overpower that of the vinegar. Some use a larger proportion of vinegar; many use a pint of vinegar to the pound of fruit, and let it macerate for nine days; others, who have a garden, throw the fruit in the vinegar as it ripens, until the requisite quantity is obtained. Some add a glass of brandy to each pint or quart at the time of boiling; but the addition is of questionable advantage so far as flavour goes, but it helps to keep it. Strawberry vinegar may be made in the same way. It is of the greatest importance that the fruit be sound and freshly gathered; ripe, but not over-ripe. Search carefully for grubs.

Sherbet, Rich.—Grate the thin rinds of fresh lemons with lumps of loaf sugar, and press the juice and pulp out into a bowl, rejecting the seeds. Crush the sugar, rubbing and blending the ingredients with a silver spoon. Then add calf's-foot jelly, newly made, with any spirit or wine to flavour. Stir, and after the sherbet has stood two or three hours, strain it until clear.

Strawberry Acid.—Required: fruit, sugar, water, and tartaric acid as below. Cost, about 3s. 6d., exclusive of the sugar.

Put two and a half ounces of acid in a quart of cold water and pour it over six pounds of picked ripe strawberries in an earthen pan. The next day strain the liquor off and put a pound and a half of crushed lump sugar to every pint of the liquid. When dissolved it is ready for present use or may be bottled. Raspberry acid is made in the same way. Either will be found very useful for *al fresco* gatherings, and may be diluted to taste. A smaller quantity of acid is sometimes liked; again, others will prefer a pound of sugar only to the pint of juice.

Strawberry Vinegar. — (*See* RASPBERRY VINEGAR.)

Tamarind Drink.—There are various ways of making this; it is considered very wholesome. This is a simple recipe. Boil two ounces of tamarinds with a quart of water and a quarter of a pound of stoned and chopped raisins for about twenty minutes; leave awhile before straining, but turn at once into an earthen vessel. Serve cold. Sometimes flavoured with lemon peel.

Another way is to use more raisins, and just before serving add a gill of pure lime juice to each quart of the liquid. A morsel of honey gives softness.

Tea.—Much has been written for and against the use of tea. The truth depends upon how it is used; and that has been greatly influenced by its growing cheapness of late years. When Cowper wrote of "the cup that cheers but not inebriates," 10s. per pound compelled sparing use once a day. Now strong tea is often taken several times a day, with the result of demonstrating that it is a powerful nervous stimulant, whose effects, when taken in excess, are most disastrous. There is some ground for the belief that the great growth of neuralgic symptoms, especially amongst women, may be partly due to the greatly-increased use of tea. On the other hand, Miss Nightingale writes as follows—and in regard to sick patients, too, whom especially many would deprive altogether of this beverage: "A good deal too much against tea is said by wise people, and a great deal too much is given to the sick by foolish people. . . . I should be very glad if any of the abusers of tea would point out what to give to an English patient after a sleepless night instead of tea. If you give it at five or six o'clock in the morning he may even sometimes fall asleep after it, and get perhaps his only two or three hours' sleep during the twenty-four. At the same time you should never give tea or coffee to the sick, as a rule, after five o'clock in the afternoon. Sleeplessness in the early night is from excitement generally, and is increased by tea or coffee. Sleeplessness which continues to the early morning is from exhaustion often, and is relieved by tea." The same writer points out, however, that while one or two cups of tea may be thus highly beneficial, three or four may be highly injurious. And this very much touches the essence of the question; for while a moderate temporary stimulus of the brain may be of great assistance, provided also time be allowed for repose, excessive and frequent stimulus which is never allowed time to be recovered from, cannot be other than disastrous. To partake of strong tea three times a day cannot fail to be injurious.

How tea is made and drunk also has to do with the question. The main factors got out of it by infusion are: (1) the stimulating principle known as theine; and (2) a very strong astringent principle called tannin, the very same that in oak-bark is used for "tanning" skins into leather. It is the first that stimulates, and in moderation refreshes and restores; the effect of the second, when freely taken, is to produce obstinate constipation and indigestion, by what practically amounts to a slow "tanning" of the intestines. The theine is nearly all dissolved out very *quickly* by boiling water; while the tannin is extracted much more gradually, comes out more and more for hours if the infusion be kept boiling, and has a great deal to do with the colour, and nearly all to do with the strong bitter taste. Really, *one quarter* of the total weight of average Ceylon tea consists of tannin. Now we can get to like this same bitter taste, and poor people especially like "strength" in what they drink; and so they go on "stewing the strength" out of their tea till it is dark and bitter and strong. But what they are thus getting has no *restorative* effect at all. All that part came out in the first few minutes; the rest makes it taste strong and look strong, and it is strong in a way; but it is a *strong tanning solution* really, and is steadily making havoc with their digestion. In Ireland, where the peasantry "stew" tea all day, the most deplorable effects have been traced to the practice.

Making Tea.—The above is simple and easily understood, and it teaches us how we ought to make tea. The Chinaman drinks it often, and pretty strong too; but he has no "nerves" worth mentioning, and he avoids all

astringent effects by his way of making. He puts some tea in a cup, and pours boiling water on, and in a few minutes drinks it. For real refreshment and aroma, no plan beats his, but it is not according to English custom. Still we can copy the essence of it. The "pot of tea" made in a small pot for a single customer at a good London tea-house, brought in a small pot, and drunk in a few minutes, is practically much the same thing, provided tea enough be used. On the other hand, a large pot, kept going for half an hour to an hour, gets out more tannin than is good. Now that tea is so very cheap, tea-drinkers who value their health should seek for strength by using plenty, renewed if necessary, and as far as possible avoiding all that has been infused for more than fifteen minutes in all. The material of the pot matters little, except that polished metal keeps hot longer than earthenware. But it is most important that it be always thoroughly cleaned and *dried* after each time of use. A pot put away damp soon gets into a condition that ruins the flavour. The pot should be heated, either by putting in front of the fire, or by pouring boiling water in; and it is not a bad plan to put the tea into it dry, and put tea and all down before the fire; it certainly brings out the flavour.

The water must not only be boiling, but should be *freshly* boiled; anyone who will make a pot with such water, and another with water boiled or simmered for an hour, will have no more doubt about the difference. The quality and kind of tea make a difference as to quantity; but the old rule of a teaspoonful for each person, and one for the pot, will usually suffice if the teaspoons are of good size; let it be remembered, however, that all modern research enforces *the obtaining of strength by ample tea and not by long infusion*, and the difference in restorative power of the two is incalculable. It is best to fill up at once with the boiling water; to pour some on and "mash" the tea, is a remnant of the old stewing process. For the same reasons, filling up more than once is bad; and if more tea be required it should be made in a separate pot, not on the old leaves. People who have never tried tea made in this "fresh" way, with a liberal allowance, have a revelation in store.

Milk or cream and sugar are of course matters of taste; but a *thin cup* makes a vast difference to the taste of the beverage, as the Chinese found out hundreds of years ago. In Russia they seldom use milk, but add a slice of lemon and very often a strong dash of brandy. A Spanish fashion is to put in the pot with the tea a little lemon verbena. In England most people like or dislike this exceedingly: to those who like it, it adds a delicious aroma. A far greater number fancy a small portion of scented tea, like orange Pekoe, mixed with plain black; and some families make their own mixtures of this kind.

Cold Tea is a most refreshing beverage, but for reasons above given, should be poured off the leaves when the proper time has expired. Most people like a slice or two of lemon in this; others prefer milk and sugar as usual.

Kinds of Tea.—Green teas are the most powerful nervous stimulants, and should only be used occasionally. The modern growth of Ceylon and Indian teas has revolutionised the tea trade, these growths being much stronger as well as cheaper than Chinese. On an average three spoonfuls of Indian or Ceylon make a beverage about as strong as four spoonfuls of Chinese. Owing to the moderate price and strength of these teas, adulteration is almost a thing of the past; but most Indian teas are decidedly rougher in flavour than Chinese, and contain more tannin: hence all the greater need of quick infusion. They are, however, thoroughly good teas, and if these hints be followed, not only will evil be warded off, but the refreshment of the tea be much enhanced. It may be well to add that samples vary

much in the tannin they contain, and some can be obtained which contain only half the usual quantity. Such are worth inquiry for by dyspeptics.

Teetotal Pick-Me-Up. — Put the juice of half a lemon (or use the whole if a small one) in a tumbler, add a lump or two of sugar, and nearly fill up with water; stir, and put in a few drops of essence of ginger. This is nice in warm weather; in the winter the water may be used boiling, and the thin rind of some of the lemon allowed to infuse in it. A similar drink is made by using a teaspoonful or more of "composition essence," sold by most chemists, in place of ginger. Ginger syrup, a tablespoonful or two to a gill of water, flavoured with lime or lemon juice, makes another good drink.

Wheatenade.—This is a good drink for hot weather, sustaining and pleasant. The exact consistence is a matter of taste. Required: wheat, water, sugar, and flavouring. Cost, a few pence per gallon.

Have ready a saucepan of boiling water; for every quart shake in, as if making porridge, about an ounce of coarsely-ground wheat; boil for half an hour or more, and strain for use. Flavour with any acid or fruit syrup, or add sugar only. (*See* BARLEY WATER, LEMONADE, &c., in INDEX.) This may be made thicker, and then diluted to the right consistence; buttermilk is excellent with it.

HOME-MADE WINES AND CORDIALS.

IN the making of wines so much must of necessity be left to individual discretion that notes should be made of the amount of sugar used to a certain proportion of fruit and water, the time fermented, the temperature of the cellar, how long kept in cask and how long in bottle, and whether the results were satisfactory or the reverse. Given the best of recipes, it is often found necessary to depart from them to some extent, owing to the varying conditions of the fruit, &c. But such departures should be set down; the remarks made are certain to be helpful in the future, especially to the novice.

Colour may be indifferent; tincture or infusion of saffron, or a few drops of saffron colouring, will produce a golden sherry colour; burnt sugar is handy for shades of brown; cochineal or carmine will give a pink shade, so will beetroot juice; beet is added to some wines solely for its beautiful tint. For wines that are intended as an imitation of port there is nothing better than the juice of mulberries, bilberries, and the like.

Sugar.—Nothing can be saved and much is certain to be lost by using inferior sugar. Whether moist or loaf it must be pure cane. State the purpose for which it is required when buying moist. For most wines loaf is recommended, on account of the extra clearness and delicate flavour; but for the dark wines made from berries, some consider that moist sugar is preferable.

Fining.—When isinglass is used it should be put to soak in some of the liquid. If gelatine is used as a substitute it should be of good quality. When wines are boiled, white of egg is often preferred to anything else.

Casks.—Almost all old wine makers advise that a cask which has contained sherry or some spirit be used. When this cannot be got, it is a good plan to use enough spirit to thoroughly rinse the cask and moisten

the wood; two or three days before using, the liquid should be put in the cask and thoroughly turned daily. When a cask is done with after one sort of wine has been drawn from it, and it is wanted for wine of a totally different sort, it is not enough to rinse it, but it must be washed and scalded, and allowed to dry and sweeten in the open, the precautions just referred to being taken; but as a rule it is well to keep a cask for dark and another for light wines to save trouble; for example, a cask that had held orange or raisin wine would serve for ginger, and a damson or black currant cask is ready for elderberry and other dark wines.

Bottling.—Dry bottles, sound, new corks, soaked in the wine, efficient sealing and wiring for the sparkling wines, are the main points to remember.

Liqueurs.—A few points in connection with home-made preparations must be observed, or there will be loss and disappointment. When fruit is used, it must be of the best quality and freshly gathered; when the fruit season is below the average, do not attempt to make any sort of liqueur. All jars, casks, bottles, and the like must be as dry and sweet as possible, and the place of storage both before and after bottling must be favourable as regards temperature. Filtering, so necessary sometimes for the sake of clearness, must be quickly performed, as long exposure to the air is not good; for this reason many dispense with filtering, and by taking precautions all through the process, and giving plenty of time for the settling of any deposit, the liquor does not suffer much. Proper filtering paper may be obtained very cheaply from a chemist, and should be used to line the strainer, which should fit in the neck of the bottles. Fine muslin or the finest hair or silk sieves are sometimes substituted. The corks should be of the best, and well soaked in the liquor or some spirit before using, and then well sealed. Small bottles are used by many, as although the liqueur improves in bottles, it is generally agreed that the sooner a bottle is consumed after it is opened the better.

Angelica Brandy.—Required: four ounces of angelica stalks, a drachm of angelica seeds, an ounce of blanched and chopped bitter almonds, six quarts of brandy, three and a half pounds of lump sugar, and a quart of water. Cost, varies with the quality of the brandy.

Mix all the materials except the sugar and water, and let them digest for ten days; then filter, add the sugar and water, and stir well; and in a fortnight strain through muslin, and bottle in small bottles. This should be kept some months before drinking, and improves with age.

Apple Wine Made from Cider.—Required: cider and sugar as below. Cost, about 5s. or 6s., exclusive of the cider.

The cider should be of the best; if from unsound fruit, this is not worth the trouble of making. Twenty pounds of sugar should be allowed to eight gallons of cider for a wine of average sweetness; but for a richer and sweeter wine, three pounds of sugar to the gallon will not be too much. Put in the cask, but leave a little space; keep cool and unbunged for twenty-four hours, then bung, but leave a small vent until the fermentation is over. Bung tightly after this, and drink in a year or so. No fining or racking is needed. Pure sugar is wanted.

Beetroot Wine.—An old recipe,

and said to be a good substitute for claret. Required: three quarts of sloes, fifteen pounds of red beet, sugar, water, spirit, and other adjuncts as below. Cost, variable.

Bruise the sloes enough to break the stones, and boil them twenty minutes in a quart of water, and strain the liquor. Scrub and boil the beet until soft, peel and slice into a tub, and add the sloe juice. Cover, and add next day six pounds of raisins halved, and the rinds of two lemons and two Seville oranges; or sweet ones if more convenient. Boil twelve pounds of good moist sugar with five gallons of water for half to three-quarters of an hour, skimming well. Pour it over the rest, and, when at the proper heat, add four tablespoonfuls of thick fresh yeast. In three days strain and filter into the cask, right to the bung. When still, add a few ounces of crushed sugar candy and a pint or so of brandy. Half an ounce of bitter almonds and the same of isinglass will improve. The wine should be sealed, and left for a year and a half before bottling, and a year after. Improves with age. One of the most wholesome of the class.

Blackberry Brandy.—Required: two quarts of blackberry juice, two pounds of lump sugar, half an ounce of cinnamon, half an ounce or a little less of grated nutmeg, a quarter of an ounce of cloves, three-quarters of an ounce of allspice berries, and brandy as below. Cost, variable.

The above ingredients are to be mixed and allowed to stand a few hours, the juice being first drawn as for jelly; then put them in a clean pan, and bring to the boil slowly, that the goodness of the spices may be extracted; simmer for twenty minutes, and skim often. When cold, add the brandy: a quart if to be kept and served as a liqueur; a pint if for use in the summer as an astringent, for which many authorities recommend it. Some recipes contain a much larger amount of spices than the above; the cinnamon may be increased, and a pinch of cayenne added; but if more "spicy," it would be well to keep it separate for use medicinally, and make some as above. Sometimes nothing but well-boiled juice and sugar are added to the brandy, with just a *soupçon* of spice; and many consider that no more delicious drink can be made. The very finest berries are required; seedy ones are useless.

Blackberry Wine.—Required: fruit, sugar, water, and spirit as below. Cost, from 8d. to 1s. per bottle.

This is a very superior wine. Take ripe berries and press the juice well from them, and let them stand thirty-six hours to ferment, covered lightly; skim well, measure, and to every gallon add a pint of water; or for a weaker but very good wine, use a pint and a half and three pounds of sugar. This should stand in an open vessel for twenty-four hours, then be strained and barrelled. Observe the usual precautions as to bunging, &c. Bottle in six months. Improves with age; and unless it can be given, it will be too sweet.

Another way.—This is an ordinary but nice wine. Cover the berries with boiling water, and let them stand all night, in a cool oven for choice; or they may remain in a cool place if more convenient, and must be well mashed to draw out the juice. Strain through a fine sieve into the cask, and ferment for some days, then add about two pounds of sugar to the gallon; many use more, and some like less, especially if for quick drinking. A quarter of a pint of gin or brandy should be used for every half-gallon. A port cask is thought the best by many, and a little port may be added; but this is not necessary as a rule. This wine is frequently made in a very rough-and-ready fashion, owing to the small cost of the berries, a stone jar being employed for the fermentation, or a small cask from which the wine is drawn, as required. But the flavour is so good that care is well bestowed by those who can afford it.

Carraway Brandy. — This is regarded as an excellent stomachic. It is made of variable degrees of strength; but this is a good recipe. Allow half an ounce of freshly-grated ginger and an ounce of whole carraway seeds to a bottle of brandy. After a fortnight's infusion the liquid may be strained for use; but it is better left for a month. It is nicer if filtered. If ground seeds are used, and some prefer them, a rather less quantity will do. Other spirits may be used in the same way.

Cherry Bounce is a rich drink, not unlike cherry brandy. The juice is drawn from the fruit in the usual way, then a gallon or so should be boiled with spices; many sorts are used, but a saltspoonful of allspice berries, two blades of mace, a morsel of ginger, and half a dozen cloves are not easily bettered. The scum should be removed, and when cold, spirits should be added; these vary in amount, but there should be equal parts of good rum and brandy; a pint and a half of each represent average recipes, but more or less may be used. As soon as mixed, bottle and cork.

Cherry Brandy (old-fashioned and good recipe).—Required: fruit, sugar, spirit, and flavouring as below. Cost, varies with the quality of the spirit.

Allow equal weights of morella and black cherries, and one pound of strawberries to six pounds of cherries. Wipe and prick the fruit, or bruise it with a stick; put it in a cask with the following to every pound:—Five ounces of sugar, a pint of brandy, a couple of cloves, enough grated nutmeg and cinnamon powder to cover a threepenny piece, and a sprig of mint or balm; the stones of a fourth the cherries should be added. Cover lightly, and stir every day for ten days; then close, and in three months the brandy may be bottled for use. It wants careful straining.

Another way.—This is simpler. Wipe the cherries, which should not be overripe, leave half an inch of the stalks on, put them in wide-mouthed bottles, with three ounces of pounded sugar to each pound; the bottles should be about half-full; then fill to the bottom of the corks with French brandy. A couple of cloves and a bitter almond may be put in each bottle. Cork and seal. Use morella cherries.

Another way.—When morellas cannot be had, a good brandy may be made by mixing three pounds each of black and red cherries, and two pounds of raspberries, with a gallon or rather more of brandy; allow a quarter of a pound or more of sugar to the pound of fruit, and a few cloves, an inch of stick cinnamon, and a few bitter almonds; stop up the barrel for a month or two, then bottle. Gin makes a good and cheaper liqueur.

Clove Cordial. — Required: a pint of brandy, a quarter pint of cherry brandy, half a pint of water, syrup to taste, two ounces of rectified spirits of wine, and ten or twelve drops of oil of cloves. Cost, according to the quality of the brandy.

The syrup is made by melting as much loaf sugar as may be approved in boiling water to cover; add the rest of the water and the other ingredients singly; the clove oil must be used last, when the mixture is cold. A very old cordial.

Coltsfoot Wine. — Take ten gallons of river water, and boil with it twenty-six pounds of strong moist sugar, and the whites of ten eggs well beaten, three-quarters of an hour, skimming well all the time. Pour the liquor (boiling) on three pecks of fresh-gathered coltsfoot flowers and ten pounds of Malaga raisins, stoned and cut small; cover the vessel up close, and let them infuse three days, stirring three times daily. Then make two gallons of the liquor scalding hot, stir it well into the rest, and add six or seven tablespoonfuls of good yeast; keep it well mixed and covered up, until it has worked freely; then strain it into your cask upon three ounces of

the best ginger, bruised, and the thin rinds of six Seville oranges, and let it remain open, covering the bung-hole with a tile until it has ceased fermenting. Add three half-pints of French brandy and a bottle of strong Madeira wine; stop it up securely, and keep it twelve months; then bottle it, and drink in six months more. This is a valuable wine for its medicinal properties.

Cowslip Wine, Superior.—Required: twelve pounds of sugar, roughly broken, the whites of four eggs, the juice of four lemons, or five or six if small, six gallons of water, a peck of cowslips, and yeast, as below. Cost, about 3s. 9d., exclusive of the flowers or wine added.

The sugar, juice, water, and egg whites are to boil for a full half-hour, and be frequently skimmed. For wines of this class, with so delicate a flavour, the boiling vessel cannot be too clean; the least inattention to this point will ruin the wine. The flowers are to be put in a dry, sweet tub, and the boiling liquor be poured over; the addition of the thin rinds of the lemons, or of half the number, is optional, but they must not be boiled with the rest, and should be free from the least trace of white pith. Stir with a wooden stick for a few minutes, and when the mixture is lukewarm, put in a thin slice of bread, toasted dry, and spread on both sides with a little fresh yeast. The tub should stand in a cool place for three or four days. Then strain the liquor, squeezing the flowers well to get out all goodness. Put the wine in a cask, which is all the better if rinsed out with a little pale brandy. Bung it loosely for a few days, until it ceases to work, then bung it very securely, and bottle in three months.

Note.—A bottle of Rhine wine, put in just before straining the liquor into the cask, is considered by some to be the making of it; others advise a pint of the best pale brandy to every four or five gallons. The flavouring power of the cowslips is said by some to be greater if added after the wine has done working. When this mode is adopted, the liquor should be put in the cask six months beforehand, and the flowers added in the proportion of a peck to three gallons; the cask must be closed, and the wine left for a few months before bottling. When made as in the recipe above, there are many who would prefer a much stronger cowslip flavour; in such cases the flowers might be nearly doubled in quantity.

Curaçoa. — Required: water, sugar, oranges, and brandy, as below. Cost, variable.

Put a quarter of a pound of the thin rinds of some Seville oranges in a vessel, with a pint of boiling water; cover until cool, then add two quarts of brandy, and leave for ten to twelve days. Make a syrup by boiling two pounds of sugar and a pint of water; filter this, and add to the brandy, then strain, and bottle in small bottles. This may be used to flavour jellies and creams, &c.

Currant Wine.—*Black* currants make a rich wine. Allow, if for keeping (and to be worth anything this should be old), the following amount of sugar; for quick wine some allow half the amount only. Required: six quarts of currant juice, the same of water, and twelve pounds of sugar. Cost, about 10s., without the spirit, but the yield of juice varies with the fruit.

Put the juice in a clean, dry cask; add the sugar and cold water after dissolving; do not put it in in lumps; then let the wine ferment, which it will do without any addition. Some of the liquid should be kept back, and when the wine is still and has been skimmed, the cask is to be filled up. A bottle or more of brandy should be added just before closing the cask. Allow a year or more before bottling. Will keep for some years. Take care to boil the water to soften it.

Red.—This is often made weaker, five gallons of fruit to seven or eight

of water being sometimes used, but the above proportions are recommended. The fermentation is some time about, and many reserve a portion of the sugar and water, and boil together, and add after the wine has been in the cask and fermented the first time; when quite still, and this will be known by listening at the bung-hole, a quart of pale brandy should be added to four gallons, and the wine bunged for a year. Many keep it two or even three years in cask. A hole should be made near the bung-hole until the fermentation is over, and the wine must be racked in a clean cask when the brandy goes in; the lees will want filtering.

Damson Wine, Ordinary.—Required: four gallons of damsons, the same measure of water, sugar, and spirit, as below. Cost, about 10s., without spirit.

Reject any mouldy fruit; remove the stalks, boil the water, add it, and stir daily for four or five days. Then add three and a half pounds of sugar to every gallon of the liquor. When quite dissolved, put in the cask with a bottle of brandy to every three or four gallons. It should be a year in cask and a year in bottle. Some add a little yeast to hasten the fermentation.

Damson Wine, Superior.—A small portion of cherry or currant juice will assist the flavour and colour. Some consider that sugar and raisins, equal parts of each, make a very much better wine than sugar alone. A brandy or whisky barrel should be used if possible, and no wine more demands a "sweet" cask. A trace of mustiness will spoil the wine. If a "rough" wine is desired, a pound of sloes to every half-gallon or gallon of damsons may be recommended. When bottling, strain through flannel, unless the wine has been clarified in the first instance with isinglass. Some boil the sugar and water, then add the fruit, and boil again until it is a pulp; there is one advantage, viz., five or six pounds to the gallon will suffice, and the flavour will be fuller. (*See* recipe above.) It is a good plan to reserve some of the water and add it boiling to the sugar; for if the latter be put into the cold wine as some recommend, it may not get dissolved by the time the wine is put in the cask. This remark applies to all wines of a similar sort. Always keep in bottle at least a year.

Dandelion Wine.—Required: six pounds of sugar, six oranges, two gallons of water, yeast, half a pound of sugar candy, and four to five pints of dandelion flowers. Cost, about 2s. 3d., exclusive of the flowers.

Put the sugar in a pan with the juice of the oranges; boil the flowers, water, and orange rind for half an hour. Some boil longer. Strain over the sugar, and work with two or three tablespoonfuls of yeast when lukewarm. This may be put in a couple of days into a stone or wooden cask, and sealed when the working is over. The candy should be crushed. May be drunk in two or three months, but better kept longer.

Another way.—Allow equal measures of water and dandelion petals; the water should be boiled and added when warm; stir, and cover with a blanket for three days, stirring now and then; strain, and boil the liquor with the rind of a lemon and an orange, an inch of ginger, and three pounds and a half of sugar to the gallon. Add the lemon and orange juice, and ferment as usual. Cask the second day, and bottle in three months. This is a much milder wine than the above in the opinion of many, though the modes of making differ much, as well as the quantities of flowers and water; much depends upon taste.

Elderberry Wine.—Required: three gallons of berries, nine gallons of water, and other ingredients as below. Cost, about 2s., exclusive of berries.

Put the water and berries in a boiler with two ounces of ginger, an

ounce of allspice, and half an ounce of cloves; all the spices should be bruised, and tied in muslin loosely. Simmer for an hour. Then strain, and add four pounds of sugar to the gallon; mix in a tub, and let the liquor be boiling, and, in straining, press the berries well to extract all the goodness. Add three and a quarter ounces of cream of tartar, and leave in the tub for two days, then pour into a cask, and cover the bung-hole with a tile. Stir daily, and fill up as the liquor wastes. When quite "still," close the barrel, and leave for four months before bottling the wine. This is much less spicy than elder wine as generally made. It improves by keeping.

Ginger Brandy.—Macerate an ounce or two of root ginger in a bottle of brandy for a few days, pour off and filter; or add ginger essence enough to flavour pleasantly. Or flavour brandy with good ginger syrup.

Gingerette.—Required: a pound of white currants, the rind of a lemon, a pint of unsweetened gin, a pound of lump sugar, and half an ounce or three-quarters of freshly-ground ginger. Cost, about 2s. 3d. to 2s. 6d.

The fruit should be well bruised, and put with the lemon peel and gin in a jar, corked closely, and strained in three or four days; it may be left a little longer if the appearance of the fruit and liquid indicate the necessity. The ginger and sugar are then added, and the mixture left corked for a week or more. The jar should be shaken daily. Then strain with care, and put into bottles for use, corking well. This should be kept. There are hosts of variations of this, which is a popular compound. Red or black currants may be used, or a mixture, or other spirits employed. Should sweetened spirit be used, reduce the sugar; sugar candy is preferred by many; the above is a simple recipe.

Ginger Wine (very good).—Required: spirit, ginger, lemons, oranges, water, sugar, yeast, and raisins. Cost, about 14s., exclusive of the spirit.

Boil together for forty minutes thirty pounds of sugar, the peels of six lemons and six oranges, twelve ounces of bruised unbleached ginger, and twelve gallons of water. The skimming must be attended to, and the copper beautifully clean. Turn out, and when at the right temperature add the raisins chopped to pulp; if of fine quality use eight pounds; of fruit not at its best, ten will be required. Add the juice of the fruit, and about five tablespoonfuls of fresh yeast; stir daily for a fortnight, and then put in the cask with an ounce of isinglass; and from a quart to three pints of gin or Irish whisky, or half of either, with brandy to make up, may be used. This may be bottled in three months after casking. An ounce and a quarter of ginger to the gallon of water will be liked better by some. For a cheaper wine use a pint of spirit only. Many like the addition of a Seville orange or two to the gallon. A good-keeping and, considering the quality, a cheap wine.

Gooseberry Liqueur. — Required: five quarts of the finest ripe gooseberries, a drachm of cinnamon, the same of mace, a quarter of a pound of bitter almonds, the same of sweet almonds, six pounds of lump sugar, and two gallons of spirit, which may be gin, whisky, or brandy, or a mixture of brandy and either of the other kinds. Cost, variable.

Bruise the fruit, blanch and cut up the almonds, bruise the spices, and add; dissolve the sugar in the spirit, stir all together, and leave for two or three months, then filter and bottle. May be drunk at once, but improves by keeping.

Gooseberry Wine, Superior (Imitation Champagne). — Required: ten quarts of gooseberries, the same of water, a pound of beetroot, half an ounce of ginger, three lemons, eight or ten pounds of sugar, and half a

bottle of pale brandy. Cost, about 6s., exclusive of the brandy.

Boil the beet until half done (it must not be pulpy), skin, and pound with a stick; add the picked fruit, and pound again; boil the water, let it get cold, add it, and stir well; leave for five days, stirring daily. Strain until clear, dissolve the sugar in the liquor, put it in the cask with the lemons, rinds only, and the bruised ginger; add half an ounce of isinglass melted in some of the liquor; and when the working is quite over, add the brandy. Keep a year before bottling. The corks should be wired. An old recipe.

Lemon Brandy.—This is useful for flavouring purposes generally. Wipe some lemons with clear rinds, then remove the yellow part as thinly as possible; put the rinds of six or eight to a pint of brandy, and cork well; keep in a warm place, and in a month it is ready for use. Rum can be flavoured in the same way.

Note.—Orange brandy or rum is similarly prepared, a Seville orange to eight or nine sweet ones being an improvement.

Lemon Wine.—This is simple to make, and very nice in flavour. Required: forty lemons, if good sized, fifty if small, a bottle of pale brandy, an ounce of isinglass, and water and sugar as below. Cost, about 10s. to 11s.

Peel half the lemons, and put the rinds into four gallons of cold water; take out the pips, and slice the lemons up thinly; leave for ten days, stirring and squeezing the fruit daily. Then strain, and put in a cask with the sugar, and leave until it has ceased working; add the isinglass, and bung the casks. Add the brandy in six months, at the time of bottling.

Note.—Three pounds of sugar to the gallon will be enough for some; but three and a half—that is, fourteen pounds for the above—will better suit the majority. It is assumed that lemons at their best are used; if poor and wanting in juice, the wine will be too sweet, even with the minimum quantity of sugar.

Mixed Fruit Wine.—All sorts of fruit, such as raspberries, currants, cherries, &c., can be used together. All should be bruised with the hand or stick; but seeds, if any, must not be broken. Ripe, properly picked fruit is wanted, but not one sort must be over-ripe. Allow a gallon of water to one of fruit for a rich wine; but such requires age. A weaker wine may be used soon. The water should be boiled, and left to get cold. After a few days' standing, strain or squeeze all through a fine sieve or flannel bag. Add three pounds of sugar (on an average) to the gallon; then, after three days, when it should be left uncovered, skim, and put in the cask. While standing, stir often, twice or so daily. When fermentation ceases, add a little brandy; a bottle to two or three gallons makes first-rate wine, and bung by degrees. May be bottled in six months, but should be kept two years in bottle. A weak wine for present use may be made by boiling the liquid with the sugar after it has been strained from the fruit; and of the latter one gallon to two of water will suffice. A little yeast should be allowed, as, being weak, there will be less natural fermentation. The cask should be kept filled up as it ferments.

Norfolk Punch. — Required: eight lemons, eight Seville oranges, a quart of brandy, and syrup as under. Cost, about 1s. 9d., exclusive of the brandy.

Peel the fruit as thinly as possible, add the brandy to the rinds, and infuse in a jar for forty-eight hours; strain, and add the syrup, made by boiling a pound of lump sugar with three pints of water. It must be left to get cold before adding it to the spirit; strain, and filter the juice of the oranges and lemons, and mix well. Let the whole blend in a jar or small cask for a month or six weeks, when it is ready for use. It may be bottled, and improves with age. Sometimes a pint

of new milk is added just before putting it in the cask. A similar punch can be made from equal measures of rum and brandy, or whisky and brandy, or Madeira, or sherry and brandy, with other materials as above. Another way is to use rum only, increasing the spirit for a strong punch, and the syrup for a weak one. The above may be diluted to taste, and drunk hot or cold, or served as a liqueur without dilution.

Orange Brandy. — Required: six Seville oranges, two quarts of good French brandy, and a pound and a quarter or a pound and a half of lump sugar. Cost, varies with the brandy.

The orange rind should be put in a jar and the strained juice poured over. Cork, and leave for three days; then add the brandy, and leave for two more days. The sugar, broken in small lumps, is then to be added; and in a couple of days more the liquid is to be strained through filtering paper and bottled. This is to be made in February or March. The longer it is kept, the better it is.

Another way.—The brandy is to be added at first with the juice and rinds, and the sugar added on the third day; the finishing off is as above. The juice of the oranges is omitted by some; then for the above quantity of brandy three-quarters of a pound of sugar would be enough. Another way is to use a mixture of Seville and ordinary sweet oranges.

Orange Wine.—This is a simple recipe. Required: a gallon of water, four pounds of the best lump sugar, a dozen sweet oranges, an ounce of yeast, and half an ounce of isinglass. Cost, about 2s., without any spirit.

Take the peel from the fruit and put it in a bowl; squeeze the juice into another vessel, and add the pulp to the peel. The sugar and water should be boiled together for twenty to thirty minutes, and well skimmed, then poured boiling over the peel and pulp. When lukewarm add the yeast and the juice, and let it stand for six days, stirring every day. Strain into a cask, and let it remain until it has done working; fill up the cask daily as it works out. When quite still add the isinglass and bung the cask, then bottle in a month or two. A quarter of a pint of whisky or brandy improves this.

Orange Wine, Good. — Required: ten gallons of water, twenty-five pounds of loaf sugar, the whites of six eggs, four dozen oranges, all or half Seville, and a little yeast. Cost, about 6s. 6d., exclusive of the fruit.

The whites of the eggs, water, and sugar should be boiled together (and skimmed) for nearly an hour very gently. The rinds from part of the oranges, if all Seville, or all, if mixed with sweet ones, are to be removed as thin as shavings, and put in a tub, and the boiling liquor poured on. When cool enough, add the juice, strained, and about four tablespoonfuls of yeast; ferment for a few days, then put in the cask, and bottle for use in two months or more.

Another way is to use the juice of the oranges only with that of two lemons to the dozen oranges; three pounds of sugar to the gallon of water; the rinds of a few oranges are suspended in the barrel until the fermentation is over; brandy may be added at choice.

Parsnip Wine.—This is a simple recipe. Required: three and a half pounds of parsnips, a gallon of water, three pounds of good Demerara sugar, rather less than a quarter of an ounce of hops, a slice of toast, and a tablespoonful of fresh yeast. Cost, about 1s., without parsnips.

The parsnips are to be boiled, after peeling and slicing, with the water for twenty minutes; the hops are then added, and the liquid boiled for five minutes more. Then strain over the sugar, and, when lukewarm, ferment it. Leave for thirty-six hours, then put in the cask, which it should fill, and let it work, filling the cask up every morning. When still, bottle

and bung, and leave for a year; then draw off, and bottle with a little powdered sugar candy in each bottle.

Another way.—The sugar and water are in the same proportions, but an ounce of ginger to two gallons of wine is wanted, together with six cloves. The boiling sugar and water should be put to the other materials, and the ginger must be very thoroughly bruised. Finish off as before. It is very important that the cask be not bunged until the wine has quite done working, or it will certainly go sour, and be spoilt.

Quince Liqueur. — Required: fruit, sugar, brandy, and spices, as below. Cost, very uncertain.

Grate some ripe quinces until the core is reached, but be careful to get no pips. Leave the mass for three days in an earthen pan, then press it to extract all the juice, measure it, and add an equal measure of brandy, and six ounces of sugar to each quart of the mixture. Flavour with bruised cloves or cinnamon to taste, and leave for two to three months in a corked jar; then filter and bottle. Age improves this perhaps more than any other compound of the kind.

Raisin Cordial.—This is very good. Required: a pound of raisins, a pound of lump sugar, a quart of old whisky or gin, an ounce of ginger, two lemon rinds, and an orange, and adjuncts as below. Cost, varies with the spirit and adjuncts.

Stone and cut up the raisins, which must be good; add the bruised ginger and the thin rinds of the fruit with the spirit; cork up, and leave for a few weeks, then strain, and add the sugar, which may either be put in alone, or boiled with half a pint of water just to dissolve it; cork when cool, and strain in another week, pressing the fruit well; filter before bottling.

NOTE.—An inch of split vanilla pod may be used, or a few allspice berries, with a morsel of nutmeg, or a few carraway or aniseeds, or a morsel of cinnamon; or, after straining, a little mixed spice essence of the best quality may be added. Some like the rind of half a Seville orange in addition to the sweet ones. We have also tasted the same cordial with no other flavouring than rose or musk added at the time of bottling, the ginger and other flavourings being omitted at first, the other materials as above.

Raisin Wine. — March is the best time for making raisin wine. Take eight pounds of fine Smyrna raisins for every gallon of water that is to be used. Pick the large stalks only from the raisins. Put them into a perfectly sound sweet tub, pour the water over them, and press them well down. Cover the tub, and stir the mixture every day for four weeks. Strain the liquor, and squeeze the raisins as dry as possible. Put the wine into a cask, cover up the bung-hole to keep out the dust, and when the hissing sound ceases, bung the hole closely, and leave the wine untouched for twelve months. Draw it off into a clean cask, and filter the dregs carefully through three or four folds of muslin, or filtering paper, for the last time. Bung it up again, and bottle it at the end of twelve months, but it will be much improved by keeping longer. Those who prefer having a little brandy in the wine may put a bottle or more into the cask with the liquor. Good vinegar may be made from raisins which have been used for wine. Cost, about 1s. 4d. per bottle, exclusive of brandy.

NOTE.—The water should first be boiled, then left to get cold. When drawn off into the second cask, isinglass may be added if necessary. When long kept this wine resembles foreign. Any water used for filling up must be boiled.

Raisin Wine with Cider (very strong). — Required: twenty pounds of rich raisins, a quart of pale brandy, four ounces of sugar candy, the rinds of two lemons and two Seville oranges, and cider as below.

Cost, about 10s. 6d., exclusive of cider and brandy.

Remove stalks, and halve the raisins; put them in a nine-gallon cask, fill with the best cider, and bung lightly; secure the bung after a few days, and in six months draw off all that runs clear. Filter the lees and the second liquor from the fruit (pressed into another vessel), then put into a cask with the other ingredients. Bung and bottle in a year. Seal the corks, and keep a couple of years before using.

Raspberry Brandy.—A very similar preparation goes also by the name of raspberry ratafia. Required: a pound and a quarter of raspberry juice, a quarter of a pound of cherry juice, two pounds of loaf sugar, and three quarts of French brandy. Cost, varies with the brandy.

The juice should be drawn as for jelly, and the sugar dissolved in it before the brandy is added; the whole must stand for a day or two, then be bottled. If the juice is strained at first this will not require filtering. It is very delicious, and improves with age. Should it be thought too sweet, more brandy can be added.

Raspberry Wine (a simple way).—Required: fruit, sugar, and water as below. Cost, about 9d. per bottle, but variable.

Mash some raspberries with a wooden spoon, and cover them with cold water; strain the liquor next day, and press the fruit. Allow three-quarters of a pound of sugar to the quart, and dissolve it in some of the liquid. Put in a cask, and stir daily; bung when fermentation is over, and bottle in three months. (*See* remarks under BLACKBERRY WINE, page 1207.) Some use boiling water, a quart to a quart of fruit; and half a pound of sugar only to the quart of strained liquor. A little yeast is used by some. After a month the wine is racked into a second cask and the lees filtered, and an ounce of isinglass and a bottle of brandy added to every ten gallons. This is kept a year in cask and a year in bottle.

Flavourings for Raspberry Wine.—Mace, ginger, almonds, orris root, cowslip, and mignonette are some of the flavourings that are used. In the employment of either moderation must be the key-note. Well made and delicately flavoured this wine is considered one of the best, and no mean substitute for many drinks much more costly and less wholesome.

Ratafia, Cherry (a Danish recipe).—Bruise two pounds of black cherries, so that all the kernels may be broken; add a quarter of an ounce of bitter almonds or peach kernels, half an ounce of cinnamon, a quarter of an ounce of pounded cloves, and one pound of white sugar to the cherries; also half a pint of brandy and a quart of old white wine. Let these remain a few days to infuse, stirring frequently; then filter the liqueur, and bottle it. For this we are indebted to Amelia von Kochheim's interesting "Handbook of Foreign Cookery."

Ratafia Coffee.—"This beautiful liqueur," says Robinson, writing in 1848, in his "Whole Art of Making British Wines," "is made by infusing the following ingredients in a jar:—

Best Turkey coffee, roasted and ground	1 lb.
Best loaf sugar	20 oz.
Cinnamon and cloves, beaten, each	½ ,,
Nutmeg	¾ ,,
Sweet almonds, beaten to a paste	1 ,,
Bitter do.	½ ,,
Isinglass, dissolved in a little water	½ ,,
Proof spirit of wine	1 gall.

Cork up the jar immediately the spirit is added, seal, and tie bladder over it; set the jar in hot water ten hours, then shake well, and set it in the sun for a month. It may then be strained through a fine sieve and filtered until perfectly clear; put it

into small bottles, which cork well and seal, and in a month it will be fit for use, though age will improve it."

Rhubarb Wine.—Required: rhubarb, water, sugar, &c., as below. Cost, uncertain, rhubarb being often very cheap.

Take fifty pounds of rhubarb, wipe it with a wet cloth, and bruise it well. The easiest way is to lay it on a clean table and crush it with a flat-iron. Put it into a tub, and pour over it ten gallons of water; let it remain nine days, stirring two or three times a day. Strain off the liquor, and to each gallon put three pounds of loaf sugar, the juice of a lemon, and half of the rind. Put it in the cask with two ounces of isinglass, and leave it unstopped for a month; then bung it up, and let it stand in a very cool but not damp place for twelve months, when it will be ready for bottling. A little brandy may be added to the wine, if liked; but some think it quite unnecessary. The middle of May is considered the best time for making rhubarb wine, as the fruit is then full of sap.

Note.—Boil the water, and let it get cold before using.

Another way.—To forty pounds of fresh-cut juicy rhubarb-stalks, sliced but not peeled, put ten gallons of cold soft water, and let them steep two days, closely covered up. Take off the scum, press the juice out of the fruit, strain the liquor through a sieve, and put it to twenty-five pounds of good loaf sugar roughly broken. Stir it well; and when the sugar is dissolved, fill your cask, put on the bung lightly, or cover with a tile; and when it has ceased fermenting, add to it three pints of white French brandy and half a pound of white sugar candy. Then stop it up well with paper pasted over the bung, and sand upon that; leave the vent-peg out a day or two only. Let it stand two or three months, then rack it off. Filter the lees perfectly clear, and return all into the cask again, adding the thin yellow rinds of four Seville oranges and six ounces of the best barley-sugar, dissolved with an ounce of isinglass in two quarts of the wine. Then stop up the cask again as before, and let it remain a year in a cool cellar. You may then bottle it, using the best corks, and fastening them with wire; seal with wax, and when it has been kept nine months longer it will be excellent.

Rum Shrub.—Required: a quarter of a pint of spirits of wine, twenty drops of essence of lemon, a pint of rum, a quarter of a pint of good raisin wine, a quarter of an ounce of citric acid, a quarter of a pint of water, and half a pint of strong syrup. Cost, varies with the rum (choice spirit is often used for this, which is a very old recipe); brandy, or half of each, may be employed for "brandy" or "brandy and rum" shrub.

The syrup is made as for clove cordial (page 1208). This is added with the acid and water last, after the other ingredients have been blended by stirring. Should be kept to become mellow.

Rose Brandy.—This is excellent for flavouring cakes and puddings, custards and creams, &c. Take some freshly-gathered rose leaves and fill a bottle, pressing them well down; then fill up with good pale brandy, and cork closely. Keep for some time (a month or two) before opening, and keep the bottle well corked after; or, what is better, put the brandy into small bottles for use, as the flavour is delicate, and soon evaporates. Add syrup if to be drunk as a liqueur.

Sack.—The term sack is a corruption of *sec*, signifying dry. It was applied in old times to wine from half-dried grapes. The sack of Shakespeare's day is supposed to be what is now called sherry. Sack posset was a beverage in high esteem three hundred years ago.

Sack Posset.—Sir Walter Raleigh's recipe:—"Boil half a pint of sherry and half a pint of ale; add

gradually a quart of cream or milk; sweeten well and flavour with grated nutmeg; put it in a heated dish and let it stand by the fire for two or three hours."

Another way.—Break nine fresh eggs in a bowl and remove the specks; beat until frothy; boil a pint and a half of sack or sherry with six ounces of sugar and some grated nutmeg; skim, and stir it off the fire for a minute, then add it by degrees to the beaten eggs. Stir over the fire to thicken, and pour from one hot vessel to another quickly until quite smooth.

Sherry, British (Robinson's recipe).—Mix well eleven gallons of river water with thirty-five pounds of strong moist sugar, the whites of twelve eggs well beaten, and six pounds of honey, and boil them slowly, nearly two hours, skimming until the liquor is clear and bright. Pour it boiling upon a peck of the young shoots and buds of the sweetbrier, the thin peels of ten Seville oranges and their juice, and ten ounces of gum arabic. Stir it well half an hour, and when at the proper temperature, work it with fresh yeast, and let it remain four or five days; then strain it into the cask upon two quarts of the pure juice of Lisbon grapes, ten ounces of sugar candy broken small, and an ounce of bitter almonds blanched and beaten fine. Keep the bung out as long as the fermentation continues, and the vessel completely filled, and when it is quiet take the scum off the surface, add three pints of French brandy, and stop it up safely for two years or more; then bottle it, and keep it eighteen months longer, when it will be excellent.

Sloe Gin.—Required: a quart of sloes, the same measure of gin, a quarter of an ounce of bitter almonds, three-quarters of a pound of sugar candy, and a quarter of a pound of sugar. Cost, about 7s., but variable.

Chop the almonds small, and smash the candy; put into the cask with the other ingredients; the sloes must be bruised or pricked all over; the latter is more trouble at starting; the former yields a richer liquor, but more filtering is required. Stir very thoroughly, bung, and in three months bottle. Many like a sweeter gin; another quarter pound of sugar may be added. Brown candy should be used. The proportions given are for "sweetened" gin. Damsons may be used in the same way, but less sugar is required.

Sloe Wine. — Required: sloes, water, and sugar, with spirit as below. Cost, from 2s. upwards per gallon, on an average, without spirit.

The fruit should be carefully looked over, and if a strong wine is wanted, allow a gallon of water to each gallon of sloes. For a weaker wine, a gallon and a half may be used. The water is to be poured over the fruit, and the mixture stirred daily for five days. Should the water and fruit have been equal in measure, put four pounds of loaf sugar to a gallon of the strained liquor; but for the weaker wine, three and a half pounds or less will suffice; this must be allowed to dissolve; the wine is then put in the cask with a pint of spirit for a couple of gallons; or for a cheaper wine, a pint to three gallons. First-rate wine that is intended for long keeping sometimes has a pint of spirit added to a gallon. This is to be kept in the cask for a year at least before bottling.

DESSERT AND TABLE DECORATION.

THE DESSERT AND ITS ARRANGEMENT.

THE present-day mode of arranging flowers and fruit on the table at the commencement of dinner has much to commend it on the score of beauty; but that the fruit suffers is certain. The old custom of bringing it in when the guests were ready to eat it ensured cooler, fresher fruit. For this reason, here and there, one finds people who will have only flowers and sweetmeats on the table, and the fruit brought in at the last. A warm room and the odour from various hot dishes must affect fruit a little. The sorts which suffer least are apples and others that are dished in their original condition, the skin serving as a protection; thinner skinned fruit, such as grapes, or compôtes of many sorts, naturally are injured to a greater degree. Perhaps those who place but a few of the hardier fruits on the table, with a dish or two of ginger or other dried fruit, and bring in some dainty dish of iced fruit (whether compôte, macédoine, or a purée) to accompany a sweet, best carry out common-sense principles, and give the most pleasure to the guests. Even for an ordinary meal, contrast a compôte of fruit of the simplest sort, fresh from the cellar or refrigerator (or better still iced) with one that has stood on the table through the meal.

The modern dessert service is conspicuous for its plainness; simple white or cream, with a crest or band in gold or colour, being a favourite. The beauty of the designs, especially those with a lace or perforated edge, is the most striking feature. Very lovely glass is also to the fore. The fruit itself should be looked over early enough for any blemishes to be discovered or removed; apples are improved by wiping with a soft cloth; grapes, where there are no scissors, may be cut into bunches for serving, and other little points of the kind attended to. The foliage of vine or any similar leaves must be carefully freed from dust, or the fruit will suffer in taste as well as appearance. The leaves should, where possible, be proportionate to the size of the dishes, and the fruit put upon them; for the smallest, currant leaves are handy. Some cover the dish with leaves for a start, and put a single leaf here and there between the fruit; some dishes are the better for being hidden, as many patterns are inartistic; others may well be displayed, and only enough foliage to "throw up" the fruit is wanted. There are old china dessert services, of which their owners are justly proud, and such go far to decorate the table, however little may be put upon them. Baskets, both of rush and china, are used for fruit, as well as flowers.

There are no fixed rules as to arrangement. A pile of three or four sorts of fruit on one dish is artistic or otherwise, according to the kinds mingled and the manner of placing them. The "eye for colour" theory holds good here as elsewhere. One rule is fixed: never put the light,

delicate fruits at the bottom in forming a pile; always consider what will stand crushing and what will not. These hints will bring a smile to the face of the experienced person; they are intended only for the novice.

Sweetmeats of various kinds are a decided feature of present-day dessert. There are many who provide fewer sweets than formerly, and use sweetmeats lavishly, as much for the sake of their appearance as anything. Then they may, as a rule, be kept over from one day to another if put away carefully, coming out fresh each time. They are much used for "colour dinners," as they may be had in every tint. Certain shops make a speciality of these goods.

We have referred in some recipes to lace-papers and leaves of various tints; these include gold and silver. While it must be owned that if used in excess they look tawdry, and that no leaves equal natural ones, there are times when they meet a want. They can be kept ready for use, and when flowers are absent or scarce, they give touches of colour to the table. Then, for occasions like a silver wedding (and it is not everyone who can decorate with silver itself), lace papers, and leaves of silver, give character to the table, and enable a certain style of decoration to be carried out. The same of gold paper articles. A few leaves with such fruits as French plums look well; and a lace-paper of this tint shows up some cakes and other sweets to good advantage. In matters of the kind one cannot be didactic nowadays, and those who have at command old silver and other costly decorations, can naturally afford to ignore things that come as a boon to others with less money, yet who appreciate equally a pretty table.

FLORAL DECORATIONS.

We will imagine that economy has to be studied, and therefore will confine ourselves to the requirements of those who like a pretty table, but cannot afford to spend much money. Those in a position to carry out a "scheme of colour" or style, utterly regardless of cost, have every facility for artistic effect; though it is sometimes a matter of opinion whether lavish display and really good taste go hand in hand. It is certain that the individual beauty of flowers is more apparent where they have to be used with a careful hand than where the leading idea seems to be to crowd as many blooms as possible into a certain space. The time has gone by when *wild* flowers were looked upon in the light of weeds, utterly unfit for decorative purposes; and it is recognised that the humblest members of the floral world are amongst the most beautiful.

The arrangement of colours is a matter of some importance, and requires care and forethought. Not only should the actual blending of the flowers themselves be regarded, but the colours of the dishes and other articles on the table with which they will come into contact. If these two points are kept in mind one cannot go far wrong. If ignored, the whole scheme may prove a failure, however much time may be bestowed on the table. By imitating Nature, one will steer clear of errors. Vases or dishes with only one kind of flower and plenty of greenery often look very nice; and a couple of kinds if the colours combine well, are certain to be more effective than a mass crammed together in the same receptacle.

Each may be beautiful in itself, but the combined effect is often far from pleasing. By way of illustration, what can be prettier than the old-fashioned gillyflower mixed with primroses? with or without greenery there is perfect harmony. And what of mignonette? Its delicate colouring alone, or with purple or yellow, is a thing of beauty. Another rule that holds good is to study the natural growth of the flower in relation to height. For this reason violets look better in a low dish than a tall glass. Most flowers look best with their own leaves. Compare daffodils thus treated to those placed in tall vases without the addition.

Where the supply of green from the flower garden runs short, it should be borne in mind that the vegetable garden will supply many a deficiency. Carrot leaves are feathery-looking, and may often serve the purpose of fern leaves. Everybody admits the beauty of nasturtiums, flowers and leaves together, and the leaves may be put with many other flowers with a certainty of success. Long-stalked flowers should not be crowded into short stumpy vases, and they will also live longer if space be given. This is very important where every flower has to be bought. The oftener the water is changed the better; by cutting a little off the ends of the flowers, and renewing the water, their life may be prolonged. When leaves grow down low on the stalk, those that would fall in the water should be stripped off, and only the stems be wetted. Flowers with a very powerful odour are to be generally avoided; or it may be better to say that more delicately perfumed ones are preferable.

Even so simple a decoration as a centre bowl or basket may be beautified by a little consideration. If a glass bowl of large size, it is well to put a jar or vase in the centre to prevent the flowers not supported by the edge of the bowl falling in the water. Frames for putting in bowls or vases may be bought of various sizes, and are a great help to the home, as well as the professional decorator. Greenery of some kind should be twined about the edge of the centre jar unless it is of glass. Supposing a basket to be used, a basin should be set in for the water, any space between the edge of the basin and the basket being filled in with a fringe of green. The same can be twined about the handle, or ribbon, and a nice bow on the top may be used.

Baskets filled with sand are used in endless ways, with very little trouble, and often at next to no cost, for strawberry baskets may be pressed into the service. They are sometimes draped outside with silk or the pretty crape paper now so common, or coated with silver or gilt paint. The latter modes, we think, are rather tawdry. Moss-covered baskets are useful, and for the table in winter, say a Christmas decoration, white wadding, frosted, may cover the outside, a strip of cardboard being used for the handle; this may be coated like the basket, or twined with ribbon, and the centre of the baskets filled with any green at command. With nothing more than holly and mistletoe seasonable brightness is thus obtained.

Tiny ferns hold their own with people of refined taste, when placed in the little white china pots now familiar to almost everyone; some give the preference to the blue and white Japanese square pots. Whether set at the corners of the table only, or placed in any design for the centre, or to form a ring round a lamp, or in any other fashion fancy may dictate, they can hardly fail to please. If left in their ordinary pots

they may be draped with silk, or set in covers of crape paper. If the table be large and a good number of ferns are used, the covers may be alternately yellow and mauve, or pink or bright red with very pale green, salmon with white or green, or pale yellow with dark green, or old gold with white may be tried ; old gold alone gives a rich look to a table where the precious metal itself is conspicuous by its absence. If a lamp or candles be used, the shades should match or form a contrast to the drapery of the pots.

The mention of white pots reminds us of vases of the same kind. They may be recommended for their varied and graceful shapes, artistic appearance, and small cost. There are many glass vases also pretty, especially the tinted ones, but they are more fragile than the china ones. Some green glass vases are effective for white blooms, and naturally any bright flowers go well with white vases. When pale flowers are put in them they require an extra supply of foliage to give effect.

Those who favour the modern custom of laying flowers flat on the table-cloth may use them twined about the base of white pots or large white vases, bowls, &c., with excellent effect, so long as the tints do not clash. Honeysuckle has been much used this season.

The beautiful berries of garden and hedgerows deserve special mention. Hips and haws, elderberries, mountain ash, and many others may be used with a lavish hand; ivy, blackberry, virginia creeper, and many other leaves are also lovely, for nothing can rival their varied tints.

DESIGNS FOR TABLE DECORATION.

No. 1.—This is pretty in asters or chrysanthemums. The flowers should be in rows of two colours, or red, white and blue asters are often used. They should form a diamond in the middle and half diamonds at the corners. The candle or lamp shades must match in colour. A scheme of this sort may be much varied, and is simple and effective.

No. 2.—This is similar to the above, but a diamond of puffed silk is put in the middle and edged with the flowers. Supposing yellow silk, white or purple flowers may be used; or pale green silk with brownish flowers is admirable. The same silk with pink flowers is equally pretty; so is salmon or pink silk with white flowers if fringed with greenery. The corners may be arranged in the same way on a small scale, or flowers only used as convenient.

No. 3.—Put an oblong sheet of glass in the centre and border it with rich-coloured leaves, croton for example; a plant which will harmonise may go in the middle; or a lamp surrounded with the leaves; or candlesticks at the four corners with pretty shades. Any old silver articles set about the glass will be effective if they are entwined or filled according to their shape with blooms that will contrast with the leaves.

No. 4.—Green, silver and white form a perfect colour combination. Old silver ware filled with foliage and white blooms set about a sheet of glass is excellent; the corners of the table should be treated with a miniature reproduction, a small plateau and a boat with a growing fern being sufficient. If no silver, nickel plated fern pots can be used; or

white china vases, boats, tubs, and the like; then red or pink blooms may be mingled in with advantage.

No. 5.—This is cheap yet artistic. Put a strip of embroidered pink linen in the middle of the table; the pattern should be in white, and nothing elaborate is required; use shells* filled with growing ferns and moss for the centre and corners of the table; the latter may be nautilus shells on stands and the former a large low shell; or should the table be large, there may be three in a row for the centre; or five—viz., one at each corner and one in the middle of the coloured linen.

No. 6.—This has the merit of economy. Use a piece of rich-coloured plush—crimson, geranium, or green for choice—and edge it with foliage of the lightest tints; many hothouse leaves, which range from pale green to nearly white, look lovely thus treated. Put a growing plant in the centre set in a Benares brass pot; or use a brass lamp, and set the plants, of a small size, at the corners only. This rich looking ware adds greatly to the appearance of the table.

No. 7.—This is only suitable where there is plenty of table space. Set a high-handled basket in the middle on a square of embroidered linen or satin; fill with flowers and foliage, and put a bow of ribbon on the handle; from this let strips reach to the corners of the table, where they should terminate in a bow, and be firmly attached to the cloth. The brightest tints of the flowers may be repeated in the ribbon, or it may contrast. Another way is to use glass instead of satin, then the ribbon must end at the edges of the glass. Small baskets should be used for the corners; all the prettier if on a triangle of glass.

No. 8.—This is inexpensive. Use any growing plants in pots, three or five, and set in a row down the middle. Leave space enough between to twist a strip of soft silk round the pots; the thing is to have a good length of silk, and sufficiently full to avoid skimpiness and stiffness. With a little care it will look very puffy. The easiest way some find is to put the middle of the silk round the first pot, crossing the ends as each successive pot is reached. Those used to "draping" will have no trouble, and a pin or a stitch here and there will obviate displacement. There are many pretty "crapy" materials that may take the place of silk. So long as the contents of the pots are pale in colour or of ferns or other green only, there is ample choice as to the tint of the drapery. With bright flowers the silk should be very delicate in tone or the effect will be heavy.

No. 9.—This is an elaboration of the above idea. Form a centre ring of the little pots and twist the silk about, the puffier the better. Many will like the ring made large enough to admit a slender centre vase.

Those who have any strips of Chinese or Japanese embroidery may use them in endless ways. The least costly and elaborate, such, for instance, as a plain ground of black or dark coloured satin with flowers and birds worked on in gold thread, combine well with damask, glass, and flowers. Brass or copper vases tone well, and a table may be very striking-looking at little cost. The best of the embroideries, in which the tints are varied, must be used carefully. Supposing it forms a centre, it is well to let plenty of it be shown; a lamp in the middle, or a small one at

* "Shell vases" are of many kinds, and "shells" in white china can be substituted.

the corners (the flowers being distributed over other parts of the table) will give good results. Or a square or oblong mirror in the middle, bordered with a strip, looks uncommon and rich. With such decorations neutral blooms are to be recommended, unless ferns or other foliage be used, such being perhaps still more harmonious.

A way of decorating the table which is certainly rather troublesome, but inexpensive and effective, is to make an imitation lake in the centre of the table. For this a piece of looking-glass is needed, long and narrow if possible; but if there is an old looking-glass of any kind, it will do pretty well. Place it exactly in the centre of the table, on a thick piece of brown paper an inch or so beyond the glass. The frame and the paper must be well covered with moss. Sprays of fern, pretty leaves, and a few flowers are placed in the moss, to hang partly over the looking-glass; and it will be found that a very few pieces of fern, and perhaps half a dozen handsome flowers, will be quite sufficient for this decoration. In the depth of winter, when flowers are expensive, this is a consideration. Water-lilies look very beautiful with moss and ferns, and scarlet poppies and other flowers make a most effective decoration. The poppies must be picked, however, a day or two before they are required, when they are not blown, but look only like tight green buds; then, if they are placed in water, they will open out most beautifully. Should the frame of the glass be inconveniently wide, it must be removed.

A Forget-me-not Scheme.—It is often remarked that blue forms part of our table decoration less than any other colour. The following suggestion may be of service, for the result is most artistic and not costly. Supposing a lamp for the centre of nickel; if it has a blue shade of the right tint well and good; but if white, put on it a shade of forget-me-not blue, in silk or chiffon, or even of crinkled paper. A circular ring trough should surround it; cover it with moss or puffed silk or chiffon, and fill with forget-me-nots. Use candles for the corners of the table, with shades to match the lamps and moss and flowers at the base. Use *menu* cards with little spaces for a tiny bunch of flowers, and let the rest of the table accessories harmonise in tint. This idea may be elaborated or simplified at pleasure. Cornflowers may be used with equally good effect. In place of moss, supposing a metal trough to be used, folds of chiffon, or the embroidered cotton gauze may be employed; of the latter perhaps nothing is better with blue than white and silver. A very effective but inexpensive style is to make a wreath of bows or rosettes of narrow ribbon for the trough. Zinc troughs are much less costly than glass ones, and are now a good deal used. It is always possible to hide the exterior in some way; sometimes it is coated with enamel, and where one is sure of foliage to cover, the enamel is best of green; those who vary the "surround"—using ribbon, silk, &c., in turn—should keep to white enamel.

Harlequin Decorations.—This is a style that has been seen on a few tables of late. Candles of different hues, such as yellow, green, pink and white, with shades to match; or tiny china boats or tubs, each a different colour, to hold flowers; specimen glasses of many tints; electric light shades, all the colours of the rainbow. These are but a few of the ways of giving effect to the idea. It is not likely that this kind of decoration

will take a lasting hold on the public taste. With the greatest care it is not as artistic as a blend of two or three colours, and in hands the least degree careless would be decidedly vulgar. But so much depends upon circumstances whether schemes of this sort should come in for censure or commendation. For example, most people agree that the idea of a salt cellar to each person is a good one (for who has not had a meal spoilt in bygone days because the salt was not "getatable" at the right moment?) and very pretty are some of the many-tinted flower-shaped receptacles for this condiment. On a table where flowers are scarce they give just the touch of colour that adds to the charm; but then the service must be plain. The thing is, in buying things of the sort, to consider whether they will blend with one's present possessions. The neater the large dishes of the table, both in dinner and dessert service, the better the chance of giving little touches of brightness by such accessories as these. People with very old-fashioned china tea and coffee services, in which the cups are minus handles, may press them into the service for holding sweets, salted almonds, and preserved fruits and the like. But there should be harmony; such things, beautiful in themselves, are not suitably placed side by side with a shell receptacle for flowers or ferns mounted on a bamboo stand, or anything else equally modern. Those who own old china often own also old silver and cut glass; each is beautiful in itself and all are fitly placed together. But a Benares brass fern pot in contact with ancient silver or china seems incongruous.

SILVER AND PLATE.

Commencing with spoons and forks, what are termed "standard patterns" are "fiddle," "French," "rat tail," "bead antique," "lily," "threaded and shell," "Queen Anne," "rich beaded," and "King's." The first three are plain; the next four are more elaborate; and the last two are most ornamental. Naturally, the plainest are the lowest in price, and what is also a consideration in ordinary households, though often lost sight of, easier to keep clean. Those who have but little to spend on plate will be wise to buy the plainest but the best that can be afforded. Some of the leading makers have registered titles for the best kinds of plated goods, and these are the best substitutes for silver itself. Some of the "silver plate" is of the most wretched description. A glass biscuit barrel or similar article, with a so-called silver plated lid (that soon turns yellow), sold at a price that is incompatible with either good material or good workmanship, is dear at any cost, and all such should be avoided.

The following remarks made by a good authority are worthy of notice:—"The various amalgams or imitations of silver for every-day use," she says, "have been very much improved within the present century. German silver or pinchbeck looked well when new, but speedily turned yellow, as may be seen in the cases of many old-fashioned watches still in existence. Plating has often been done on a metal resembling copper, and again on iron, and most ugly is the result when the plating wears off ever so slightly. The great thing in this kind of ware is to secure that of a good maker, thickly silvered on a hard white metal, and then it is extremely durable and always looks well. A new and very

inexpensive metal is not coated in any way, but has a dark lustre, and if kept clean never changes. It is often called Norwegian silver, but many dealers in it have their own names."

The same hints hold good when one comes to trays. How soon do some of the imitation silver become the colour of mustard? The last thing they can stand is a drop of anything spilt on them; yet what more likely to happen? There is no excuse for any one being disappointed by such purchases, while we have with us the trays of olive wood or oak, or the pretty Japanese, which are really what they seem; some of the brass trays also are inexpensive and most durable.

BRASS, COPPER, AND IRON WARE.

The uses to which the metals named above are now put, singly and jointly, for articles for the table, are very numerous. Those who have not seen them may jump to the conclusion that iron goods, at any rate, must be heavy and clumsy; on the contrary, some of the designs are of the most graceful character. "Benares" brass goods are very inexpensive; Small flower-vases (ordinary flower-pot shape) are less than a shilling for the smallest size. The design being cut in the brass gives a rich appearance. Then there are "Syrian" brass goods, both chased and beaten. Flower-vases known as the "Florence," in iron and copper, may be had plain, crinkled, and hammered; the shapes are beautiful, and not the least recommendation is the long life assured, with ordinary care. The "Sicilian tripod," of the metals just named, with one centre and three hanging pots, is another novelty; the "Milan tripod," with plain copper pots, is another. Then there are endless designs in jardinières, with iron stands and brass or copper pots. There is no doubt that these metals show up many flowers and foliage to the best advantage, and give a rich look to the table. We saw recently a beautiful dessert service, made to order by one of our largest firms of silversmiths. The stands were of iron and silver, ornamented with shells; the dishes of iridescent glass, with fluted edges; a very beautiful combination.

Plain copper flower-vases are especially worthy of mention. They stand so firmly on the table that the tipping over, so common to lighter vases, is obviated, and almost any blooms seem to look well in them.

GLASS.

Apart from its use, glass plays no small part in the ornamentation of the table. The varieties are many, and there are frequent novelties, both in kind and design. "Moulded" glass, with which many have to be content for general ware, is cheap, but may be had in good designs; for a few pence there are many small articles that deserve the title of artistic. To improve this ware much may be done by careful washing and rubbing up, though nothing can give the brightness of "cut" glass. The latter is expensive, and for some designs fancy prices are paid. "Engraved" glass is often beautiful, the most elaborate patterns being also very costly. A plain glass service with a monogram or other design engraved upon it is always in good taste, and preferred by many to any other, however new.

"Frosted" glass has a cool look on the table, and is a good deal used for water jugs and drinking glasses. A "ground" glass ware is cheaper, but liable to speedy discoloration. The fancy glass articles comprise iridescent, milky, wavy, crinkled, and other novelties, both of English and continental manufacture. Ruby and other coloured glass had a run a time back, and there are now some very beautiful shades in green, gold, and brown also to be had; but generally such articles enjoy but fleeting popularity. Almost everybody admires the appearance of thin glass, and agrees that any liquid tastes better from thin than glass of even moderate thickness. The plainer the glass the more easily is it kept clean, for, be it remembered, the most brilliant of the cut soon loses its beauty if not polished with nicety.

Finger bowls were at one time of ruby and green glass, and many people still cling to them, for they give brightness to the table, though, to look well, the dinner service must strike no discordant note. Some of the iridescent bowls are pretty, and not very costly. Venetian and Bohemian ware, as well as home-manufactured, may be had in lovely patterns and up to a very high price. A novel bowl consists of a receptacle for the water, surrounded by a fluted rim to hold flowers, literally a bowl within a bowl, the inner one the higher. Such are sure to find favour, for the floral decorations of the table may be simplified by their use, as, with nothing more than specimen vases, and a centre piece, whether bowl or vase, all containing flowers to match, any scheme of colour could be carried out at comparatively little cost and trouble. Then they are certain to commend themselves to those whose table-space for flowers is limited. They will doubtless appear in cheaper form by-and-by; at present they are luxuries for the few.

MENU CARDS.

The card of the moment is simple and artistic. Many consist of card, and stand in one, with a little sugarloaf flower-holder at one side. The card is slipped into position; thus the stand serves several times so long as clean. The hostess gets the cards printed in any colour to taste or to suit the table decorations. White or cream printed in gold are pretty, or, for any occasion when white flowers are demanded, the printing may be in silver. The cards may also be neatly written or printed in black, and these are the most generally useful.

Other cards, more costly, are oval, set in an embossed frame with a horn-shaped shell for holding the bouquet, the latter a feature, be it observed, of the modern card. White china, also with flower receptacles, are preferred by many to any other, and some of the designs are extremely good. Then there are screen-shaped cards, so varied that all tastes may be met, and they are often useful in adding touches of colour to the table. "Grotesque" cards have almost vanished from good tables, though they are to be met with at the festive season, bachelors' dinners, and similar occasions. Increased attention has of late been given to this branch of table decoration, and for the most part with success. At the best stationers' shops a selection of the newest things may be seen, and many ingenious people design their own. Hand-painted cards, *well executed*,

always find favour; the same may be said of the best of the "black and white." Those who endorse the saying that "variety is the spice of life," may have ships, flags, five-barred gates, slippers, and a host of other shapes. Nothing need be said about silver or plated stands; they are so beautiful that they are certain of appreciation when they can be offorded.

TABLE LINEN.

Coloured cloths have been recently adopted by a few, though it is very unlikely that anything will ever dethrone the white cloth from its place. Pale green Irish linen is very suggestive of coolness, and at a recent dinner in first-rate society the table was covered with this, the d'oyleys matching, and the glass of the purest crystal; the dessert service white, with gold monogram. The flowers were lilies-of-the-valley. At another dinner mignonette was used, and a brocaded square of silver and green found a place on the table. A table voted very pretty owed its charm to pale pink linen with a centre strip of white beautifully embroidered; the floral decorations were confined to pink and white carnations, and a single carnation floated in each finger-bowl. A dainty cloth of deep cream linen, with brown rush baskets filled with various sorts of greenery and ivory-tinted flowers was much admired, the hues being repeated in candles, shades, and china sweetmeat dishes. But this sort of thing costs a good deal of money, for unless carried out in detail the effect of a coloured cloth is ridiculous; and only those whose taste is faultless, or who can put themselves in the hands of the professional decorator, should attempt it. The idea probably originated with some leaders of fashion interested in bringing Irish industries to the front. Novel fashions are often set for the purpose of helping on some cause, and this may be an instance of such zeal.

The old damask holds its own for the most part, and some of the newest designs are very beautiful; small patterns are much favoured by many, and such are not only in better taste for a moderate table, but "size" will be given to it, whereas a large pattern dwarfs it. The economical, who cut up worn cloths into serviettes and tray cloths, will be wise to confine themselves to rather small, convertible patterns. The cutting up of some cloths results in serious pattern-mutilation, and the fact of former existence on a larger scale is very apparent. As to quality, nobody goes wrong in buying the very best the purse allows. Good linen looks and wears better, keeps clean longer, and is altogether a profitable investment. And it is decidedly better to keep to a plain style and good quality, than to follow fashion and buy inferior materials. So far we have had the tablecloth in our mind, and the same remarks apply to the serviettes. There is plenty of choice in the matter of dessert d'oyleys, though many savour only of the ornamental, and a spot of wine would ruin them. These cannot be recommended for general use. A hand-painted satin d'oyley may be beautiful to look at, but it savours of the inconsistent; and while there is such a range of choice goods that *will* stand the ordeal of washing day, it seems folly to dethrone them. A visit to a first-class shop devoted to the sale of table linen, either in London or

other large towns, would be a revelation to many country residents. Patterns from the leading Irish manufacturers are also of great use Fashion is fickle, and to say what is the last thing out is not easy. Lace, or linen-edged lace, linen, both hem-stitched and hand-drawn, are all in favour for table centres, d'oyleys, &c. Renaissance table-covers and centres are handsome, so are natural linen, trimmed with real lace at the edge and lace insertion let in at the corners in cross strips, to form a pattern. Crochet, tatted or netted lace may be used with linen or fine diaper for tray cloths and other purposes, and a handsome-patterned table centre in crochet over coloured satin, not only looks well, but stands the strain of the wash-tub better than many more costly articles.

Tea Cloths.—Of these there is plenty of choice, and much depends upon the scale of the meal. For an ordinary tea a good many cling to the white cloth, with a square one having a coloured border laid diamond-wise in the centre. Or the large cloth may be bordered in this way. Embroidered cloths, many of the most elaborate kind, are also in vogue. The leading houses and schools and shops devoted to the sale of art needlework make a feature of afternoon tea cloths. Just the same is true of side-board cloths and tray cloths, but for anything but special occasions, plain damask, or with a simple coloured border of ingrain Turkey red, or blue will be found the most durable.

Serviettes.—Nicely-folded serviettes add much to the appearance of the table. The patterns need not be elaborate; indeed it is noteworthy that at some of the best tables in the land the serviettes are folded in the simplest manner; sometimes in a square, and laid flat on the table. Some recommend that for ceremonial occasions the designs be varied, the different shapes, two or three, being placed alternately round the table. This takes time, and the effect is perhaps not as good as when one shape is kept to. The first conditions are a smooth, slightly stiff serviette; most of the shapes require a perfectly square one, and with some, to get a good effect, each fold should be pressed with a warm iron. Careful handling is needed, and it is well with a new pattern to try first with paper; thus the creases may be made decisively and neatly. One crease not right at starting throws the whole out, and the serviette presents a tumbled appearance. Paper patterns, with the design of the serviette when finished printed on the outside, and separate sheets for the different folds, are very helpful to the beginner. There are also excellent little manuals devoted to this branch of table decoration, containing sectional diagrams and plain directions. The "fan," the "shield,"* the "lily,"* the mitre," the steeple," the "upright pocket," the "diamond pocket," the "rose," the "arum,"* the "plume," the "snapdragon," the "cornucopia," and the "bread case,"* are comparatively simple and old favourites; many of the newest designs are copyright, and some are very troublesome, although the effect is good when completed. Those above marked thus (*) may be made as well with an oblong as a square serviette.

The following are two simple designs for folding serviettes for a dish of pastry, sandwiches, croûtons for soups and other purposes. The first, shown in Fig. 168, is made thus: Take a serviette, spread it open, and roll up the four corners until the square is the size of the dish for which it is intended. Lay it on the dish, take hold of the four corners where the ends

of the rolls meet, and turn them under, thus making the original rolls form a sort of border to the serviette.

The flat pocket, Fig. 169, requires a square serviette, nicely starched. Find the centre by doubling it diagonally, first one way and then the other, pressing well. Then lay it flat, and make the four corners meet in the middle. Turn it right over without disturbing the folds, and once more bring the four corners to the middle. Turn it once more, and there will

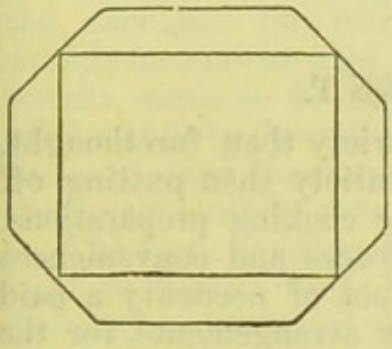


Fig. 168.

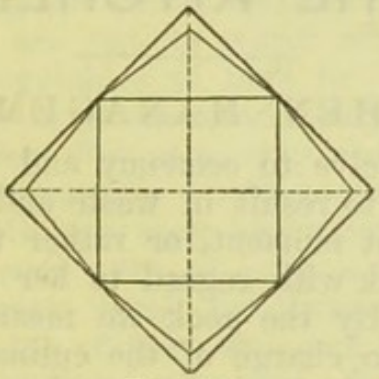


Fig. 169.

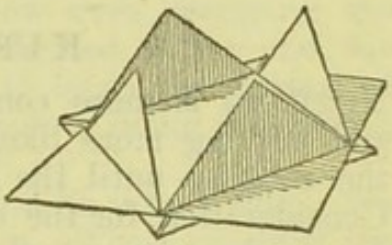


Fig. 170.

be a square with four pockets, the lappets of which can be turned back to make a receptacle for the sandwiches, &c.

Other designs may readily be made from this foundation. The corners underneath may be partly folded back, making eight points in place of four. Little tufts of greenery may be laid on these. This is equally suitable for the table, and very pretty, if the four lappets turned back in Fig. 169 are made to stand upright in points, as in Fig. 170, the bread being placed in the centre.

THE KITCHEN.

KITCHEN MANAGEMENT.

NOTHING is more conducive to economy and variety than forethought, and nothing more likely to result in waste and satiety than putting off the cooking until the last moment, or rather the cooking preparations. Consideration for the cook with regard to her powers and conveniences are no less important. By the cook we mean not of necessity a paid servant, but the person in charge of the culinary arrangements, for the rule applies equally. At the same time, perhaps thoughtlessness is more common in the case of a young mistress with one general servant. The mistress, especially if she be ignorant of cooking, often expects her help to perform actual impossibilities, and that maybe with a faulty stove; hence, in the event of a little party, owing to the nature of the dishes, the general result is failure, which with thought might have been a success. Enough notice is not given as to the materials required; or the resources of the neighbourhood are probably over-estimated. Again, not only the dishes but the adjuncts must be considered. In short, a dish that is no trouble in one house may be absolutely hopeless to attempt in another. Better a choice of three perfect in every detail than half a dozen, each with something lacking or imperfectly cooked.

ARRANGEMENT OF MEALS.

We need not go over again the arrangement of everyday meals, and the relation in these of forethought to *economy*, for this point has been made much of in previous chapters. In no two households can the arrangements be made on precisely the same scale; and much must be left to the individual. We pass on rather to the question of practicability in the circumstances, and to the preparation of a little dinner or supper, as the case may be, assuming that the cook is working single-handed, and that there is only one servant to wait at table. In more elaborate households such advice as this would be out of place.

The first "don't," and a very emphatic one, is, Don't attempt *more than can be afforded.* Food in full "season" is the best, as well as the cheapest. *Do* get ready as much as possible a day or two in advance, not only to save time, but in order to utilise the fragments to the fullest extent. We are not here referring to "scraps" that shall serve for dishes, but rather to special flavourers that may have been bought, such as herbs and vegetables. More, of course, can be done in cold weather than in hot in the way of taking time by the forelock; though in summer, by making some of the dishes cold, one may get well ahead.

Let us suppose that the mistress, ignorant of all the little details of "dishing up," orders a white soup, a boiled fish with sauce, and a dish of cutlets with perhaps tomato sauce: we will leave the question of sweets. Such dishes might strike her as "very simple," yet would give much more trouble than some more elaborate ones. The soup would want thickening at the last moment; and there would be croûtons to fry; the fish would want watching, and the boiling liquor skimming; the finishing touches are to be given to the tomato sauce; and the cutlets fried to be ready at the moment; for what are cutlets worth after waiting! Then there would be one or two vegetables to look to. Now even assuming the tomato sauce to be made in advance, and only reheated at the end, the meal would be troublesome; but supposing cook to leave the sieving of the sauce (and there are scores who would never think of doing otherwise), the result must be "something wrong somewhere."

The mere handing of such a trio of courses would be very trying. No need to detail; the adjuncts speak for themselves. Then consider the crowded condition of the top of the stove, and the difficulty of getting a cool corner here, or a hot one there. Contrast a fish that could be cooked and served in the same dish, say "sole au gratin," or any other cheaper one on the same principle. There is nothing to hand with it, and it won't spoil if kept waiting. Take a nice little "braise," in place of the cutlets, or a good vol-au-vent. It may be better to buy the pastry-case, but the contents can be popped in at the last minute. Or supposing a little roast of meat, then the fish might be fried. The thing is to *distribute the dishes evenly*, so as to get something on the top, something else in the oven, and another dish in front of the fire, if possible. It would minimise the trouble still further to dispense with soup, or to provide a cold entrée, say of fish, then to follow with a roast of poultry, or a braise of the same kind. A good fish stew is another dish that gives far less trouble, both to cook and waitress, than boiled fish.

It is not possible to more than outline the arrangement of an imaginary dinner or other meal, so much do circumstances alter cases; but we would enforce the principle that the mistress, after putting down a *menu* on paper, stop to consider the questions, Will it work? and is it based on common-sense principles? The substitution of even one dish for another will often make all the difference to those immediately concerned in the preparation.

ORDER OF DISHES IN FLAVOUR AND COLOUR.

Two classes of persons are most likely to err in the arrangement of dishes: those who do not give the matter a thought, and those who are severely economical. The first will perhaps give you a hot curry just before a delicate chicken *plat;* the second will put before you a lobster patty after fish with lobster sauce. In avoiding such errors as these, it is not necessary to increase the cost of the meal by a single penny. The points are forethought and a common-sense estimate of how much of each will be wanted, so that both waste and stinginess may be avoided. It does sometimes happen that such a thing as a lobster cannot be got just the required size; then there is no objection to its figuring in two dishes.

But they should be as far apart as possible; instead of the patties referred to, giving, say, curried lobster, or lobster croûtes, or toast at the end of the meal.

There is a tendency to shorten the service of modern dinners, and two soups are seldom needed; when they are, one should be thick and the other thin. The greater the variation in kind and colour the better. But avoid any materials which will figure later on the *menu*. For example, mulligatawny if a curry is to come in, or a chicken soup if chicken patties form an entrée. Generally, where two kinds of fish are served in the fish course proper, one is grilled or prepared by some similar mode, if the other is boiled. They should be as dissimilar in appearance and flavour as possible, and so should the sauces. If one is a cold dish, the hot one must go in first. Or one dish may serve, except for very elaborate occasions, more especially should a cold fish entrée be served, or a dainty fish-salad, in the second course.

Concerning *entrées*, the remarks made on pages 206 and 207, and 270 and 271, may be referred to with advantage. In the case of two, the more delicate one should be served first. This is a rule which may almost be set down as a fixed one; for if the higher-flavoured one be served first, the second will be less appreciated. Still, in exceptional cases, if the next dish happen to resemble in appearance the darker-coloured and more savoury entrée, some would serve it first, so as to run the white one in between. The remainder of the courses are fairly treated under their several headings. Whether to serve with the *remove* or as an *entremet*, the vegetable recipes afford plenty of choice; and those dishes in the later chapters on sweets, &c., are suited to meals of very varying classes.

It is easy to plan a good meal by carrying out the principle of variety all through; it is less a matter of cost than thought. After drawing up the skeleton of a *menu*, a second inspection will often reveal errors very easily rectified. There should not be a preponderance of either brown or white dishes in the savouries; and the sweets should be as different as possible in flavour, more particularly as fewer are now provided. A point worth bearing in mind is the avoidance of too many dishes of a rich class; a good pudding of the cabinet type is better followed by a fruit compôte or a fruit water-ice, than by a second rich sweet containing cream or custard. Neither is it well to follow up tipsy cake with meringues and cream.

People who have to be careful in their diet should also be considered; they often are not, and hence many sweets are left over which, had they been of a plainer kind, would have been consumed. One writer has it that some people give dinners to make a show; others to please their guests. We are assuming the second class in making such remarks as these, and we trust they constitute a large majority. In all cases, however few the courses, if a soup, a fish, an entrée, a joint or roast of game, and one sweet to follow; or even the little dinner said to be beloved of bachelors—viz., a good soup, a snack of fish, a bird (the best to be had in season), and a savoury, with choice coffee at the end—let *good cooking and quick service* have chief consideration. These, coupled with the best materials the season affords, must bring about satisfactory results, unless the guests are exceptionally hard to please

MARKETING, CHOICE OF FOOD, STORAGE, ETC.

In previous chapters we have pointed out how articles of food may be judged, but with full knowledge that only by experience and personal inspection can one arrive at anything like perfection. Some writers are very didactic, and tell us that only those who go shopping daily get good value for money; that where tradesmen call or send for orders one never gets the best of anything; and that it is the duty, particularly of the young housekeeper, to go out in all weathers, at any sacrifice, to buy the necessary provisions. Such statements must be taken with a grain of salt. One writer has it, for example, that the housekeeper who sends an order to the butcher for a shoulder of mutton gets only one that has been rejected by all preceding purchasers. This strikes us as nonsense. Some people talk and write as if it best serves the interests of tradespeople to sell bad food, and to cheat whenever opportunity offers; nothing is further from the truth. Even where the wish to do so exists (and we are of opinion that such cases are few), the age is too competitive, and such men would soon go to the bad. Still, we do think that personal shopping is to be encouraged as far as reasonably practicable. The *habit* of always waiting for orders to be called for is not a good one, but it proves a boon sometimes, maybe in illness, or from other causes; and the housekeeper who has learnt to judge of good, bad, and indifferent food by comparison will not be likely to take in any that is faulty. Just as an experienced tailor knows "shoddy," or a mixture of cotton and wool by touch from the real thing, so does a good cook or housekeeper know the quality of food to a very great extent in the same way.

One should also know the markets, when things are cheap, and the best times for buying for pickling, preserving, &c. And the weather should assist one; where the consumption is small, articles that will not bear keeping must not be bought. Should too much of anything of the sort be on hand, the inventive faculties must be brought into play to prevent its going bad.

Even in buying goods that are supposed to keep care is required. Dust, mice, and insects of all sorts have to be guarded against; and there is often a good deal of loss from buying even "dry goods" in too large a quantity. No use to save a farthing a pound in peas or oatmeal if part goes bad and has to be thrown away before it can be eaten; there must be common-sense brought to bear on all purchases if such losses are to be avoided. A good deal may be done, it is true, with canisters with good lids, or stone jars and the like; but all paper-bag storage must be guarded against. Time is well spent in labelling many receptacles; glass bottles are handy for many things, and the contents apparent without this trouble.

Those with scanty cellar accommodation must make the very most of the larder. It may be kept cool, at little trouble, in hot weather by sprinkling the floor freely, or setting a pail of water on it, or by pinning a wet cloth to the window. Common flower-pots are cheap; and a few, wrapped round with wet cloths or strips of flannel, and turned down over such things as butter, lard, &c., will do much to keep them firm and sweet. Flies must be discouraged by perfect cleanliness; and a few yards of muslin, to

spread over the dishes of cooked foods, will protect them should the pests be prevalent. The least trace of anything unsound or not sweet should be instantly removed; when left, it only serves to contaminate other viands.

A sunny aspect is bad for a pantry or larder, and if only for an hour or two a day the sun strikes upon the window, it will make a good deal of difference to the perishable commodities therein, and it should be shaded. This must not be done in a way that shall block up the ventilator. Another hint. Where there is no store closet for jams and the like, and the top shelf in the pantry has to do duty, it must not be scrubbed frequently, as the other shelves are, and the articles replaced before it is thoroughly dry, for this is a certain way to bring about mould and fermentation. Generally, the shelf should be kept covered by a sheet or two of paper, and whenever the scrubbing *is* needed, a dry day should be chosen, and plenty of time allowed for drying. Many a person makes jams and pickles, &c., properly, but if the storage is faulty all else is wasted.

A hundred such precautions might be enforced, but we trust that those who have carried out the maxims in early chapters will have grasped the fact that nothing need be wasted, and the gathering up of the fragments will have become a fixed rule rather than the exception.

EMERGENCY DISHES.

No amount of forethought or good management will prevent the occasional necessity for something "in a hurry," or the extra demands made upon the resources of a household by the arrival of unexpected guests. Such contingencies are common everywhere; and how best to meet them is a practical question. Many housekeepers, young ones for the most part, who manage very well when plain sailing is the order of the day, and they know just for how many they must cater, are all abroad when anything extra is wanted, and often in the hurry of the moment provide something that cannot well be afforded, or which does no credit to the table. A large number of nice little snacks are possible at very short notice in houses where the mistress has a clear idea that they may be wanted at any time, and has made some little study of the best way to put them on the table without undue fuss or apology.

The first thing, in our opinion, is an "emergency cupboard." Only those who have tried this plan can properly appreciate its many advantages. In this should be stored such articles as will enable anyone to set on the table a hot or cold meal at short notice—a tin or bottle or two of cooked vegetables; a supply of bottled or tinned soup; a bottle or two of store sauce; and some preserved meat, such as tongue, potted meats, &c., for cold dishes; and a few of the excellent preserved entrées to which reference has been made in a former chapter. Such a cupboard soon becomes useless unless the plan of *never letting the stock go down* be adhered to. The thing is to replace each article as taken out and emptied, with a further supply from the general store, the latter being kept separate from the emergency one. Those far from shops will find the cupboard a boon; and those within easy distance of shops will find that it saves much running about at inconvenient moments.

Take the case of soup. Should the worst come to the worst, and there

be no stock in the house, with a little extract of meat, water, and a slight thickening of corn-flour, or a sprinkling of any of the cereals that will cook quickly, and a dash of wine, if liked, or a spoonful of macédoines, something at least passable, if not exactly high-class, may be soon on the table. Many of the bottled soups, by thinning them with about half the amount of water or stock required for conversion into soup, may be served as a stew or ragoût; ox-tail, kidney, and others of the kind particularly. With macédoines as before, or anything else of the kind at hand, or a few slices of fried bread, with an egg or two to garnish, a satisfying and wholesome dish is obtained. Then there are endless toasts and other savouries possible if a few tins of fish be in reserve. A bottle of grated cheese should not be lacking, and raspings must find a place. With such a stock as enumerated above—given, however, as suggestive rather than complete—a very small amount of trouble will suffice to make the most of it.

Wherever stock, however plain, is at hand, or some frying fat ready for use, or a mincing machine is clean and fixed in its place, emergency dishes should not be a bugbear, so long as there is something eatable either on the larder shelves or in the emergency cupboard. Many dishes are possible under twenty minutes. Given a tin of curry sauce, one could soon put on the table curried eggs, or fish (if any cooked, or in tins be available), or vegetables, under the same conditions; and of course a curry of cold meat is soon prepared, and in little more than the time named it may be surrounded by its orthodox accompaniment, boiled rice. To open the cupboard door and give a moment's thought as to what can best be done in the time with the materials at command, not forgetting any special *known* likes or dislikes of the guest, will save flurry and failure later on. Any number of cheese dishes, omelets of all sorts, and many salads (especially where the dressing is never allowed to run out—a rule in some houses), are amongst the edibles that can be tossed up at scant notice. A few recipes will be found for puddings on page 842, but there are others just as suitable for quick service, if cooked in little moulds. The CAKES chapter should furnish suggestions, not so much as to the cooking, but the way in which some can be served as sweets. Naturally, the recipes in SWEETS and for fruit dishes should be helpful.

DISHES IN WAITING.

In some houses, people are irregular in the time they come in to meals. We are not referring to an irregularity that can be planned for—such as a certain time for dinner one week, and an hour later the next—but rather to those who, from varying causes, are liable to be half an hour or more late for a meal. It is better to make provision for such an event, than to grumble at what cannot be altered. Without giving any fixed dishes as the best, a few may be instanced as types of the class to avoid, and a few more as good dishes for standing. A chop or steak that has been grilled or broiled must be struck out of the list, but a braised steak is another thing; that can be put back when done, and re-heated without detriment, by the time the late-comer is ready to sit down to the table. Many a bird, that is nothing if not sent from the fire to the table piping hot, when

served as a roast, lends itself readily to a salad, a braise, or a stew. Fish may be better served in almost any form than plainly boiled; while cold fish, if got ready beforehand in scallop shells, or some similar form, may be heated in a steamer, and browned up in the oven in next to no time. Meat puddings are dishes that are not spoilt either by a little extra cooking or re-heating, and a meat pie can easily be kept hot.

In many homes the late-comers, often the bread-winners, suffer considerably in the matter of diet, because nobody has grasped the situation and made any such provision as we have hinted at. This should not be, and need not be. Reference to RE-HEATING FOOD will be helpful to the inexperienced, and almost all the chapters will assist with regard to actual recipes for the dishes.

As a further help to the inexperienced, we recommend that any approved dish in this or any other work which can be quickly served be noted. Whatever may be said for or against the marking of other books, there are many advantages in *marking a cookery book*. A glance through the various chapters will show many snacks that can be got ready in a matter of a quarter of an hour or twenty minutes, especially where a supply of eggs can be depended upon.

RE-HEATING FOOD.

This subject may seem to belong rather to that part of the book dealing with the principles of cookery; but we prefer to give it a little consideration in our talk on the kitchen. It has been dealt with to a small extent in other chapters; but we make no apology for another reference to it, as it is a point very often overlooked. Simple as the right way is to the experienced housekeeper, there is no question that the wrong way (often followed) is very productive of waste and indigestion, while the food lacks the appetising appearance that it might have, at no more cost, and a trifle more trouble. Then, owing to lack of forethought, sufficient time is not given in many cases; instead of a gradual heating at a low temperature, fierce heat is applied, and very often the dish goes to table literally spoilt.

In nine cases out of ten the *steamer* is the most useful utensil to apply for this particular purpose; and where that is not convenient, the same principle should be applied in other ways. Often a little more moisture added to the dish will effect a change for the better. To be explicit. Say there is part of a meat pie with a potato crust left; to put it in a hot oven is to dry up the gravy and make the top too crisp. Try a little more stock or gravy, or a few spoonfuls of tomato pulp, and perhaps some little addition to the meat; and by setting the dish in a deep tin of water, either on the stove or in the oven, there will be flavour and succulence. By covering the top at first, the heating is facilitated. The water should be hot; and in this way sauces, gravies, &c., may be re-heated by just setting the vessels in the water for a time. The same remarks apply to a fish pie. Sometimes it is a good plan to transfer the contents to another dish, and make it more compact in appearance.

Then the puddings that are ruined in re-heating—any of the rice type, for instance. The principle above referred to should be adopted, and

there will not be much the matter. A savoury suet pudding will be much nicer if heated in slices, in a little good stock or gravy (not of necessity costly; we mean savoury), than if sliced and *baked* up in the oven. A sweet one is excellent put in a basin with a little stewed fruit, or treacle, or jam, and all steamed up together, then arranged properly on a dish for table.

These hints might be multiplied to any extent. Think of the number of remnants of minces or hashes that would become quite inviting in the shape of a toast, yet which are most uninviting warmed up and served on the original dish. To adapt the size of a dish to its contents is a good rule, so far as one's means allow. Where the supply is short this cannot always be done. But some err from want of thought alone; and all these little points tell wonderfully in the arrangement of the table and enjoyment of the meal.

THE SMELL OF COOKING.

Were we to go into details, this would be a wide subject—so many trifles contribute to the unpleasant whole that most of us are acquainted with, and which some take as a matter of course, under the impression that it cannot be remedied. The most common complaints that a smell of cooking pervades the house are perhaps heard where baked meats are the rule; and coal or gas stoves are blamed pretty equally. Are baked meats, then, worthy of the condemnation they often get from this one cause alone? Not a bit of it. An oven that is overheated, or not quite clean, or unventilated, will cause a smell; and it is perhaps more noticeable in a new stove, simply because when new the oven is apt to get over-hot. Then the range or the oven is pronounced bad.

A joint, be it remembered, does not give forth any foul odour of its own any more in an oven than before a fire. In the latter case the ventilation is perfect because the joint is surrounded by air. Some say that all needed is free oven ventilation, but this is not enough; care and cleanliness must come in if the smell is to be reduced to any appreciable degree. A person enters a house, say during cooking by gas, and exclaims, "How those horrid gas stoves do smell!" Exactly; so would any other stove under like conditions. Open the oven door, and you will see at a glance, most likely, the cause of the trouble. Maybe the meat was put in an oven not as clean as it might be. Perhaps the fat has burnt, and some fruit juice has boiled over from a pie, and has already attained a toffee-like consistence. To condemn oven cookery on these accounts would be the height of folly.

The fact to grasp is that in any oven there is every facility for smells to develop unless ventilation and cleanliness go hand in hand. Nearly always the smell is traceable to burnt fat, or fat in some form equally disagreeable. Naturally, should the fat boil over in the oven from a dripping-tin and get splashed on the sides of the oven, there *must* be a burnt fat smell. By the same rule, should grease be constantly spilt and allowed to become absorbed (and this happens in the old iron ovens, as all know), the odour is very pronounced and unpleasant. From any kitchen where culinary operations of any kind are going on to any extent, absence

of odour entirely is not to be expected; but it need not be calculated, as it so often is, to completely destroy the appetites of all within reach of it.

Clean utensils, free window as well as oven ventilation, and an utter absence of anything unpleasant in unseen nooks and corners, will all tend in the right direction. For no trifling amount of the trouble is due to causes only indirectly connected with the cooking. What of the refuse left to stand about instead of disposing of it at once! How readily things, small in themselves, add to the sum total of foulness brought out by the heat of the fire and the various processes going on. Rid up as you go along is a golden maxim. Smells are reduced, space increased, accidents prevented, and order and comfort promoted by the habit. A crowded stove, sink, or table—everybody knows the misery of it; but few set themselves to work to prevent it. A little sour milk here; vegetable refuse there; egg shells in another place; there a heap of fish bones; somewhere else some fat waiting to be clarified—are not we all familiar with these? Get rid of the rubbish. Put on all that can be utilised for stock, &c., at once. It takes no more time to do it at the moment—in fact, less; for those who go muddling on for hours are constantly moving from place to place many things for which the right place could be as well found at first. Small attentions of this kind, and the free use of hot water and soda for the washing up, and for pouring down the sink pipe afterwards, will aid in keeping down smells, whether from oven, frying-pan, or anything else.

KITCHEN RANGES AND STOVES.

NOTHING is more conducive to comfort and good cookery than a good stove of some kind; and if any housekeeper labours under the disadvantage of one that is too small, or faulty in some way or other, if it cannot be replaced, the best thing is to supplement it by one of the many handy and portable stoves or lamps described later on. During the past few years much improvement has been effected in the manufacture of stoves generally; and those who take ordinary care need not nowadays buy or hire a faulty stove—that is, unless they are deluded into the idea that all low-priced goods must be cheap. Some stoves are got up to please the eye, and, as many of the makers are honest enough to state, to meet the demand for a low-priced article, though they cannot recommend them. In nothing more than in stoves does value for money show less to an ordinary purchaser. That is to say, a good stove side by side with one of the same size and pattern, but of inferior material and workmanship, may to the casual observer look just the same. The average housekeeper cannot be expected to know the difference between wrought and cast iron, and other details of the kind; but such differences soon manifest themselves when the stove is put to a practical test, for the life of some is very short.

We will first point out the main features of some of the best of the "ranges," by which term we mean such as require setting. Other forms of ranges, sometimes termed portable, we will, to avoid confusion, speak of as "kitcheners." First, let it be remembered (though it is often

forgotten until too late) that should any person buy and have "set" a range of the first kind, it becomes the property of the landlord. Those who live in their own houses are wise to fix the best at their command, since a few pounds extra for a range with modern improvements, and large enough to meet all likely demands, will be money saved in the long run. There should be freedom from complication—another term for simplicity of construction—first-class material, with plenty of strength in the parts most exposed to wear and tear, an even diffusion of heat, and a moderate consumption of fuel.

Before purchasing such a stove it is well to see it at work if possible. This can be done at the show-rooms of most of the best makers; or they will give the name of the nearest customer who is willing to show the working. Another thing to remember is that the best range in the world may be rendered faulty by incompetent setting. Therefore, when practicable, the workmen of the maker should be employed for the purpose. Generally the estimates for this work will be found very reasonable, since it is to the interest of the maker that his stoves be properly fixed. However simple the construction, there is naturally some variation in the different kinds; and that they may be properly managed, it is necessary to learn the working of the flues. The fire may be open, close, or convertible; the last-named are on the whole considered the most convenient. The best ovens will bake to perfection, and are well ventilated.

The advantages of the "convertible" ranges are well expressed by a maker of a very excellent type. He says: "Before the cooking of the day is commenced, or after it is finished, by a very simple arrangement the range can be altered from a close to an open fire. The fierce draught of the close fire is stopped, and it will burn for hours without attention. The consumption of fuel is small—not more than a fourth of what would be used with a range always closed. An open, bright, and cheerful fire is obtained, requiring no regulation of dampers. It keeps the kitchen well ventilated, is useful for airing clothes, and makes a comfortable fire to sit by. The opening or closing is most simple, and cannot be put out of order. Pull a loop, and it opens; push it, and it closes. It can be changed from an open to a close fire in two seconds." The same range has an adjustable fire-box. This effects an enormous saving. If required for roasting in front of the fire, as well as for oven and hot plate cooking, the grating is lowered until a fire sufficiently large is obtained; when only wanted for heating the oven and hot plate, and not for front roasting, the grating is raised, so that the fire is brought up close to the hot plate. In this position a small fire suffices for keeping anything boiling on any part of the hot plate, or for heating the oven. The combustion in these and other good ranges is so perfect that very little soot is found in the flues; and small coal of the most inferior kind will answer for them. The adjustable fire-box above referred to is also adopted by other makers. The construction differs a little, as well as the name; but the principle is the same, and it is so pronounced an advantage that it should be kept in mind when buying a range.

In some ranges it is complained that the heating of the oven in all parts at the same time is not easy; that by the time the bottom is hot

enough the top is too fierce. This is when the flues are not properly constructed; and those of this class are a constant trouble. Heat should pass direct to the top or bottom, as required; or, if needed, half should be passed to the top, and half to the bottom. Some of the makers show, by a coloured diagram in their price lists, how these ends may be obtained. In some of the larger ranges of the best class there are two ovens—one called a roaster, and the other a baking oven. At first sight this may seem a distinction without a difference. Not so; the roaster is well ventilated, and is so arranged that the heat is right for meat and what may be called general cooking, for which full details are furnished with the ranges. Bread, pastry, cakes, &c., are cooked to perfection in the second oven. These advantages are for the few comparatively; but any number of good single-oven stoves may be relied on for "all-round cooking" when their principles are grasped and the mechanism understood.

An "indicating damper" may be fitted to ranges at small cost. This is a profitable investment. With an ordinary damper, the cook hardly knows the exact position it should be in to get a quick, moderate, or slow heat. This may cause much waste of fuel. With an indicator damper the index shows when slow, moderate, or fast is reached. The use of it may be learnt by a child; and it is so simple that it cannot get out of order. "It should be carefully remembered that, after a certain point, all increase of heat benefits the chimney alone; and whenever a roaring is heard in the stove, waste of heat is being effected. The damper should be closed to such an extent as to just prevent this indication of extravagance." This hint of Mr. Buckmaster's is well worth bearing in mind.

Another happy thought is a "heat indicator." This has the good points of a thermometer without any drawbacks. It is strong, guaranteed accurate; and no small advantage is that the temperature of the oven can be seen from the outside. The article itself is inside the oven; but it is read from outside. Being of an unbreakable material, it is better able to withstand the shocks consequent upon banging the oven door than is the ordinary thermometer. Not that oven doors ever should be banged; but they often are.

We have heard of a new type of range in which it is said that there are literally no flues to clean; therefore the services of the sweep are never required. Time has not allowed us as yet to test this range; but if it does half what is claimed for it, it should be a gold mine to the inventor, for amongst other good points is an automatic baster. These ranges vary in size from two to twelve feet wide; but all are portable, and want no brickwork setting. The roasting ovens are elevated so that the joints, &c., can be suspended; the baster is fitted over. The fire grate is very small, and all heat is utilised; thus the range is very economical in its consumption of fuel. In some there are a hot closet, plate warmer, and baking oven. The smallest size has a boiler; and for a small sum the range can be fitted up as a complete gas stove for summer use. There is a good hot plate; and although the height of the oven apparently robs the hot plate of some of its length, coming as it does far above it, yet the top of the oven serves for keeping things warm. Many people object to stooping, and to such these elevated ovens will commend themselves.

To be able to watch the progress of the dishes is very helpful without

opening the oven door; and for some years attempts were made with a view to this end, but there were many failures. Lately glass doors have been fitted to a certain make of range with success, for they have stood very practical tests. Like anything else of glass, they need care. They can be fixed at small cost. Or sheets of mica might be used.

Another range of recent introduction is said to literally consume its own smoke. Its powers are being tested as this work passes through the press. "No smoke, no soot, no chimney sweeping," seems too much to hope for; but some authorities who have applied the most crucial tests assert that the statements of the inventor are perfectly correct. The smallest sizes are portable in kind; and all will roast in front of the fire if wished. Some have the ordinary low oven and side boiler, with a good hot plate and plate rack; while larger ones have an elevated oven, or two. In the latter case there is a second hot plate.

As to boilers, every good housekeeper knows the comfort of a generous supply of hot water during culinary operations, as well as for washing up. In the large ranges there will be either a side boiler with a tap, or the self-filling one with a tap at the side. The luxury of such as the latter is for the few; many must be content with only a top boiler, such as is generally sold with the portable ranges.

Our description of modern ranges is not meant to be exhaustive; but enough has been said to show that no one need have a faulty one. Our main object has been to point out what should be looked for in an up-to-date stove. Those who buy obsolete patterns have themselves to blame, with the facilities now afforded for getting a good one.

KITCHENERS.

The "kitchener," or *portable range*, may be placed anywhere, either in front of a fireplace, or farther out—nearer the middle of the kitchen, if more convenient, so long as there is a flue pipe; and this is so fixed as to carry away the products of combustion. Some of the makers so word their advertisements that an inexperienced person might naturally think that nothing was to be done but put the range in the kitchen, and there leave it. A draught has to be created, and this is done either by an "elbow" or other pipe. The existing brick chimney, whatever its size, has to be enclosed with a piece of sheet iron, with a hole cut to take the smoke pipe that is supplied with the range. When this is done it is in a condition to be put into immediate operation. This sounds simple enough; but unless the hole be cut to just take the pipe, there will be failure. Even this, the simplest form of fitting, needs brains along with the other tools.

Of kitcheners of this class there is no end. A great number will do a wonderful amount of cooking, considering their small size. Some firms who make a speciality of stoves for campers-out, house-boats, and the like, have some first-rate things of the kind. Of course the very lowest-priced ones soon crack, and should be avoided. Many will burn any sort of fuel, from the best to the worst of coal down to peat and wood. It is generally advisable to buy utensils with these stoves. We think that the stoves which have been found the most thoroughly satisfactory in all respects

are those of American pattern with modern British improvements. A good assortment may be seen at work; and the sizes and shapes should meet all average requirements.

GAS STOVES.

Gas stoves are now so commonly used, and so generally approved, that it may be assumed that the prejudice which once existed has almost died out, and that little need be said here by way of recommending them. They have been put to the most severe tests as to efficiency, economy, freedom from smell, excellence of the viands cooked, both in flavour and appearance, saving of weight, particularly with regard to meat, and in endless other ways. Some will contradict this. Many assert that a gas stove always gives out foul odours; that the food does not taste the same as when cooked by a coal fire; and so on to any extent.* Many who make such objections have never seen a gas stove at work, much less have they tried one; others have tested them under adverse conditions.

The first thing is a clean stove, and the next is to keep it clean, Those who buy a stove should see those of the leading makers at work. and get one of the latest. Those who hire them will do well to avoid an old one. Many a person has entered a house and taken over the gas stove of the previous tenant. If of an old pattern, say with an iron oven minus the enamelled lining now so generally used, and so readily kept clean, the chances are a hundred to one against it ever proving satisfactory. Even if it has been kept fairly clean, the fact of iron being absorbent will produce the smell so generally complained of, and so wrongly attributed to the gas. The burners will probably be much worn, or partly choked up; in short, it may be faulty in a host of ways. In any case, if another stove is not deemed necessary, the old one should be thoroughly overhauled and put in order by the gas company. As a rule, if the defects are many, the company will the better serve its own interests by replacing an old stove by a new one.

Without mentioning names, we may refer to a few of the most modern improvements in gas cookers. The lined oven is one, and a most important one; the interior has only to be washed and dried to be as clean as a dinner-plate. The heat is better retained; and less gas is wanted. The fittings should be movable. The term "gate fittings" is a well-known one; these can be removed as easily as the shelves to facilitate the cleaning. The top burners are varied in size and shape; a good-sized family stove will probably have a couple or three round, and one oval burner, with one *very small one*, scarcely larger than a crown piece. This is one of the most important improvements, for heat that was formerly wasted from the oven is utilised; and although such a burner cannot be called strictly a boiling burner, it is most useful for keeping anything hot after it has boiled, for re-heating food over a small pan of hot water, &c. In some of the newest stoves the top burners are all square, or nearly so, the entire surface being divided into four or six divisions, for example. The question which is the more useful is not easily answered, for it

* See pp. 1237 and 1243.

depends very much upon circumstances. In a small family, where little saucepans would be most in use, the thing is to select a stove with at least one small burner, ring-shaped; for if only one of a large size, square or oblong, were available, naturally there would be waste of gas. An "extended hot plate" is a boon in some houses—that is, the hot plate is larger than the top of the stove proper, which constitutes the oven. This provides, too, more space for heating plates, &c. An enamelled top is to be recommended. Some are slate-colour, like the interior of most of the ovens, and others, the newest, are white tiles. These are kept clean so easily, and look so nice, that comment is needless. A good griller (that may also be used as a boiling burner) is a feature of all the stoves of modern make. It is wonderful what may be done with the best of these grillers. Many a little dish, for which the oven seems indispensable, may be cooked to perfection if the precaution be taken to raise the article sufficiently near the burners. A very little experience will soon put one on the right track.

Side or top boilers are fixed to gas cookers at a moderate cost, and should be regarded as amongst the most useful and necessary of all the adjuncts.

So far we have had in our mind the ordinary family cooker. Space fails to enumerate the kinds of small gas appliances. Some can be set on the hot plate of a kitchen range, and serve for little dishes, or the preparation of breakfast, &c. Others are boilers simply, and save keeping in a fire for boiling a kettle for tea. Then there are bracket burners, both corner and square; these are handy when food is wanted at odd times, as they can be fixed anywhere at little cost and trouble. Being bronzed, they are not unsightly, and serve the purpose of an ordinary bracket when not in use. Then of the larger and more costly cookers adapted for mansions or public institutions, it is not too much to say that they embody all that can be desired in any cooking apparatus.

Our remarks would be incomplete without reference to the combined or combination ranges, viz., a range that may be used for both gas and coal cooking. These are of several kinds; some have a gas oven on one side, and a coal oven on the other. All that we feel justified in saying is that they require more than ordinary care in use. In capable and intelligent hands they are a boon; but it needs not the least stretch of the imagination to foresee the consequences that might arise from even slight mismanagement. The makers furnish particulars as to their use; and purchasers must be prepared to carry out the directions fully.

WASTE IN GAS STOVE COOKERY.

We have given this subject a place, apart from the general consideration of the various stoves used, simply because we are of opinion that it is commonly overlooked. It is the rule to hear people say to anyone who may be complaining that the cost of gas for cooking is more than was expected, according to the assertions of the vendor of the stove, or of anyone who may have recommended it, "Oh! you turn your gas on too full," or "You burn it in waste," and so on. There is often truth in the statement, but the planning of the meal has, in our opinion, based upon

experience, the most to do with it. We are just writing this for those to whom a few pence per week, more or less, makes a great difference, and who are trying to get good and varied meals at small cost.

This undue consumption of gas might be lessened in all sorts of ways. Many a person will have going a boiling burner for a pudding, a second for potatoes, and the oven on for, say, a little joint. Nothing wrong here, some will say. Yet often the same oven would bake potatoes in their skins, or cook tomatoes, or onions, or other vegetables, and so reduce the top burners by one; or the potatoes, or anything else of a mild flavour, could often be steamed over the pudding; this also means a burner less; or when the oven is low, a pudding can be baked; for while meat and pastry do not agree in the same oven, hosts of puddings take no harm from steam from meat. The oven burners all have to be lighted however little is put in; and an economical arrangement would be something of this sort. A stew in a jar; a rice or other cereal pudding; a dish of apples or other fruit, such as a jar of figs or prunes; they may not all be wanted for the same meal, but they could be cooked together. Here there would be no top burner going at all, save perhaps for heating water, and a good deal of that can be done in the oven. Many a dish is the better, as we have pointed out in past recipes, for cooking in a second vessel of water; thus may two birds be killed with one stone.

Or here is another way to save gas. Supposing a plain suet pudding to be boiling, and potatoes to be steaming over it; if the steamer be large enough, a jar may be set in the centre without detriment, containing fruit for serving with the pudding; in this way, too, hosts of things may be heated, yet nine out of ten would light a separate burner for the purpose. And how often might not the oven be employed for the partial cooking of the porridge for the morrow's breakfast, while a stew or pudding is cooking. It only wants thinking about in time. Or, say you light the oven for baking a cake, perhaps in the afternoon, a pie for the morrow's dinner can go in, so long as there is no boiling over, and no mingling of flavours. To light the oven for a cake one day, a pie the next, a tin of sausages, or a steak, the third, and so on, means waste, and much may be reduced by thought.

Then the utensils. How many have invested in a gas stove, but are using on it heavy utensils bought for the open fires of twenty years ago. Consider the waste of gas in bringing such to the boil. Why, it would pay for new vessels over and over again. Those who do not make such mistakes will think we are exaggerating; but we assure them we are not, and these hints are thrown out for the benefit of the inexperienced, who commit them from want of thought. (*See* KITCHEN UTENSILS.)

OIL STOVES.

Oil stoves come as a boon and a blessing in places where gas is not, and where coal is dear. There are stoves and stoves, and only the best are worth a thought; but the number of faulty ones is steadily decreasing. Like other kinds, these should be seen at work if possible before buying, or an intelligent dealer applied to, who will point out the little "ins and outs," of which in some there are many; for to ignore the details

connected with oil stoves is to court accidents. They should not be condemned simply because in careless hands an accident may happen; such a fault lies in mismanagement, and it is true, as of lamps, that only careful people should be trusted to use them. There are a few good makers whose stoves are known the world over, and they have agents in most towns of any size.

Of late the burners have been much improved; but to avoid freedom from smell, care is needed in filling and trimming, and keeping clean generally. While it is not necessary to have oil of the finest quality, a good one will yield the best results. The very lowest priced oils are not safe either; oils with what is known as a high-flashing point, are a little more costly, but better and safer for all purposes. A stove that may seriously be considered as likely to be useful for a family, one that will roast, bake bread, &c., and boil, stew, or fry on the top, will cost from a couple to three or four pounds, according to size and utensils.

Then there are other stoves that can be used over a lamp, that can be set on a table, and will furnish light while the cooking goes on; these are very handy for some persons. Others consist of a small stove that can be used when not wanted for cooking, for heating a room, such as a bedroom or a small office—hence they have a double use. Over these a stand can be fitted to hold boiling or steaming vessels, or a small oven; some will take a tiny oven as well as a steamer, and if a couple of stoves be used, a good-sized oven that will bake anything may be placed on. Many are furnished with a plate-warmer at the sides, and the cost of oil is very low considering the powers of these handy contrivances. In country houses, where perhaps the kitchen contains an old-fashioned open fireplace, such oil stoves as adjuncts may be of great service, and are calculated to meet with a ready reception. It is also worth noting that the lamps for use with cookers of this class are of a specially safe kind. They are composed of metal, and some have a clockwork arrangement which has many advantages; amongst others the exterior is kept very cool.

Electric Stoves and other cooking appliances are as yet but for the few. The method appears to be open to no objections, but there is much to be said against the cost. This will, of course, be reduced as time goes on, and as electric cooking becomes more and more the order of the day. The cleanliness with which the cooking is performed, and the freedom from any other smell than that of the food itself, combined with the purity of the air, should be strong points in favour of the system wherever it can be adopted.

KITCHEN UTENSILS.

To give a list of these that should meet everyone's requirements were, perhaps, impossible. Of utensils, as of food, what is a necessity in one instance may be a luxury in another; or even what *must* be had in one kitchen could be put to no use in another. Lists supplied by furnishing ironmongers are relied on by many, but are often of little use. Many items may be struck out, and others added as one goes along; for in

many cases the really useful articles are omitted to some extent, while costly ones are superabundant. Other lists are supposed to be suited for households with a given number of rooms, but these are still more misleading; for the number of rooms in a house can be no real guide to one's kitchen requirements. Rather must the number of the family, the style of general living, and the nature and frequency of entertainments be taken into account. The best way for those setting up housekeeping is to start with real *necessities*, on which the comfort of every-day meals largely depends. Articles for occasional or company use are the ones to put off buying where means are limited.

The best that can be afforded should be bought. The market is full of goods ill-calculated to stand hard wear; and good cookery is not possible where heat is so unevenly applied, as it must be in tin ware of paper-like thickness only. We would not say that cheap tin ware never meets a want; but we do assert that those who can well afford good utensils often buy very poor ones, without taking into account the nature of the work they are called upon to do. For example, a little tin saucepan, costing two or three pence, may suffice for boiling an egg; but what is its length of life if used for custards or thick sauces, and what will be the result of applying it to such purposes? Then there is the trouble of constantly renewing the stock, and yet there will be nothing worth using.

It should be borne in mind that saucepans and many similar articles are very much cheaper in proportion as they increase in size. The same is true of all sorts of wooden things, such as bowls, boards, &c. Sometimes for a few pence more than a small one costs a certain utensil of a much more generally useful size may be bought; and while a little bowl cannot be used for mixing a large quantity of materials, a good-sized one will serve for a small quantity. This is the sort of experience that many buy very dearly.

A golden maxim is "Apply everything, so far as it is possible, to its proper use," for this is to prolong its life considerably.

It may be noted that many expensive utensils of copper, that are required for use by some are not detailed in our list, such as sugar spinners, spoon warmers, soup ladles, &c. &c. In all kitchens where such a *batterie de cuisine* is wanted, where the housekeeper and cook know their business, they will be purchased. Our aim has been mostly to meet moderate requirements, and to include more of the articles of the labour-saving class than are usually included in kitchen lists. It is not to be supposed that all we have named *must* be had: but in many a house, particularly where no servant is kept, such aids are of great service; and while there are many who systematically "leave the new untried," there are others equally glad to know of, and buy them. The list may seem a formidable one, but what a long way a sovereign would go in the purchase of such articles, and how many more sovereigns might it not save!

"Labour savers" of one sort or other abound, and almost every day brings something fresh to the front. To some the term "electric" has been applied, though they have nothing in common with electricity, but they get over the ground with rapidity. Chopping knives with several blades, fruit and vegetable mashers, fruit stoners, handy knives for paring

vegetables, saving both time and materials; these, and a host of others, are worthy of note, and more frequently found at stores where novelties are made a speciality than in the stock of ordinary ironmongers. Sometimes where gas stoves are sold or let out on hire, a good assortment of goods of this class may be met with. It has been well said that "anything which simplifies the domestic labour of the household should be regarded as of distinct benefit to mankind." Some people, unfortunately, scorn to consider any utensils to which they have not been accustomed all their lives.

A short time ago the praises of a *tin-covered table* were sung by a New York journalist, and such an article is well worthy of it. All very well, perhaps, to know how to extract the grease from a wooden table, but better for the practical housekeeper to know how to keep it out. All that is needful is for a sheet of tin to be fitted on the table, and bent over the edges, and the edges perforated for tacking. The tacking should be done on the underside of the table. "This needs no scrubbing, is impervious to hot kettles, and sheds grease as the proverbial duck's back does water." The cost is little, and any tinman can do the job. A fair and cheap substitute is to be found in marbled oilcloth. This is readily kept clean, and it looks clean. But soft board, such as pine, is absorbent and spreading; a tiny spot of grease is soon an unsightly blot; and for these reasons an uncovered table is, in the opinion of many, a mistake.

A good supply of strong cloths should be at hand. These may be got for a trifle from packing cloths and bags of various kinds to be bought of grocers; or the material, first hand, will cost but little. Oven cloths, to be of service, must be thick. Stout material doubled, with layers of flannel or old woollen materials in between, and stitched across a time or two in opposite directions, may be recommended. An enlarged form of iron-holder is what is wanted, and it should be hung by a loop ready to hand. Where these things are not provided, other cloths are certain to be diverted from their legitimate use. Anything from stove or floor should be wiped up with old cloths kept for the purpose; while for taking off the "first coat" of grease from anything and everything, from knives to oven shelves, what can be handier than paper, which ought to be kept handy, threaded and hung on a nail. A few needles, ready threaded, stuck in a cushion, together with some strong pins, and twine and tape in convenient lengths (trifles that are wanted almost daily), should always be kept for use on their respective nails well within the reach of the cook. Anything that can be used on the spot, which will tend to save labour later on, is the thing to aim at; and while much more might be urged, if space allowed, we can but enforce this point; study by attention to small matters to promote the general comfort of those who have to do the work of the kitchen, for it will react to the advantage of all in the house.

MATERIALS OF COOKING UTENSILS.

We will here consider the materials of which the utensils for the preparation of food are made, and the reasons for and against some of them. Of the many kinds, each may be better fitted for a particular purpose than any of the others, and where the stock is limited, the thing

is to buy those that shall be of all-round service; or, at least, to steer clear of what may be injurious. Serious consequences may arise from the misuse of metallic substances. Copper, and brass, and bell metal are all liable to be injurious if used for acids, such as vinegar, and some acid fruits. When used for fruits, copper should be tinned; indeed, for whatever purpose they may be applied, all copper goods should be retinned as soon as necessary. No food should be left in them, and they must be put away clean and dry. Brass pans are endless in wear, and may be used for all sorts of purposes other than for acids, whether liquid or solid. Block tin goods and tinned iron are safe and useful, but untinned iron, although suitable for what may be termed strong cookery, such as the boiling of meats, &c., is not adapted for delicate preparations. Many articles of food, too, are blackened by contact with pans of this sort. Leaden vessels are not safe, but their use is practically extinct in modern kitchens.

Enamelled iron ware is durable, but wants care to prevent cracking. There is a vast difference in the weight and wear of these goods. Some recently introduced utensils are of steel, well enamelled, and combine lightness and strength. Almost everything likely to be wanted in the kitchen may be had of this useful and cleanly material.

A material which combines a minimum of weight with a maximum of durability (for it is unbreakable) deserves mention; it is a sort of paper pulp, and the colours imitate marble; mixing bowls, tubs for washing up, &c., are made of it, but, of course, it will not stand the fire. *See* also the list on next page.

Sanitary seamless steel is known in most good kitchens nowadays, and it may be highly recommended, for it has the long life of copper at little more than the price of iron. For general cooking it meets all needs.

Block tin goods are serviceable when well made, and used for gas stoves, close ranges, &c.; but they soon wear out on an open fire. Saucepans, &c., of this sort are often made with copper bottoms, and are worth the extra cost.

The fire-proof china ware has had frequent mention in these pages, but not more than it deserves. A pretty general impression that "fire-proof" and "unbreakable" are identical terms should be corrected. It can be broken. But with care it lasts well. The white is the more delicate, and the brown the stronger. Another form of china, that is neither fire-proof nor unbreakable, though very strong, and pure white only, is known as "Austrian china," and every conceivable article for the kitchen may be had in it. Any kitchen fitted up with this should look a picture of the cleanliness all admire, though all too seldom seen. It is not purchasable everywhere.

Wooden vessels, properly used, are excellent for many purposes, but should anything be left to become putrid in them, they want very careful cleansing, owing to the absorbent nature of the wood.

Marble is too costly for most people; when it can be afforded, it should be used for pestles and mortars, paste slabs, &c., which are so readily kept clean when made of it. A good substitute used for pestles and mortars is a "composition" very smooth and durable.

When earthenware is used, it should be well glazed; and glass vessels

are useful for storage on account of being non-absorbent. Unglazed porous jars, which are readily penetrated by grease or acids, should not be used for such substances. There is no trouble in getting the right sort of glazed ware if people will ask for it and pay a fair price. But some never give such matters a thought; yet it is certain that purity of flavour of the articles cooked in them and perfect cleanliness are not possible where vessels with an *absorbable* interior are used. This should be particularly remembered in connection with sick-room and nursery cooking. Of late years sanitation has done much, and the improvement in kitchen utensils has been marked; there is no reason for anyone who will take ordinary common-sense precautions, buying anything that will cause food to be unwholesome or be unsatisfactory in wear.

Bain-Marie.—*See* page 82. Cost, about £4 upwards in copper; £3 upwards in steel. Wrought iron (with planished tin vessels) are about £2 2s. for one of twelve vessels.

Baking Dishes. — Common brown earthen dishes are cheap, and answer for many purposes where heat is required to be conveyed slowly, such as stewing meat, &c. White earthen baking dishes look better for sending to table, and are much used for cereal puddings. The fire-proof china ones, brown or white, with or without lids, are made to meet almost every requirement. Pie dishes with a patent rim, which prevents the juice or gravy boiling out, are to be recommended. They are known as "the cook's comfort" in some places. They are more costly than the ordinary kinds.

Baking Tins. — Tins for the oven are most generally useful with turned-up edges. They should be of a size to allow a little space between the edge of the tin and the sides of the oven. They may be had oblong, square, or round, and in iron, steel, and copper at various prices. These are useful for pastry, &c., but flat tins without edges answer for bread and other purposes. Cost, very variable; one of wrought steel, round, twelve inches in diameter costs about 3s. A copper one would be nearly double. Oblong are the most generally useful.

Batter Beaters.—(*See* Whisks.)

Boiling Pots.—*See* page 3. Cost, variable. Cast iron are the cheapest; wrought iron, much heavier and more durable, are much dearer; steel boilers are also to be had. For close ranges and gas stoves, block tin with copper bottoms are heavy enough. Wrought iron pans of large size, on account of the weight, should only be used when really necessary; besides, they are long in coming to the boil, hence more fuel is required.

Boning Knife.—*See* page 285. Cost, about from 2s. 6d. to 8s., according to size.

Bottle Jack. — *See* page 17. Cost, about 7s. to 21s., according to strength and material. The average stock sizes carry from twenty-five to sixty or seventy pounds, but larger ones can be had.

Bowls, Mixing. — There are many kinds, and earthen are the most used. The white ones with lips are useful, the lip facilitates pouring out the contents. Steel bowls are serviceable. They cost from about 1s. to 4s., according to size. Bowls of steel pulp are a new invention; they are stronger than those of paper pulp, but similar in appearance.

Braising Pan. — *See* page 5. Cost, of steel, fourteen inches long,

about 30s. Of copper, nearly or quite double the sum.

Brawn Tin.—*See* page 383. The collaring tin shown answers for brawn, and all meats that require pressure; but there are other patterns. Some prefer them with a "screw and presser." Cost, from 4s. upwards, on an average.

Bread Pan.—This should be of earthen, with a lid, and so long as kept dry and free from crumbs, by being wiped out daily, there is no more useful article. Odd pieces of bread should not be allowed to accumulate; any not wanted for table should be removed and kept apart for other purposes. An earthen stew-jar with a lid with a hole in it, is handy where only one loaf is going at once.

Brushes, Cooks'.—Nothing is more helpful to a tidy and clean cook than a supply of brushes. A tin-bound saucepan brush is a necessity, and small, hard brushes, like a scrubbing brush in shape, are useful for vegetables, for if peeled before the first coats of dirt are removed, they are sure to suffer in colour. Bottle brushes are equally useful. A hard brush with which to apply sand to tins or saucepans for the removal of burnt patches is very helpful.

Cake Tins. — These have been referred to in the chapter on CAKES, &c. For plain cakes, square bread tins answer very well. Steel are to be preferred to tin. Cost, varies with the shape and quality; 1s. will buy a good-sized plain tin. Cake moulds, called "the perfection," are of tinned steel, and have loose bottoms, which assist the turning out; and some have a heat conductor fitted in the centre of the bottoms. They are of various shapes and sizes, and can be had deep or shallow. Cost, about 6d. to 1s., very cheap, considering the quality.

Canisters.—These can be bought very cheaply, and in various sizes, for the storage of all sorts of groceries. They are made of japanned tin, and give an orderly look to the kitchen, as well as keeping well such things as rice and other dry goods. After washing they must be dried well before using again, or will rust at the hinges.

Chopping Block.—A strong, wooden block, for chopping meat costs a few shillings, and is one of those articles calculated to effect a saving, for where no such facility for chopping exists, the kitchen sink (to the ruin of the chopper), or a table (ruinous to the table), must be resorted to.

Chopping Boards and Knives.—Some make no distinction in shape between these and paste boards, except that they are thicker; but in the best the ends and back are higher, a strip of wood being put on. A straight (or square) edged knife is the best. One with four blades that can be removed for sharpening, and costs but little more than 1s., is good value.

Chopping Bowls and Knives.—These are most used for mincemeat and similar preparations. They should be stout. A round-bladed knife is required. Those who own a mincing machine often dispense with bowls, as so many things can be passed through a mincer—apples, for instance, and other fruits. An oak bowl will wear the best; elm bowls are also durable.

Clock.—This is indispensable in any kitchen with the least pretension to regularity and punctuality. The cost is extremely variable, and so are the shapes.

Coffee and Tea Infusers.—There are various sorts at various prices; one not easily beaten makes a cup of either beverage perfectly, with a minimum of trouble, and effects a great saving. It fits into the cup, and all the strength is got from the tea or coffee. Cost, from 1s. upwards. Wherever odd cups of coffee or tea are wanted, something of the sort should be used.

Colanders.—These are of common

tin, block tin, enamelled ware, and earthen. Some of the tin ones are perforated at the bottom and sides; others have holes at the sides, with a bottom of wire like a sieve; where few utensils can be had these are the handiest. Cost, about 1s. to 2s. 6d. or 3s.

Cooks' Knives and Forks. —A boning knife is shown on page 285. A medium-sized one is the most useful. A strong knife with a saw back is handy, especially where there is no saw. Then there are garnishing and vegetable knives of too many patterns to detail singly, some only of use where high-class cooking is done. Forks should be used for taking up joints, &c.; they are of various lengths and shapes, and many have two and others three prongs. A good assortment of these goods can be seen at first-class ironmongers.

Corkscrew.—A good corkscrew is essential. The prices and shapes vary, and they are too well known to need description. Cost, about 1s.

Cutlet Bat. — Shown and described on page 245. Cost, about 4s. upwards. Being of steel, these are very durable.

Cutters.—Many kinds have been described in different parts of the book, including pastry and vol-au-vent, but a box of cutters of assorted shapes and sizes should be in every kitchen where garnished dishes are the rule, as they will serve for all sorts of purposes, from aspic to vegetables, as well as for little biscuits, and other sweets. Cost, about 3s. for a dozen or so with box. "Column" cutters are for cutting blocks of vegetables.

Digester.—Shown and explained on page 26. These handy articles are now to be had smaller than formerly, and at a cost of a few shillings each. No better investment possible where economy is studied.

Dish Covers, Metal.—These are used for covering meat, &c., while carrying it from kitchen to dining-room. They should be most thoroughly heated. Tin are the cheapest. Tinned steel ones cost about 33s. per set of six, ranging from ten to twenty inches in length, but there are larger sizes and more expensive kinds.

Dish Covers, Wire. — These are useful, not only to cover meat that is put away in pantry or cellar to secure it from the attacks of flies or other pests, but also during culinary operations, while meat is standing about in the kitchen. In summer to keep off flies alone from the various materials that must be set down from time to time during the preparation of meals, they are really valuable, and considering their small cost (less than a shilling each), might be much more generally used than they appear to be. They are, no doubt, of the greatest service for those who have no meat safe.

Dish and Plate Warmer, Folding.—A new pattern in tinned iron wire, very strong, costs but a few shillings, and serves as well for draining as for heating plates; it is, therefore, a plate rack and warmer in one on a small scale. Very suitable for small families, or where kitchen space is limited.

Dredgers. — These are mostly used for sugar and flour, and cost from about 6d. upwards. They prevent waste, and make it easy to distribute the ingredients evenly over any surface.

Dripping Pan.—A double pan, for use in the oven, is shown on page 2. The same principle has been applied to pans for open-fire roasting. The two pans have a well, the lower pan and well containing the water, and the top one and well the dripping. The smell of cooking is thus reduced, as the water prevents the burning of the dripping, while saving is effected, as the fat is increased in quantity as well as improved in quality. These

can be had complete with jack screen, or can be fitted to any screen of the purchaser's, in place of the old pan. Pans of the ordinary kind may be bought mounted on an iron stand, where a screen is not used. The best have a well in the centre, covered with a lid surrounded by holes, so that the dripping can run in the well free from ashes. The basting ladle is half covered with perforated metal. The price varies according to kind, as they are made of tin, iron, or copper.

Egg Poachers.—Of the various kinds in use we think there is no better than the "French poacher." This consists of a circular wire frame, like a deep frying pan in shape, with an upright handle of twisted wire, and a ring at the top. The perforated receptacles for the eggs rest in the wire frame, and these are egg-shaped, not round as often made. There is nothing to do in using this but set it in the pan of boiling water until the eggs are done. Cost, for six eggs, about 5s.; for four eggs, about 3s. 9d. or 4s. There are very good poachers for one or two eggs made of tin at lower prices. The one described has simplicity and durability to recommend it. (*See* remarks under POACHED EGGS in INDEX.)

Egg Timers.—The old-fashioned sort are useful, but a novel timer and spoon combined merits attention. The spoons, one at each end of the handle which forms the timer, are of wire, and as handy for other things as for eggs. Cost, 9d. or 1s.

Egg Whisks.—(*See* WHISKS.)

Fish Kettles.—The most important shapes are shown in the chapter on FISH. Many small sorts of fish can be well cooked in an ordinary potato steamer, and flat fish may be boiled in a deep frying pan; but it is always well to have separate kettles for fish cookery, and in some cases is a necessity. A fish fryer (and drainer) is wanted where fish is fried on a large scale; for small kinds, a deep stewpan and frying basket will serve. (*See* page 9.)

Fish Slice.—This is perforated, and generally made of tin or enamelled ware. Cost, about 6d. upwards. Very useful for transferring fish from the kettle to the dish. A similar utensil, but smaller, is used for lifting poached eggs out of the water.

Flour Bins.—These are of japanned ware, and cost about 4s. for those holding a peck. They must not be used for any other purpose. Flour tubs with lids are preferred by many. These can be had in all sizes and prices. Flour should not be left about in paper bags.

Fruit Corers, Peelers, and Stoners.—Apple corers cost a shilling or two, and are useful; while of peelers, there are many. An orange parer is to be had in various qualities, from a few pence upwards. A raisin stoner, called "the lightning," will facilitate the usual troublesome and tedious operation of stoning raisins, with less waste. Cost, about 1s. A useful machine for stoning cherries, damsons, &c., may be had for about 3s.

Frying Pan.—The most useful size is about that of a meat plate. The cheapest are of tin and iron; better pans are of steel or enamelled ware. The latter do not become impregnated with the various flavours, nor become blackened like metal pans. A burnt pan is quite useless for delicate cookery. (*See* remarks on frying on page 10.) Cost, from 9d. or 1s. to 2s. 6d. or more, according to size and kind. For open fires, the iron pans are most durable.

Frying Baskets.—Illustrated on page 9. One of the things that should be in every kitchen. Cost, from about 1s. 6d. to 3s. or more.

Funnel.—Usually of tin, but we give the preference to glass ones. Used for putting in the necks of bottles when filling. Cost, a few pence.

Glaze Pots.—A pot and brush for applying glaze is not unlike a glue kettle. Where glaze is but seldom used an ordinary jar answers very well.

Grater, Rotary.—This is referred to and illustrated on page 508. We speak very strongly in favour of this article. An ordinary bread grater costs but 6d. or 9d., and small nutmeg graters can be bought for 2d.

Gravy Strainers.—*See* page 81. Both shapes are to be had in block tin, and the pointed ones in enamelled ware. Cost, from about 9d. to 1s. 6d.

Gridirons.—These are of many shapes and kinds. It is well to keep one for meat and one for fish. (*See* page 12.) Enamelled gutter gridirons are very good. Cost, varies with the kinds. A toast grid, for toasting bread on the hot plate of a range, is a novel and useful article. Gridirons of copper wire, costing a few pence only, answer well for fish.

Heat Conductors.—These are something like large skewers in appearance. They are sold in pairs, and are calculated to reduce the time usually required for cooking joints of meat, as well as ensuring perfect cooking. They are pushed into the meat at starting, and being of metal, conduct the heat right to the centre, the part in a large joint often found too much underdone. They have been tried and approved by many *chefs de cuisine*. Cost, from 2s. 6d. per pair upwards.

Hot Closet.—This is a kind of cupboard connected with the range, containing shelves on which plates and dishes can be heated, and in which many things are kept warm or dried. The use is mostly confined to large establishments and hotels. Cost, from about 30s. or 40s., but some of the large ones with "wings" are costly affairs.

Hot-Water Dish.—Used for joints that are to be served very hot, and liable to chill quickly. It is a dish with a double bottom that will keep hot the dish set on it, also the joint and the cover. The water used must be boiling to be of any service, and put in at the moment of sending to table. Cost, varies with size and material used; some are of Britannia metal.

Hot-Water Plates.—On the same principle as the dishes. Very useful for chops, &c.; most used perhaps in the sick room. May be bought complete with tin covers to fit for a small sum, about 2s. 6d. or 3s., with tin, more with Britannia metal water plates.

Ice-Making Utensils of all kinds are dealt with in the chapter on Ices. Ice safes or refrigerators are described in the same chapter.

Jelly Bag and Stand.—(*See* the chapter on Jellies, &c.)

Jugs.—Strong earthen jugs are the best for kitchen use, and they should have a plain surface, whether white or coloured, and wide necks. A jug mop is useful. Cost, about 1s. 6d. per set, and a few pence for the mop.

Knife Baskets.—A wire basket, which is cheap, strong, and easily kept clean, may be bought for 1s. or so. Japanned ones cost double; the best and most expensive are wicker, with a tin lining. Wooden baskets, or boxes, are used by many, and are durable.

Knife Sharpeners.—Besides the ordinary steel, carving forks with sharpeners attached are to be bought, and there are various kinds of separate sharpeners from a shilling or two.

Knives for Opening Tins.—Wherever tinned meats are used, a strong tin opener is a necessity. No one should have a tin opened at a grocer's shop. (*See* remarks under Tinned Meats.) Cost, about 1s.

Larding Pins or Needles.—*See* page 13. These want keeping dry; if rusty they are useless.

Lemon Squeezer.—This is one of the kitchen utensils which soon saves its first cost, for it is not possible to extract every drop of the juice by means of the hand only. There are many kinds and prices. Some of glass, that cost but a few pence, are useful and clean; many are of porcelain and wood, and cost about 1s. 6d.

Masher and Strainer.—Many of these are too costly for general adoption; but one which is simple in working, and easily kept clean, costs but about 2s. It is adapted for fruit or other delicate preparation, and could often take the place of a sieve with far less trouble.

Measures.—These are requisites for all. Inaccuracy in the measurement of liquids is often more fatal to a dish than carelessness in the matter of solids. A set of three, a quarter, a half, and a pint, will serve; or a single measure may be bought, marked like a medicine glass. A "combination measure and milk tester" has been patented; it is very useful, and costs from 2s. upwards.

Meat Chopper.—Used for chopping and disjointing bones. A very handy article. Cost, from about 2s. upwards.

Meat Hooks.—A supply of these should be in every kitchen. They cost but little, and tend to the preservation of animal food generally, so many things being better hung than laid flat. They serve for birds, but a special game hook is shown on page 387.

Meat Safe.—This belongs to the larder. Very serviceable in hot weather for keeping meat, &c., from flies. Anything put in should be quite cold. A wooden safe with shelves, and perforated door and sides, costs from 6s. or 7s. up to about 20s. "Waggon top," a heavier and larger make, costs more. Hanging meat safes, very light and handy, may be had from 1s. or 1s. 6d.

Meat Saw.—Used for dividing the bones of fresh joints, hams, &c, the meat being first cut close to the bone. If it gets rusty it is soon spoilt. Should be wiped dry, and kept in a dry place. Cost, from about 3s. to 5s.

Meat Screen.—*See* page 17. A tin screen is shown there. A good pattern, with an enclosed bottom, forming a hot closet, costs, without the jack, about 13s. to 23s. Those who use a chimney screw jack in place of a bottle jack and screen, will find a dripping pan on legs very useful. The cost of these varies according to size and material. They are made of iron, steel, and copper. (*See* Dripping Pan.)

Meat Stand.—A good ordinary stand is shown on page 2. A recently-introduced circular revolving stand, fitted into a double baking pan may be particularly recommended, as it is useful for a variety of articles, and the pans may be had to fit any ovens. Cost, from 4s. 6d. upwards. The revolving stand or grid is very strong, and the baking pans are of tinned steel.

Meat Toaster.—A handy form is shown on page 325. There are many shapes; one called the "swinging toaster" is useful for bread as well as meat. Cost, very variable, from 1s. 6d. upwards.

Milk Saucepans.—(*See* Porridge Saucepans.)

Mincing or Chopping Machines.—*See* page 473. We need here only repeat the advice there given as to the purchase, except to add that goods of this sort have lately been reduced in price. A mincer of small size, that will cut suet, meat, vegetables, &c., and prepare meat for potting or sausages, can be had for less

than 10s. The make we are considering are lined with tin, an improvement on lead, but not equal in our opinion to enamel; but in this respect opinion differs considerably.

Moulds.—The moulds scattered through the pages of this book are bombe, cutlet, dariole, border, boudin, turban, shell, timbale, quenelle, little ham, patty and pie moulds of several sorts, fancy jelly and ice moulds, and others suited for puddings, cakes, &c. Reference should be made to the INDEX and the chapter on GARNISHING. Directions for use generally accompany the elaborate moulds with linings.

Omelet Pans.—(*See* SOUFFLÉ CASES.)

Palette Knife.—There are hosts of uses for this, and one of medium size should be bought; the smallest are not of much use. One with a blade of eight or nine inches will cost about 1s. 6d. or 1s. 9d. If for nothing more than scraping out bowls, &c., a knife of this sort soon saves its cost.

Pastry Board and Pin.—The boards are made of deal, pine, or boxwood; the former are the cheapest. Try a board on a level surface, and if it warps, or shows signs of splitting, reject it; to roll pastry properly the board must be firm, and fairly heavy, and the pin straight. (*See* remarks on page 740.) China or porcelain pins are very satisfactory, for when a wooden one becomes rough it is useless for delicate pastry. Cost, of common wooden pins, from about 6d.; boxwood, about 2s. to 3s.; china, about the same as the latter; wooden boards, from about 1s. 6d. upwards for deal, and 2s. to 4s. for pine. The cost is about 8s. to 10s. for medium-sized marble slabs of good thickness, and more for large sizes.

Patty Pans.—Several kinds are shown in the PASTRY chapter. The large oval or round are commonly called tartlet tins, and are very useful, if of sufficient depth, for other purposes besides pastry baking. Cost, from a few pence per dozen to 4d. or 6d. each. There is a wide difference in quality, and the best are the cheapest.

Pestle and Mortar.—*See* remarks on page 483. Marble costs from about 6s. to 11s. or 12s. for stock sizes, and the composition ones a shilling or two less. The advantage of marble is that it so smooth inside that the pounding is facilitated.

Preserving Pans.—These are made of copper, bell metal, brass, and enamelled iron. With all, the most scrupulous care is required. "There is nothing like bell metal," says one of the greatest authorities on jam making; "all my directions will be useless unless you have a copper pan," says a second; a third tells us emphatically that "the best possible pan to use is an enamelled one." With the metal pans, given cleanliness, nothing can be better, for they last more than one lifetime very often. Prices may be set down at about 12s. to three times (or more) the sum, according to quality and capacity. The old-fashioned enamelled iron of the strong class will last for years, if not allowed to crack, and this is done by exposing to too fierce a heat, and if once cracked all jam is liable to burn afterwards. The modern enamelled pans of the lighter kind we have not tested. These may be had from a few shillings.

Plate Rack.—Used for draining plates and dishes after washing. One to hold a dozen plates and three dishes will cost about 4s. For twice the number of plates, and the same number of dishes, about 6s. 6d. Very large ones cost 10s. to 12s.

Porridge Saucepans.—These have been mentioned many times in this book. They should be used in every kitchen whether porridge be an institution or not, for they are so useful for anything that requires special care to avoid burning or boiling over. For custards and milk they are a boon. Cost, about 3s. to 6s. for a

seamless-bottomed burnished tin pan, ranging in capacity from two to six pints. In some the inner vessel is of china; there are many varieties, the principle is the same in all.

Pot Scrapers, or Scraping Knives.—These are used for removing burnt patches from baking-tins or saucepans, and are just as useful for scraping the interior of the oven if required. They are of various shapes. One that can be recommended is readily bent into any desired position. Such a knife saves better ones, and costs about 6d. to 1s.

Potato Masher.—(*See* page 646.)

Potato Pasty Pan.—(*See* page 290.)

Pudding Cloths.—These are referred to in the chapter on PUDDINGS. In addition to the kinds there named, may be noted stout materials of the stockinette or cellular description. These may be very readily washed and dried. Where steamed puddings are an institution, there is seldom need for a cloth.

Salad Basket.—Made of wire of a special form, so that salads may be shaken after washing without falling out. Not much used in ordinary kitchens. Cost, about 2s. 6d.

Salamander.—This costs from about 4s. 6d. without stand, and 7s. with stand. Its uses are explained on page 17.

Saucepans.—Saucepans are of all sorts of materials. Tinned copper, iron, plain, or tin lined, or enamelled, seamless steel coated with tin, block tin, and earthenware, both fireproof and ordinary. (*See* remarks under MATERIALS OF COOKING UTENSILS.) Where lightness is required, and enamelled or china pans are objected to, or cannot be obtained, the best block tin will answer for many purposes with care, but not on open fires. The most reliable are steel and copper. The cost is varied according to quality. The most common shape is the bellied, as shown on page 3, but the deep, straight-sided ones, like a stewpan but deeper, are very convenient.

Sauté Pan.—This is like a stewpan in shape, but shallower. The lid is generally flat, but some have a lid like a second pan, that is, the lid fits right over the pan, and can be used as a pan for cutlets, and the like, where depth is not required. These are of course the dearer. May be had in steel and copper, the prices being relatively about the same as for stewpans. The "double" cost about half as much again as the single pans. The very smallest of these and stewpans in copper are always very much dearer in proportion; for example, a pan holding four pints costs only about double a pan holding one pint.

Scales and Weights.—There are few more important kitchen utensils than these. Whether for weighing articles for use, or checking those purchased, they are equally valuable. The weights should range from a quarter of an ounce to seven pounds at least, and fourteen pounds better still; the extra weights make but trifling difference to the cost. The first-named will cost about 13s., and the second about 16s. There are "family balances," a little lower. The latter may be had to weigh up to twenty-eight pounds for about 10s. 6d. In "circular balances" the article must be suspended; such are not of service in the kitchen.

Sieves.—The uses of these often much-neglected articles have been pointed out in several parts of this work. Hair sieves cost about 6d. to 1s. for the smaller sizes; and useful wire ones are to be had from 1s. to 2s. 6d. The time they will last depends much upon being washed at once and put away dry. If a brass wire sieve is allowed to become green, it is dangerous.

Sink Baskets.—These are enamelled white, and stand in the corner of

the sink, and retain all solid matter from dirty water thrown in. They cost from 1s. 6d. upwards.

Skewers.—These may be bought in sets of assorted sizes, or separately, from the smallest, suited for birds, to large meat skewers. Those who know how inconvenient it is to be short of them will keep a good supply handy. Ornamental skewers of various kinds do not come under the present head.

Soufflé Cases.—(*See* the chapter on SOUFFLÉS, &c., for particulars.)

Spice Boxes.—These are generally made round; a centre space for the nutmegs, and the rest of the divisions for other spices. Some are on the principle of a chest of drawers, each one labelled with the name of the spice. To have spices together, yet separate, in this form, is very handy. The next best thing is to use small tin canisters and label them. Cost of boxes, about 2s. upwards.

Spit.—A spit is an article from which a joint is suspended while roasting. "Rising spits," called sometimes "adjustable meat hooks," are for attaching to bottle jacks. The cost varies with the number of hooks. Then there are bow spits, used with cranes, and cradle spits, which hold the meat in a sort of cradle, without piercing, thereby saving the juices. The latter are much less used than formerly in private houses.

Spring Covers, Patent.—These are made in sizes to fit any ordinary jar or bottle; they grip the vessels, and will keep the contents free from flies, dust, &c. They are invaluable for the sick room, also for covering jams, pickles, &c., after a jar has been opened for use. Cost, from 1s. each.

Steak Tongs.—These are used for turning chops and steaks without piercing the flesh. Cost, about 2s. to 3s.

Steaming Apparatus. — *See* page 18 for a good steaming apparatus. There are other similar ones to be had, and improvements are constantly being made in these utensils. The increased use of gas stoves has done a good deal to bring about perfection in steamers. Some of the gas stove and kitchen range makers sell steamers very much on the principle of the well-known Captain Warren's pot, and most of them are reliable, and reasonable in price. The plainest form of steamer is shown with saucepan, page 3. No kitchen should be considered complete without a steamer of some kind. One called "the rapid" can be had in various sizes, and is used inside, not on the top of the saucepan. Potatoes, fish, poultry, puddings, &c., can be cooked to perfection by its aid. Cost, from 1s. upwards, according to size.

Stewpan.—A stewpan differs from a saucepan in having always straight sides. The depth varies, the deepest being useful for large quantities of ingredients, or for steaming a pudding, &c. Where a stewpan takes the place of a braising pan, as it often does, the moderately deep ones are the best. Cost, of sanitary seamless steel, from about 2s. 6d. to 9s. or 10s., for pans ranging from four to twelve inches in diameter. Copper ones will cost from about 5s. to nearly (or quite) 40s. for stock sizes. But copper goods are generally made in two qualities, hence much variation in the cost. Bright tin stewpans, very strong, and suited for close ranges or gas stoves, are sold in sets, with or without lids, at 7s. 6d. and 10s. 6d. We can testify to their wear, with care.

Stock Pot.—*See* page 25. Stock pots are made of tinned copper, tinned iron, and enamelled iron. These cannot be kept too clean, whatever the material. Copper ones cost about 30s. for the smallest size, without tap and strainer; £2 with tap and strainer. Seamless steel cost but little more than half, and wrought steel are cheaper still. Iron are a trifle cheaper than the latter

Stove Mat.—These can be used for close ranges or gas stoves. Anything set upon them will not boil over or burn, therefore they effect a great saving of time and material. They cost under 1s., and are very durable, so long as not placed on an open fire.

Tea Kettle.—These can be had now in all sizes and to suit all kinds of stoves and ranges. Those with a corrugated bottom are considered to boil the quickest. A block-tin kettle does for a close range, but all the better if it has a copper bottom. Iron kettles are very generally used for hard wear. There are several patent kettles to be had, calculated to decrease the time for boiling the water very considerably. Cost, varies with the design, size, and quality. Some of the best kettles are shown by gas stove makers.

Thermometers, or Heat Indicators.—Reference is made to these on page 1240. Besides those for the oven, there are heat indicators for use in frying called fryometers. Some are of fireproof porcelain; others of glass tubes on steel frames. There are little differences of management which should be pointed out to the purchaser, or an accident is likely to happen. The cost is about 9s. or 10s., on an average.

Toasting Forks.—From the wire ones at a couple of pence, to the ornamental telescopic forks of the best class, there is a wide range. A patent fork, that ought to sell well, is so made that the holder can be adjusted to any part of the grate, and the fork can be reversed by turning the handle without taking off the bread. It serves just as well for bacon, chops, &c., and costs but little over 1s. Its strength, too, should recommend it.

Turning Tongs.—The kind that will be most useful are of tinned steel wire, and adapted for turning all sorts of things in the oven, or taking up eggs, &c., from saucepans. A hundred uses may be found for them. They cost but 6d., and are known as the "Helping Hand."

Vegetable Cutter or Slicer.—There are endless varieties of these. A good one that slices rapidly apples and other fruits, carrots, cucumbers, &c., to any degree of thickness desired, may be bought for 7s. 6d. It serves equally for dried meats and other edibles. A cutter for preparing slices of fancy patterns for soups costs nearly 10s. A cucumber slice may be bought for a trifle; and it is impossible to cut with a knife as thinly and evenly as with a slice. Then there are more complicated and costly articles, only of use in large kitchens. Again, there are handy little things, from about 2s. 6d., that are calculated to save time and labour, and would be a boon to many. One, at the latter price, called the rotary, is good for potatoes and other vegetables. A paring-machine at 8s. 6d. will pare vegetables and fruit, and will also core and slice apples. Of parers for potatoes only there are any number.

Vegetable Knives, Ladles, Scoops, &c.—Under these heads many things might be detailed if space allowed. The knives are called, also, garnishing or root knives, and cost from about 1s. or 1s. 6d. each upwards. All want careful drying, the ridged ones especially. Ladles are handy for taking up vegetables from the boiling-pot. Scoops are used for balls, olives, and the like; fluted and plain may be bought in a number of sizes and shapes. Spiral and other cutters can be got where the knives are sold. As they are not required by everybody, only the best shops stock them.

Vegetable Press or Masher.—Made of wood, with a strong handle; the press, being concave in shape, is adapted for mashing vegetables, or rubbing purées through a sieve. Cost, about 9d.

Wire Trays or Stands.—These are light, and used for cooling pastry and little fancy cakes after baking, or

for drying them after icing, &c. They cost about 2s. A sieve can often replace them in ordinary kitchens; but where fancy dishes are made in any number they are almost a necessity.

Warren's Cooking Pot.—Competent judges consider that less food is wasted when cooked in this pot than by any other known method. The meat or other food is put in an almost air-tight chamber, heated by steam, and is practically cooked in its own vapour. For campers-out nothing could be more useful; for a few bricks may be arranged, with spaces between, and filled with coal or coke, and the pot put on the top. There is nothing to do but keep up the fire to the end of the cooking; and the contents of the pot will be as well cooked and as savoury as if served up in a Parisian *café*. A hint about pots of this class (including all sorts of steamers) of general application is this: when not in use, after thorough cleansing, put the parts away separately. Do not pack them all together as shown in shop-windows. More room is wanted, it is true; but the gain in flavour of the viands cooked is sufficient reward for the trouble. Another hint. When washing, look well to the rims. Any good ironmonger will supply the pots, with full directions for their use. They are *not* low-priced, but they *are* cheap. Other first-rate cooking utensils, also invented by Captain Warren, may be got where the pots are.

Whisks.—There are several kinds. Some are shown in the chapter on EGGS. Others, rather larger, and at a cost of about 2s. 6d., serve for beating up small quantities of batter, and cake, and other mixtures. One very good one is complete with bowl at 4s.; but the whisk may be had separately and fastened to any table, an ordinary bowl being held under it. Those who fail to beat up anything to their satisfaction by hand are advised to invest in a little machine. Then, for use on a larger scale, there are whisks or mixers (compound action) of the kind used by confectioners, but on a smaller scale. The first size costs about 17s. 6d., up to about double for ordinary family use.

Wooden, and other Spoons.—A good supply should be at hand, and of various sizes, from the largest, suitable for stirring jam, &c., to the smallest, about the size of a dessert-spoon. A boil-up now and then in water with a little soda sweetens the spoons. Enamelled spoons are very nice, and, being shaped like a table-spoon, are convenient for mixing liquids with flour, &c. These are nicer than common iron spoons. Cost, from about 2d. to 6d., or more. Tammy spoons are the largest, and cost about 9d. each. These are of very strong wood.

Yorkshire Pudding Tins.—These are as varied in quality as other utensils. They should be stout, especially at the corners, otherwise are soon worn out.

FOOD IN SEASON.

THE following table is not put forward as perfect. The difficulties that strew the path of the writer of such tables are greater than many would imagine. One is that, owing to a very early season, certain fruits and vegetables may be in the markets before their average time (and we are not thinking of forced articles). Then a thing that is plentiful in one part of the country may be quite unobtainable in another, owing to difficulties of transit and the like. Or climatic and other causes may operate against what should be a general supply. Then it should not be taken (though this applies more directly to fish) that a thing *on sale* is of necessity *in season*. There is a difference, with a very real distinction. There may be months in the year when certain fish not down in our list may be on sale; and in some instances it may not be actually unwholesome, but, from perfectly natural causes, it will not be in its best season.

Referring to game, the foreign supply that is poured into the markets as soon as our own ceases is not obtainable in all towns. And with vegetables and fruit, crop seems to succeed crop now at such a rate that for many commodities it would seem that in the near future there will be no season. One has but to think of oranges to see the force of this argument. Many things are in season whenever they can be got; and the weather plays such a part that one can hardly give an approximate time. Blackberries and others of the class illustrate our meaning. Many vegetables now may be set down as obtainable all the year round, thanks to our supplies from abroad; but respecting very early kinds, the facilities for obtaining them are not equal, given the best-filled purse, where one has to depend upon shops and markets, for all know how much they vary.

Meat of all kinds has been sufficiently treated under the various headings. (*See* INDEX.)

JANUARY.

Poultry and Game. — Black game (foreign), capons, chickens, capercailzie, ducks, fowls, geese, hares, landrails, larks, pigeons, pheasants, partridges, plovers (golden and grey), ptarmigan, rabbits, snipe, turkeys, teal, widgeon, woodcock.

Fish. — Bloaters, brill, carp, cod, crabs, crayfish, doreys, eels, flounders, gurnet, haddock, hake, halibut, herrings, lobsters, oysters, perch, pike, plaice, scallops, skate, smelts, soles, sprats, tench, turbot, whiting.

Vegetables. — Artichokes (Jerusalem), beetroot, cardoons, carrots, celery, cucumbers, garlic, greens, horseradish, kale, leeks, lettuce, onions, parsnips, potatoes, salsify, savoys, shalots, turnips. Salads and dried herbs.

Fruit.—Almonds, apples, bananas, cocoa-nuts, cobnuts, chestnuts, figs, and other dried fruits, grapes, lemons, melons (water), oranges, pears, pines, and rhubarb (forced).

FEBRUARY.

Poultry and Game.—The same as January, with the addition of prairie hens.

Fish.—As last month, with the addition of whitebait, cockles, and salmon. Mackerel uncertain.

Vegetables.—As before, with broccoli, mushrooms, spinach, tomatoes, and turnip-tops. Endive and French lettuce should be good. Sea-kale should be plentiful.

Fruit.—About the same as last month. Forced strawberries probably in.

MARCH.

Poultry and Game.—About the same as February, with the addition of ducklings, ortolans, quails, and ruffs and reeves. Pheasants over, also partridges and plovers by the middle of the month.

Fish.—Carp, pike, perch, and tench are out of season on the 15th. Mullet are in, also smoked cod's roe, digby chicks, and kippers. Not much change generally.

Vegetables.—As last month, but more abundant and cheaper. Carrots not very good. Foreign new potatoes should be in. Spinach should be in.

Fruit.—About the same as last month.

APRIL.

Poultry and Game.—Capons, chickens, ducks and ducklings, fowls and Guinea fowls, hares and leverets, ortolans, pigeons, prairie hens, rabbits, and ruffs and reeves.

Fish.—Bloaters, brill, cod, crabs, doreys, eels, flounders, gurnet, haddock (fresh and smoked), halibut, lobsters, mackerel, oysters, plaice, prawns, salmon, scallops, shrimps, skate, smelts, soles, sprats, trout, turbot, whitebait, whiting, and kinds named last month.

Vegetables.—Asparagus should be in; others about the same as last month. Celery not so good. Carrots and turnips often poor about this month. Salads plentiful.

Fruit.—Brazil nuts in; not much change; pears getting scarce.

MAY.

Poultry and Game.—Prairie hens out; otherwise the list stands about the same.

Fish.—Not much change; cod goes off from this month to the end of August. Bass is in; oysters are out (strictly), though cooking oysters are obtainable. Scallops are over. Salmon, lobsters, and crabs should be very good this month, and last through the summer.

Vegetables.—About the same sorts, but cheaper than last month.

Fruit.—Not much change; green gooseberries and French currants should be in

JUNE.

Poultry and Game.—Goslings and turkey poults should be in; other sorts about the same.

Fish.—Bass, bloaters, cockles, crabs, gurnet, haddock, lobsters, mackerel, plaice, prawns, salmon, shrimps, skate, soles, trout, turbot, whitebait, and whiting. After the 15th, perch, pike, and tench.

Vegetables.—About the same; new carrots and turnips should be in; peas should be plentiful. Mushrooms should be cheap.

Fruit.—Cherries, currants, raspberries, and strawberries should be in full season; others as last month.

JULY.

Poultry and Game.—About the same; French and English pigeons should be plentiful, also quails.

Fish.—Eels may be obtainable. Mullet should be plentiful; ling, lemon soles, doreys, and crawfish should be in; crayfish probably; others about the same as last month.

Vegetables.—Much the same, but there should be a plentiful supply of cabbages, cauliflowers, French and scarlet runner and broad beans, and vegetable marrows; also herbs and salads in plenty. Walnuts for pickling.

Fruit.—About the same, but much depends on the season, especially with regard to stone fruit; ripe gooseberries should be plentiful, and apples may

be in. Bilberries (and other berries), probably.

AUGUST.

Poultry and Game. — Capons, chickens, ducks, fowls, goslings, grouse, and ptarmigan, from the 12th; hares, leverets, pigeons, plovers, quails, rabbits, snipe, teal, turkey poults, widgeon and woodcock.

Fish.—Bream, brill, bloaters, cockles, cod, crabs, crawfish, crayfish, dabs, dace, doreys, eels, flounders, grayling, gurnet, haddocks (fresh and dried), hake, herrings (fresh), kippers, lemon soles, lobsters, mackerel, mussels, plaice, prawns, salmon, whitebait, and whiting.

Vegetables.—About the same; mushrooms should be plentiful. Peas may be over; beans more plentiful; salsify may be obtainable.

Fruit. — A good supply generally. Apples, apricots, peaches, and plums should be plentiful; raspberries and strawberries most likely over, but uncertain; pears and melons abundant.

SEPTEMBER.

Poultry and Game.—Turkeys and partridges in; other sorts much the same. Quails are over.

Fish.—Salmon, trout, and whitebait out. Oysters in. Eels should be good, also cod. Winkles and whelks often good this month; also sturgeon. Not much general change.

Vegetables.—Much the same; plenty of choice, including salads and herbs. Scorzonera may be in.

Fruit. — Damsons, medlars, and quinces should be in; also walnuts; currants over; others much the same.

OCTOBER.

Poultry and Game.—Black game, capons, chickens, capercailzie, ducks, fowls, geese, grouse, hares, larks, partridges, pheasants, plovers, ptarmigan, rabbits, snipe, teal, turkeys, widgeon, and woodcock.

Fish. — Bloaters, brill (very good), carp, crabs, cod (fine), doreys, eels, flounders, haddock, halibut, herrings, mackerel, mullet (uncertain), mussels, oysters, perch, plaice, pike, scallops, sea-bream, shrimps, skate, smelts, sturgeon, tench, turbot, whiting, and shell-fish as in the summer months generally.

Vegetables.—Artichokes (Jerusalem), beetroot, Brussels sprouts, capsicums, cauliflowers, carrots, celery, chillies, French beans, garlic, greens, horseradish, leeks, onions, parsnips, potatoes, savoys, scarlet runners, spinach, tomatoes, turnips, vegetable marrows.

Fruit. — Apples, apricots, bananas, figs, grapes, lemons, medlars, melons, nectarines, oranges, peaches, pears, pines, various nuts and dried fruits.

NOVEMBER.

Poultry and Game.—The same as last month, with the addition of landrails.

Fish.—Sprats should be in; mullet and sea-bream out; not much change generally, but uncertain; hake should be obtainable.

Vegetables. — Beans and marrows over, otherwise much the same.

Fruit. — Pomegranates and quinces to be added to the list of last month.

DECEMBER.

Poultry and Game.—English grouse and ptarmigan going out, foreign ptarmigan coming in; others about the same.

Fish. — Brill, bloaters, carp, cod, doreys, eels, flounders, gurnet, halibut, herrings, haddock, ling, oysters and shell-fish generally, perch, pike, smelts, soles, skate, sprats, tench, and whiting.

Vegetables.—Artichokes (Jerusalem), beetroot, carrots, celery, cucumbers, cardoons, garlic, greens, horseradish, leeks, lettuces (French), onions (English and foreign), parsnips, savoys, salsify, spinach, and tomatoes (uncertain). Dried herbs.

Fruit.—Apples, bananas, figs, grapes, lemons, melons, oranges (Tangerines also), pines, rhubarb (forced), walnuts, and a variety of other nuts and dried fruits for the festive season.

REMARKS.

Poultry and Game.—Rabbits and hares can be got the year round; leverets are good in the summer, but the others are best from September to April. Pigeons, either English or foreign, are pretty generally obtainable. Guinea fowls, sometimes to be had earlier in the year than we have given, but the supply is uncertain and the quality variable. Quails are uncertain; sometimes scarce or poor early in their season. Russian partridges sometimes good and cheap, but all supplies from abroad are subject to much fluctuation.

Fish.—Mackerel depends much upon the weather for supply and quality; the same may be said of herrings and many other fish. Shellfish variable; lobsters often scarce and dear in the spring. Many kinds that are only to be had locally are not given. Flat fish of the plaice class should not be selected whenever it is thin, watery, and in poor condition.

Vegetables. — Supplies from abroad, also English grown, at high prices, earlier than given in our list. Herbs fresh or dried, in season always. Salads vary in the time of their appearance, and the price, both home grown and foreign. Rare vegetables (*i.e.*, high-priced, and only obtainable in London, as a rule) not given above. (*See* the chapters on VEGETABLES.)

GLOSSARY OF TERMS USED IN COOKERY.

Aspic.—A savoury jelly, mostly used for garnishing.

Assiettes.—Small entrées; not more than one plate will hold.

Attelets or Hâtelets.—Small skewers; when of silver, or plated, they are used in dishing up.

Au Bleu.—Fish cooked in wine with flavourers.

Au Gras.—Dressed with meat stock.

Au Jus.—In the natural juice or gravy.

Au Maigre.—A dish in which meat is not used: a fast-day dish.

Au Naturel.—Plain, simple cookery; or anything served raw, as oysters.

Bain-Marie.—A vessel for holding water to keep dishes hot. (*See* page 82.)

Barde.—A piece of bacon tied over the breasts of birds, &c. (*See* page 13.)

Batterie de Cuisine.—A complete set of cooking apparatus.

Béchamel.—A sauce. (*See* page 89.)

Beignet.—Another name for fritter.

Bisque.—A shell-fish soup.

Blanc.—White. Anything used in cooking to give a more delicate appearance; as white broth or milk for boiling poultry or fish.

Blanch.—To improve the taste and appearance of many viands by blanching. (*See* page 261, under SWEETBREADS.)

Blanquette.—Meat served in thick white sauce, with egg-yolks to thicken.

Bouchées.—Mouthfuls. Tiny patties filled with various preparations.

Boudins.—Delicate dishes from forcemeat.

Bouilli.—A piece of boiled beef; the foundation of the French pot-au-feu.

Bouillon.—The common soup of France; the liquor from the bouilli.

Bouquet-Garni.—A bunch of herbs used to flavour any dish, and removed before serving.

Braise.—To cook in a closely-covered vessel, as described on page 5.

Braisière.—The pan used for braising.

Brioche.—A very light bun-like cake. (*See* CAKES.)

Brunoise.—Clear soup with vegetables. (*See* page 39.)

Caisses.—Little cases of paper or china, in which various savouries are served.

Canapé.—A round croûton with a purée on it; a small savoury.

Cannelons.—Little rolls of pastry, variously filled.

Caramel.—Burnt sugar. (*See* BROWNING, page 34.)

Casserole.—A shape of rice to be filled with a ragoût or other preparation. Also a stewpan.

Civet.—A thick, rich, dark stew of hare or venison.

Clarify.—To clear by straining, and by the aid of whites and shells of eggs, and raw meat.

Compôte.—A dish of meat or small birds, served in a pile; or fruits served in the same way in syrup.

Consommé.—A strong, clear soup.

Coquilles.—Shells. Shell-shaped dishes for serving oysters and other savouries.

Couronne, En.—To serve anything, as cutlets or fritters, in a crown or ring.

Croquette.—A savoury mince of fish,

game, poultry, or meat, shaped and fried.

Croûte, Croûton, Croustade. — (*See* description in GARNISHES.)

Charlotte.—A dish made in a mould of a particular shape.

Chartreuse. — A dish made in a mould, which is lined in various ways, according to the nature of the dish, whether sweet or savoury, &c. (Explained in the recipes.)

Chaudfroid. — A thick sauce for masking purposes.

Dariole. — Anything cooked in a dariole mould.

Entrées. — The corner dishes were thus termed some time ago. Now applied to the made dishes served before the roast.

Entremets.—Savoury or sweet second-course dishes.

Epigramme or Epigram.—An entrée in which two materials, or two shapes of one material, are placed alternately in a ring.

Escalopes.—Collops.

Espagnole.—A rich, brown, Spanish sauce.

Farce.—Forcemeat or stuffing.

Feuilletage. — A rich, light puff paste.

Filet or Fillet.—A piece of meat, poultry, game, or fish, cut clear of the bone, and served neatly; the undercut of a sirloin of beef.

Financière.—A rich ragoût or sauce, containing truffles, sweetbread, &c. (*See* recipes for uses.)

Flan.—A French custard.

Fleur.—A pastry-case for sweets or savouries.

Fondue.—A kind of pudding made from cheese.

Fricandeau. — A piece of meat, larded and braised. (*See* page 265.)

Fricassée. — A rich white dish of meat, or poultry, or fish, with sauce.

Fritter. — Anything encased in batter, or coated with egg, &c., and fried. Or batter fried in the form of small pancakes.

Friture. — The substance used for frying the fritters.

Galantine.—Meat or poultry, boned, stuffed, and rolled, then cooked, and decorated in various ways.

Garniture.—The garnish or adjuncts to a dish.

Gâteau.—A sort of cake (May often be served as a pudding.)

Glacé.—A glaze made from sugar. (*See* GLACÉ ICINGS.)

Glaze. — A stiff jelly from stock. (*See* page 10.)

Godiveau.—A good savoury forcemeat.

Gratin, Au.—Meat, fish, &c., cooked in a dish with sauce, crumbs, and flavourings, and served in the dish.

Grenadins.—Round slices of meat, larded, and served in sauce.

Haricot.—A stew of vegetables and meat; originally a dish of meat with haricots: hence the name.

Hors d'Œuvres. — Small relishes served at the beginning of dinner.

Julienne. — Clear soup, with vegetables in strips.

Kromeskies. — Savoury mixtures of meat and sauce, rolled in bacon and batter, and fried. (Detailed in recipes.)

Larding. — The insertion of pieces of bacon into meat. (*See* page 13.)

Lardoons or Lardons.—The pieces of bacon used in larding.

Liaison.—A mixture of cream, eggs, &c., used to bind and thicken sauces and soups.

Luting.—A paste used to "lute" or fasten the lids on dishes of potted game, &c.

Macédoines.—Mixtures of fruits or vegetables.

Marinade.—A liquor in which to steep meat or fish, to heighten the flavour.

Mask, To.—To coat anything with sauce, icing, &c., according to the nature of the dish.

Matelote.—A good fish stew with wine.

Mayonnaise.—A cold sauce; a good salad dressing.

Menu.—The bill of fare.

Meringue.—A mixture of sugar and whites of raw eggs, used in various ways.

Miroton.—Little slices of meat with sauce; the meat served in a ring.

Panada. — An ingredient in force-meats.

Papillote, En.—Cutlets, &c., cooked in papers, and sent to table in the papers.

Pièce de Résistance.—The principal joint at dinner.

Potage.—Soup.

Pot-au-Feu.—A pot used in France for making stock; now applied to the broth made in the pot.

Printanier.—Clear soup, with spring vegetables of various sorts.

Purée.—A substance reduced to a pulp by pounding, sieving, &c.

Quenelles.—Shapes of meat, game, fish, &c., cooked in stock. (Described in recipes.)

Ragoût.—A rich mixture of meat, &c., with sauce; used as a garnish, or for filling patties, &c.

Ramekins or Ramequins. — Various preparations baked in cases. (*See* recipes.)

Relevés.—(*See* Removes.)

Removes. — (*See* Made Dishes in Index.)

Rissoles. — Mixtures of meat and sauce, enclosed in pastry, and fried. (*See* recipes.)

Roux.—Thickenings of flour and butter.

Salmis.—Rich hashes of game. (*See* recipes.)

Sauter.—To cook in a sauté pan, with a small quantity of fat.

Serviette, À la.—To dish on or in a serviette.

Sorbet. — A semi-frozen ice, well-flavoured. (*See* Ices.)

Soufflé.—A light kind of pudding, sweet or savoury.

Suprême.—A rich white sauce. A good entrée, composed of the best parts of poultry with sauce.

Tammy or Tamis.—A woollen cloth for straining sauces, &c., to make them smooth.

Turban.—A dish made in a turban-mould. (*See* page 197.)

Velouté.—A rich white sauce. (*See* page 104.)

Vol-au-Vent.—A rich pastry-case filled with a savoury ragoût, or with fruits; decorated in various ways.

THE MANAGEMENT AND DUTIES OF SERVANTS.

By Phyllis Browne.

MANAGEMENT OF SERVANTS.

The prosperity and comfort of a household—no matter whether it is large or small—depend very greatly upon the efficiency, honesty, and fidelity of the servants who belong to it. Therefore, the subject of the management of servants must be regarded as important by those whose duty it is to preside over a home and a family.

Of late years the relations between mistresses and servants have been considerably strained; and unfortunately, there is every reason to believe that the difficulty that has arisen is on the increase. In the world of domestic service demoralisation apparently prevails, and on all hands dissatisfaction with present arrangements is expressed. Mistresses complain that good servants are rarely to be found: that the inferior servants who have to be engaged make unreasonable demands, are selfish, unskilled, and careless. Servants, on the other hand, declare that domestic service is intolerable: that mistresses are over-exacting, allow neither liberty nor relaxation: and that employment in the factory or the workshop is preferable to household service.

This unpopularity of domestic service which exists amongst people who ought naturally, we feel, to be in service, is the more deplorable because domestic service in a good house ought to be—for young women, at any rate—the most agreeable of occupations. When engaged in domestic service under a good mistress, a girl is being trained to perform those duties of a wife and mother which will, in all probability, ultimately devolve on her; she has a comfortable home, nourishing food, and every reasonable need is supplied. The expenses of her living are defrayed, and she enjoys the protection which a home affords. The mistress, too, who has engaged reliable efficient servants is greatly to be congratulated. For her the trials of domestic management are reduced to a minimum, and if her house is well ordered, the wheels of the domestic machine run smoothly, and there is no unpleasant friction. If, therefore, matters could be so arranged that domestic service should be once more popular, and if, by any means, servants could be properly trained to do their work, and educated to fulfil its duties, great benefit would accrue to the community at large.

It is believed that these desirable conditions are not entirely impossible of attainment. To bring them within reach, however, both mistresses and servants would have to realise that moderate concessions on both sides are reasonable, and they would have to be prepared to make those concessions. Then if *before* the domestic entered on the term of service, an exact

understanding could be arrived at as to what both parties to the agreement were to demand and to receive, the terms being observed, harmony ought to be the result.

True it is that even under these circumstances the difficulty of lack of training for service would still be left unsolved; but even here the prospect is not as dark as at first sight appears. We have at least the hopeful sign that no one denies the fact that training is required; and attempts, partial and limited, but earnest, are being made by well-meaning people to meet it. The best remedy for the evil would be that mistresses who understand household work should be willing to take respectable young girls into their service, and teach them how household work should be done, and that mothers of would-be servants should encourage their daughters to go out into service young, and should allow them to begin to work at the foot of the ladder, gradually fitting themselves for a more important position. Although the dearth of "experienced servants" is so much felt, it is questionable whether what are called experienced servants are as great a treasure as they are supposed to be. Very often they are quite as experienced in prejudice and exaction as they are in the best methods of doing their work. Real experience, when combined with honesty and willingness, is of almost priceless value; but it is not easily found. If mistresses who cannot discover it would now and again try the experiment of taking a young girl from a respectable home, and teaching her the details of domestic work, gradually, and at regular intervals of time, raising her wages as she became more competent, servants would not "change" as frequently as they now do, and the peace and happiness of the home would not be so constantly disturbed because there are new arrivals in the kitchen.

We find, then, that for the successful management of servants there must be moderate concessions to each other from both the parties concerned; an exact understanding at the time the engagement is made as to what each is expected to do and to give, and a thorough training in domestic work on the part of the worker. In other words, there must be a comprehension of, and respect for, the rights and duties of both mistresses and servants. It will, perhaps, be well if we first say a few words on each of the points concerning which there is difference of opinion between employers and servants, and afterwards describe in detail the duties which special servants are expected to perform.

CHOOSING SERVANTS.

In moderate-sized households the master of a house generally chooses and engages the men servants employed, and the mistress chooses the women servants; although in very large establishments these duties are committed to trusty retainers. Thus, when there is a house steward, he both engages and dismisses all servants, both male and female. When there is no house steward the master engages the butler, the coachman, and his own valet, sometimes also the footmen and the grooms; occasionally he engages the butler and the coachman, and deputes the former to engage the men servants for indoors and the coachman to engage the grooms. In the same way the mistress engages the housekeeper, ladies'-maids, and nurses, and the housekeeper engages the women servants. Obviously,

arrangements of this sort must vary with the size and nature of the establishment.

Many opportunities of obtaining domestic servants are available. Of these, the best known are private inquiries amongst personal friends and tradespeople, advertisements in newspapers, and registry offices. By far the most satisfactory way of solving the difficulty is to engage a servant through a friend. If friends are not able to furnish the requisite information, it is well to inquire of the tradespeople, many of whom make assistance of this sort a means of securing custom. Should this means also fail, the employer should either advertise in a respectable newspaper, or enter her name at a registry office. There are disadvantages and advantages belonging to both methods, which have to be considered.

The value of well-managed and high-class registry offices can scarcely be over-estimated. They furnish a means of communication between those who want work and those who have work to give, which is of great assistance to both. Against these offices no objection can be raised. Experience, however, has brought many employers to the conclusion that for every one office that is to be relied on, half a dozen are mere risky speculations, the object of the agent being merely to extort money from those who are in difficulties. The rule laid down by many registry agents that the employer should pay the fee before being suited with a domestic is not to the employer's advantage, and those who have to hire servants should protest against it. When this arrangement is made the agent has no inducement to make an effort to suit the customer. A much more satisfactory condition exists when the rule is made that half the fee should be paid for registration, the remainder when a suitable servant is engaged. If this arrangement could be made general, registry offices would be much more helpful than they now are.

An advertisement in a respectable newspaper is a much approved means of obtaining servants. Here the choice of the newspaper is a matter which calls for judgment. Servants usually advertise in papers with a low scale of charges. When searching for an advertisement, therefore, it is advisable to consult one of these. When inserting an advertisement, it is to be remembered that the better sort of servants go to the newspaper; it is accessible to them, and they can consult it before leaving their last place; consequently, when inserting an advertisement, it is well to choose a newspaper that is read in good families, and likely to come under the notice of superior efficient persons.

The wording of an advertisement that is to be inserted has much to do with success in this direction. Very naturally, domestics in want of a situation are on the look-out for something definite. They like to know exactly what wages will be offered, how many there are in family, how many servants are kept, and details of a similar nature. Accurate information of this sort counts with them for more than do stock phrases, such as "good wages and a comfortable home for a steady, respectable person." The term "good" is relative. The address also should be clearly stated, and the hours during which application may be made and the sort of reference required should be plainly laid down. When it is possible, a personal interview and a personal character should be insisted on: they are the more likely to lead to satisfactory results.

ENGAGING SERVANTS.

The painful discipline associated with changing servants would have to be endured much less frequently than it is if employers were more careful than they are in engaging servants and in giving and receiving characters. When engaging a servant, for instance, an employer is too often contented to ask a few stock questions, which amount to nothing at all, and which both the contracting parties estimate very fairly. It would be much more satisfactory if an attempt were made to arrive at a clear and accurate understanding of the duties that would have to be performed by the servants, and of the privileges that would be allowed; more important still, of those that will be refused by the employer. The chief reason why respectable servants do not settle in their places is that they come expecting too much, and that too much is expected from them. It is comparatively easy to face both discomfort and incapacity when we anticipate them, and are prepared for them, but to have to put up with the one and endure the other when we looked for efficiency and skilful service is very disappointing. It is in this direction that the suggestion is made of employing means to avoid the deadlock in the relations between employers and domestics with which society is threatened. If only there could be a clear understanding before an engagement is made of what it was reasonable to ask and just to grant in laying down the regulations of domestic service, the disputes and discontent which now exist would speedily subside. When considering these regulations, however, it is necessary that employers should realise that the conditions of service are not what they were some years ago, and that the workers of the present day will not accept the limitations which once they would have thought perfectly reasonable. Mistresses who acknowledge this fact, and act upon it, get good servants, and keep them; those who fight against fate, and are determined to adhere to the old traditions, are always changing.

When the propositions between employer and employed as to the terms of service are satisfactory, and are agreed to by the two contracting parties, it is usual for the person seeking engagement to give references as to character to the former employer. If the character proves satisfactory, and if regulations are accepted, the servant is engaged, and the time is fixed for her to enter upon her work.

DISMISSING SERVANTS.

Unless a special arrangement otherwise is made, it is usually understood that the agreement for domestic service is for an indefinite period, terminable by either of the two contracting parties giving a month's warning to the other, or on the part of the employer by instant dismissal on payment of a month's wages. This power of putting an end to the engagement is absolute, and no other condition is required excepting the month's warning or the month's wages. Sometimes a demand is made for the servant's board for a month as well as the month's wages, but, as a matter of law, the payment of board is extraordinary. Legally, the servant is entitled only to a month's wages, calculated on the basis of the annual wage.

A servant can be summarily dismissed without either notice or a month's wage in advance, for insobriety, dishonesty, or gross impropriety of conduct, or for disobedience to lawful orders. When, however, a step of this kind is taken without just cause, the employer is liable to an action for damages; on the other hand, a servant is at liberty to leave his work without notice if denied reasonable food and lodging, or if cruelly and improperly treated either by the employer or any of his dependents.

CHARACTERS.

One of the most onerous duties that devolves upon the employer of domestic labour is the giving of a character to discharged servants. For those who have to engage servants, a personal character is much to be preferred, and by many it is strongly insisted on, not only because there is more opportunity for imposition with a written character, but also because information can be more easily obtained from an interview than by correspondence, and particulars can be gleaned from questions and answers which could not be learnt from a letter.

Householders ought to understand that while it is not compulsory on an employer to give a servant a character, yet if that character is given, it must be truthful, without extenuation or exaggeration, nothing being stated that could not be substantiated in a court of law. To give untrue characters is not only unfair to employers and employed, it is also an illegal action, and the individual who does it is liable to certain penalties. Supposing a householder were to give a dishonest servant a character for honesty, and that servant were afterwards to rob his new master, the person who gave the false character would be liable to an action, and to compensate the sufferer for the wrong sustained. Nor must it be thought that in this matter the law protects employers only. If a servant who merits a good character receives a bad one, redress can be obtained. A bad character untruly and maliciously given renders the person who gives it liable to an action for defamation; although until the untruthfulness and malice are proved the communication is regarded as privileged, and no action is maintainable.

It is to be noted that a servant cannot legally demand a second character from a former employer, although from kindly motives this is sometimes given. When questions as to character have to be sent to an address at a distance, annoyance and delay would frequently be avoided if in the first instance inquiry were made at the post-office of the district to ascertain if the address were genuine.

PERQUISITES.

It is a vexed question in many households whether or not a servant is morally entitled to receive from the tradesmen a percentage or commission on goods supplied for household use. Not many years ago domestic servants—and especially those who belonged to large establishments—were accustomed to claim their "perquisites" in this way, and it was not unusual for the perquisites of a cook to amount to more than her wages. According to an unwritten code well-known and honoured in the servants' hall, the servants

who paid the bills received a percentage from the tradesman of 1s. in the pound. The old newspapers and wax candle ends were the property of the butler; the lady's-maid had the left-off garments of the mistress, the valet those of the master; the housemaid had oddments left in the bedrooms; the cook had the dripping, the kitchen-maid the kitchen grease, and the scullery-maid the bones.

The system thus described was a most disastrous one for both employers and servants; and it was a fruitful cause of dishonesty and extravagance. Fortunately, it is falling into disuse, and still more into disfavour, and there are many first-class households where it is entirely forbidden. The sooner it disappears altogether, the better for everyone concerned. It would be well if both employers and servants were made to realise that not only is the custom immoral and injurious, but it is also dishonest, and therefore illegal. The agent of one party who receives a secret commission from the other party in a business transaction commits an offence against the law; and this is exactly the offence which those servants commit who take commissions from tradesmen.

SERVANTS' MEALS.

In noblemen's houses and very large establishments where a house steward is kept, the upper servants have their meals in the steward's room; in less pretentious establishments they are taken in the housekeeper's room or servants' hall; in small households servants have their meals in the kitchen. When meals take place in the steward's room, the steward's boy lays the table; when in the housekeeper's room the kitchen-maid does so; in small establishments the cook is the person upon whom the duty devolves. With regard to the time allowed for meals, it is usual for one hour to be given for dinner, and half an hour each for breakfast, for tea, and for supper. The usual hour for breakfast is eight or half-past; dinner is generally taken at one o'clock; tea between four and five; and supper between half-past eight and half-past nine. The housekeeper expects to pour out tea for the upper servants of a household, and the upper housemaid or kitchen-maid does so for the under servants.

ALLOWANCES.

In many houses each servant has an "allowance" of certain articles of food, made every week or every month, for their private use. The household stores are then kept under lock and key, and given out as required. The quantities most generally approved for each person are :—

Tea, $\frac{1}{4}$ lb. per week; loaf sugar, $\frac{1}{4}$ lb.; moist sugar, $\frac{1}{4}$ lb. per week; butter, $\frac{1}{2}$ lb. per week; meat, $\frac{1}{2}$ lb. per day, without bone, and allowing for shrinkage—roughly, $\frac{3}{4}$ lb. per day; eggs, $1\frac{1}{2}$ per day; bacon and cheese, variable—roughly, 1 lb. per week; potatoes, 4 lbs. per week; beer, when taken, 2 pints per day. In many households beer is now discontinued altogether. In others beer money is given instead, and the amount given is very variable. The plan of giving beer money has many disadvantages. The expediency of its adoption must be determined by the employer.

WAGES AND BOARD WAGES.

The wages of servants vary so much according to the position and means of employers, and also according to locality, that it is scarcely possible to give figures that will be of real value. Nevertheless, the remuneration awarded to a servant is a subject of great importance to both parties concerned, and its satisfactory settlement has much to do with making the servant contented and earnest in trying to please. The occasion of a change of servants disturbs the comfort and peace of a household, and yet half the servants who give notice of a determination to change do so with the intention of bettering themselves. On this account it would be well if employers would adopt the plan of offering a rise in wage with every succeeding year of service. By this means the servant betters herself by staying in a situation instead of by leaving it; and as a domestic who is familiar with the ways of the house and with the needs of the various members of a family is much more likely to be helpful than a stranger could be, the extra recompense is usually well-deserved.

In many houses, during the absence of the family, servants are put on board wages, and in some houses the same plan is followed for economical reasons, even when the family is at home. To be on "board wages," it may be explained, is to be paid a weekly sum for maintenance in addition to the regular wages. The amount given varies with the rank of the servant—and with the position of the employer, and ranges from 10s. to 16s. per week. When a portion of the necessary provision is obtainable, such as vegetables from the kitchen garden, or milk, butter, and eggs from the dairy farm, the wages are reduced in consideration of these. Servants in receipt of board wages usually put the money together, and depute the cook to provide their meals. The plan, however, is not liked by the majority of servants.

ILLNESS.

An employer is not bound to pay for medicine and doctor's fees should the servant fall ill while under the roof; although if he sent for a doctor to attend the servant he would be called on to defray the consequent expenses, and would not be justified in stopping it out of the servant's wage. It is true that many employers supply medicine to their domestics; but they do it from motives of kindness or convenience. On the other hand, the illness of a servant is not a ground of summary dismissal. The employer would have no right to send a servant away without a month's notice or a month's wage simply because he was ill. Should a servant leave a situation temporarily on account of illness, the employer would be required to pay his wage during the period of absence, though he would not be liable for board as well as wage.

LIVERY AND DRESS.

The term livery is applied to clothes given by an employer to servants, which are to be regarded as a sort of uniform, indicative of the position occupied by the wearer. Servants who wear this distinctive dress are

named livery servants. The men servants who usually come under this denomination are coachmen, footmen, grooms, postillions, and pages. There is no rule universally followed as to the style of livery which must be worn, and the supply which shall be provided. Arrangements concerning these points are made by the employer, and should be made the subject of agreement when the servant is engaged. A livery consists of a complete suit of clothes, and this is generally provided by the master; the servants finding their own linen, gloves, stockings, and shoes. Very often employers provide a dress livery, and a plain suit of clothes also which can be used when the wearer is at work in the house.

Female servants are expected to wear printed cotton dresses whilst at work in the morning; in the afternoon, when the rougher part of the work is done, alpaca or stuff dresses are worn, of a quiet colour, either black or grey. White caps and white aprons are essential items of female servants' dress while on duty. The afternoon aprons should be prettily made of muslin, and an all-over apron of linen or calico should be worn when the servant is at work. In large establishments the housekeeper and lady's maid are not required to wear caps, except from choice. A cook should wear a large white linen apron with a bib in front, and a pair of long white linen cuffs or half sleeves which will cover the arms up to the elbows.

Employers should always insist upon absolute neatness in dress being maintained by every servant in their employ. Inattention and carelessness in this direction should never be allowed to pass unnoticed. The fact that untidiness is permitted in the servants is a sign of inferior breeding on the part of the employer.

"FOLLOWERS."

One of the questions of domestic management which causes more vexation and difficulty than any other is the question of whether or not servants are to be allowed to receive visitors in the kitchen. In large households where, on account of the number of servants employed, companionship within doors is easily obtained, it is comparatively easy to make arrangements on this point, which meet the wishes of everyone concerned; but in small households, where space is more circumscribed, and where the routine of work is more or less varied, servants' followers may cause serious inconvenience to the comfort of the members of the family. This being the case, we cannot wonder that in small households the rule has been repeatedly made that no followers would be allowed; and, as a result, discontent and disobedience have prevailed.

Looking at the subject of "servants' followers" from the point of view of the servant, we cannot deny that there is much to be said. Without doubt, it seems very hard that of all the members of the household, only one or two, and those the persons whose work is most monotonous, and who have the least change in their lives, should be the ones not permitted to have visitors. The mistress of the house sees her acquaintance in the drawing-room, or she invites them to dinner; even the children in happy homes can invite their companions into the nursery or garden to share their play; why should the servants alone be debarred from similar privileges? Servants have their friends, and enjoy a chat with them as

much as the mistress does with hers. Householders are unreasonable who expect that the whole life and thought of a servant should be given up to cleaning rooms and cooking meals.

Householders may feel the truth of these remarks, and yet they may hesitate before they allow their domestics to receive visitors without let or hindrance. Frequent visitors interrupt the work of the household; they cause inconvenience, and they may be the means of food being used extravagantly. Moreover, apart altogether from the discomfort and inconvenience which may arise from having frequent visitors in the kitchen, it is to be remembered that many robberies have been perpetrated by this means. Unfortunately, in these days, short terms of service are becoming more and more common, and the characters of servants are therefore too often not quite reliable. Many burglaries have been committed by scoundrels, a part of whose method of crime it has been to make friends with the maids, and so gain admission to the house and a knowledge of the habits and belongings of the inmates. On this ground alone many householders have come to the conclusion that to allow indiscriminate visiting amongst domestics is not safe.

Taking everything into consideration, however, it may be said that with regard to this question, as with many other domestic concerns, the best and easiest way of solving the difficulty is for the mistress to have a clear understanding with the servant, when the engagement between the two is made, as to the rules which are to be observed on the point. What these rules shall be must depend upon individual circumstances, and must vary in different households. There is no doubt that domestics "settle" best in a house where followers are allowed within reasonable limits. The said limits should, however, in all cases be strictly defined, for thus only can the privilege be preserved from degenerating into a nuisance.

Let householders, therefore, who are in a position to allow their servants to have visitors inform the domestics when engaging them that the following restrictions with regard to them are to be observed :—

1. That no visits shall be paid during working hours, that is, before a prescribed hour. (This rule does away with all danger of work being postponed or neglected in consequence of the visit.)
2. That all visitors shall take their departure before a certain hour.
3. That no refreshment shall be given to visitors without the express permission of the mistress. This rule will not be of universal application. Where servants are allowanced, for instance, it will not be necessary; but where they are not allowanced, but take a share of the food of the household, it is of great importance. Food supplies are the property of the householder, and it is not right that they should be consumed without his knowledge or contrary to his will. If an understanding on this point were clearly established before the term of service began, much friction between employers and employed would be avoided.

In many households it is advisable that a rule should be made that servants who have formerly lived with the family, and who reside in the neighbourhood, shall not be included amongst kitchen visitors. This rule may seem arbitrary, but it is not so. The relations between a mistress and her late domestics may be of the most amicable nature, and the mistress

may be willing to befriend or assist her former maid; but this can be done without opportunity being given for gossip, and for the retailment of inconvenient reminiscences. When a new order is established, the old order should be put away altogether, and left. This is the teaching of experience. It has been proved again and again, and will be yet again, that domestic forces fall into line most readily, and maintain their position longer when they are not able to compare their own methods with those of predecessors who have failed.

One thing is to be said about servants' "followers." It is that where domestics have many holidays and "outings," it is not expected that they shall be at liberty to receive visitors also. Many housekeepers take account of this, and say when engaging a servant, "I give such and such holidays, a liberal allowance, and I allow no followers." Many domestics prefer an arrangement of the sort. But whatever regulations may be found to be most convenient, the point of imperative importance is that they should be clearly stated and understood in the first instance. To be entirely open and exact is the way to avoid complications in domestic matters.

HOLIDAYS.

The question of servants' holidays and "outings" stands in the same position as that of servants' "followers." No absolute rule can be laid down concerning it, and the special circumstances of each household have to be considered before any agreement can be arrived at with regard to it.

At the same time it is imperatively important that at the period of a servant's engagement, a clear understanding as to the times and seasons of holidays, and also as to their limitation should be reached. There is no subject which is discussed with greater warmth, both amongst householders and their assistants, or one which leads to more ill-feeling, vexation, and annoyance than the outings and holidays which are to be allowed to domestic servants in small households. In large establishments the subject causes little difficulty. It is simply a matter of arrangement that when one domestic goes out another shall do the work, and thus affairs are ordered in such a way that the members of the household experience no inconvenience whatever. Indeed, it is greatly to be feared that one reason for the demoralisation which undoubtedly exists in the world of domestic service, arises from the fact that servants in large households enjoy so much liberty. Middle-class servants hear of these privileges, and probably gain very exaggerated ideas concerning them. They take no account of the skilled labour performed by high-class servants, nor do they think of the strict discipline which must be observed in establishments where comfort and order prevail. They think only of the freedom which is associated therewith, and from which they are debarred. Thus they become dissatisfied, restless, and occasionally unreasonable.

From every point of view it is obvious that, concerning this detail of management, each housekeeper must lay down her own rules and make her own terms with her servants. If, however, she wishes that order and comfort should be firmly established, she will be wise to draw up her plans in a liberal spirit. Let her realise that it is well for themselves and for their employers that servants should have regular change, that it

improves their health, and cheers their spirits, and brightens their tempers. Let the householder therefore be as liberal as is compatible with reason and good sense; yet on no account let her allow liberality to degenerate into the countenance of licence. If the arrangement made between her and her domestic is to succeed, it must be entirely one of mutual give-and-take. Above all, let there be the strictest observance of the limits of the time of absence. It is due to servants that they shall have as much leisure and change as can reasonably be accorded to them; it is due to the employer that there should be no latitude, and that order and time should be respected. Agreements established on these lines can scarcely fail to work well.

SYSTEM IN HOUSEHOLD MANAGEMENT.

It is a great aid to the orderly management of a house for the mistress or housekeeper to draw up, in writing, a plan of work, or a time-table of work for each servant. This table may be kept in the hands of the mistress, and a duplicate may be given to the worker. It will serve the purpose of fixing responsibility, and letting the servant know the extent of her obligation. The best service is always obtained in houses where one person is made responsible for each task that has to be performed. On the same paper there should be a list of the properties placed under the servant's charge, and of the utensils needed for her work. The list should be checked from time to time in the presence of both the mistress and the servant. All losses can then be accounted for and made good.

THE DUTIES OF SERVANTS.

THE number of servants employed in a household must, of course, be determined by the position and income of the head. In large establishments from thirty to forty indoor servants are frequently engaged, and the scale of living in English homes graduates downwards to households in which one maid-of-all-work does all that has to be done by hired assistance. Yet, although the number of servants may thus vary, it is to be remembered that the duty which belongs to each department of domestic service is always the same. Thus a butler always undertakes work of a particular sort, a cook certain work, a housemaid certain work, and so on; and the service thus performed by the different functionaries never changes. It is important, therefore, that the duties which devolve upon different classes of servants should be clearly defined and thoroughly understood.

In the largest establishments the men servants employed usually include a house steward, a butler, a valet, a *chef* or male cook, with an indefinite number of footmen, coachmen, and grooms. In establishments of this description there is almost invariably a professional manager engaged, upon whose shoulders all responsibility connected with the management of the servants rests. The house steward is the title given to the professional who looks after the men, while the housekeeper controls the women servants. Servants take rank in the household according to their position. The following is the usual order of precedence. Amongst men servants—House steward, valet, butler, footman, page, coachman, groom. Amongst

women servants—Housekeeper, lady's-maid, head nurse, cook, parlour-maid, upper housemaid, upper laundry-maid, under housemaid, nursemaid, under laundry-maid, general servant, kitchen-maid, scullery-maid. We will take the various servants, one by one, and describe the duties of each.

THE HOUSE STEWARD.

This functionary is only employed in very large establishments, presided over by the highly-born or very wealthy. He engages and dismisses the servants, orders everything that is needed for the household, pays the household bills, and is responsible to his employer only for the money that passes through his hands. He usually has a sitting-room set apart for his private use, and a boy is kept to do his errands and carry messages for him. He is generally a trusted person, who has been trained to fulfil his duties through long acquaintance with the family under whom he serves, and the extent of his responsibility varies with his character, and the character and wishes of his employers.

THE BUTLER.

In large establishments the butler is the servant of second rank; in smaller households he is the chief of the domestics. He has charge of the wine and plate belonging to his employers. The possessors of fine wines usually prefer to keep the control of the consumption thereof in their own hands, but they give out to the butler, weekly or monthly, as much as they think right. This functionary, then, keeps a cellar and stock book. Here he makes an entry of every bottle opened, and also makes a statement of the age and quality of the wines in each bin. These memoranda ought to be checked by the master at regular periods. The butler sees to the fining, bottling, corking, and sealing of wine that is in cask, and he is responsible for the management of the wine and ale cellars. He brings out and decants the wine wanted for daily use, and keeps charge of it till required, and he draws and gives out the ale for the servants' hall. The family plate also is put in his charge. When he enters on his duties a list of the plate is given to him, and he is answerable to his master for its safety and condition. If any articles are missing the butler is understood to be responsible for them. When an under butler is kept the head butler does not actually clean the plate, but he is expected to see that his subordinates clean it properly. In more limited establishments he cleans it himself. He locks up the plate at night, and it is then his duty also to see that the house is made secure, and that all bolts and fastenings are properly adjusted, and fires and lights put out. The domestic duties of the butler commence with the first meal of the day. He waits at table at that meal, and also at luncheon, the footman being supposed to be otherwise occupied at that hour. At dinner he places the plate on the table, and when it is done with he removes it. He places all the ornaments on the table, sees after the decorations generally, and decides what glass and china shall be used. When everything is ready he announces dinner in the room where the company are assembled.

In these days, when dinners *à la Russe* are popular, the onerous duty of carving the joints devolves upon the butler; it is, therefore, important that he should be able to carve skilfully. In family dinners, where the carving is done by the master or mistress, the butler puts the first course dish on

the table, then removes the covers, which he hands to a subordinate to carry out of the room. When the first course is handed he serves the wine, remaining at the sideboard for that purpose. When the first course is over he gives the cook notice of the fact by ringing the call-bell. He places and removes the chief dishes belonging to each course. If the dessert is on the table from the commencement of dinner he rearranges it when the time comes for it to be enjoyed, and he supplies each guest with extras that may be required for it. If the dessert is not on the table, he, with the help of a footman, removes the slips. When the dessert is served he ascertains that the lights and fire are in order. Then, having received a sign from his master to show that his attendance can be dispensed with, he leaves the room. He then repairs at once to the drawing-room to see that everything is in order there, and presides over the serving of coffee and tea in the drawing-room.

The butler generally answers the front-door bell to visitors, and he attends to the drawing-room bell. He announces all visitors, and is in readiness to attend them when they leave. He conveys all messages, cards, and letters to his mistress. In many households it is arranged that the butler shall have charge of the billiard-room and of his master's study. He is always understood to be responsible for the condition of his own pantry.

When there is no house steward and no housekeeper the butler has sometimes authority over the subordinate servants of the households. He revises their accounts, gives them their holidays, and directs them generally. Of course, in different families different regulations are laid down, but it is generally taken for granted that the butler is a confidential servant. He should be a fairly well-educated man, and thoroughly trustworthy, and there should be no doubt whatever about his sobriety. This is a detail of great importance, because a butler has access to wine, and there is temptation to error in this direction. Therefore, when a butler has to be engaged a personal character from a reliable source should be considered indispensable.

THE VALET.

The duties of a valet are almost entirely personal, for it is his special province to wait upon and promote the convenience of his master. He lays his master's toilet in readiness for dressing and undressing, has the care of his master's wardrobes, brushes and cleans his master's clothes, and sees that everything required for personal use is kept in order and is ready when required. He is responsible also for the condition of the dressing-room, and, before his master is likely to use it, sees that the housemaid has done her duty in lighting the fire and dusting the room. When water has been used for washing purposes he empties the basin, and sees that the jug and carafe are filled with fresh water. He also looks after the appointments of the toilet-table, and ascertains that everything is in proper order. He delivers messages to and for his master. When his master goes on a journey he takes the tickets for him, looks out betimes for a comfortable carriage, and, as far as he can, anticipates and supplies his needs, and is ready to obey orders. Should the master pay visits at country houses the valet accompanies him, packs and unpacks his trunks, and waits upon him.

When the master goes out shooting the valet may be required to attend, in order that he may be at hand to do anything that is needed. On occasions of this kind a clever valet may, if he likes, render himself extremely useful, and wealthy young men of fashion who are accustomed to pay rounds of visits, and elderly gentlemen, usually consider the attendance of a valet a necessity, whereas married men and heads of households (unless they are persons of exceptional wealth) arrange that the family butler shall give to them whatever personal attendance they require. As a rule, therefore, it is more usual for a valet to be employed by young single men and elderly men than by married men.

THE FOOTMAN.

In large establishments it is not at all unusual for three or four footmen to be kept as well as the butler. Partly these functionaries are regarded as ornamental. Their height is a consideration of great importance, and tall, fine-looking footmen are in great demand. In some houses two footmen are engaged instead of a butler and a footman; in others one footman is kept instead of a parlour-maid. It is not easy, therefore, to say what the exact duties of a footman (as such) are, because they vary with the character of the establishment to which he belongs, with the style of living, &c. On the whole it may be understood that he is a sort of complement to the butler on the one hand, and to the valet and parlour-maid on the other, and he performs duties which, strictly speaking, belong to all these servants. His work is, therefore, a subject for arrangement.

When one footman only is kept it is customary for him to clean boots, knives, and windows, and chop wood. In the morning his first duty is to clean the boots; he then carries them to the doors of the rooms occupied by their owners, and calls the gentlemen of the household at the hour appointed. He must then lay the breakfast for the family and make the toast, and when the meal is over he clears everything away, and washes china, silver, and glass, in the butler's pantry. The plates and dishes that are greasy are sent to the kitchen to be cleansed by the cook or kitchen-maid, as the case may be. The footman then fills coal-scuttles, looks after fires, trims lamps, goes errands, answers the bell, cleans the silver, and does whatever extra work devolves upon him. He is expected to be dressed in time for luncheon, at which he waits. In the afternoon he answers the bells, looks after the fires, takes in tea, and at dusk lights the lamps and closes the shutters in the sitting-room. Half-an-hour before dinner he rings the dressing-bells, carries hot water to the bedrooms, and lays out the evening garments of the gentlemen. He lays the cloth, serves the dinner, and waits at table; then clears the table and washes the glass, china, &c., as in the morning. If wineglasses, &c., are wanted, he carries the tray on which they are placed to the drawing-room. With regard to livery, the footman occupies the position of other livery servants, both as to privileges and work. He has both dress and undress suits from his employer, and has only to find linen, stockings, shoes, and washing. Wages, and regulations as to holidays, &c., are subject to private agreement at the time of engagement. (*See* PARLOUR-MAID.)

PAGE.

In some households a page, or young male servant, is kept. The plan answers very well in large establishments where experienced men servants are employed who can maintain, control, and exercise supervision over the young assistants; and it is also very frequently successful in households where a clever housemaid or parlour maid can look after the page, and see that he does his work. In any case it is a mistake to take a very young boy for the position. A page under fifteen is likely to be more of a trouble than a help.

The duties of a page consist in cleaning knives, shoes, windows, &c., chopping wood, carrying coal, and brushing the gentlemen's clothes. He should be dressed by one o'clock, and be ready to answer the bells in the afternoon, and run errands. He waits at table, assists in washing the glass, plate, china, and all crockery that is not greasy. He also keeps the rooms supplied with coal, looks after lamps and candles, takes hot water up to the bedrooms, and rubs the furniture. The parlour-maid is his superior in rank, and when the two have to wait at table together, his companion ought to act as butler, and he as footman; that is, the parlour-maid should stand behind the master, the page behind the mistress; the former should place and remove the principal dishes, and the latter should fetch and carry between the dining-room and kitchen. When clearing the table the parlour-maid should remove the plates, &c., from the table, the page holding the tray, and he should carry the tray away. When anything not already in the room is wanted during a meal the page fetches it. The parlour-maid should remain in the room until the time for dessert.

In clubs and institutions of the sort a page is often kept for the purpose of carrying messages.

COACHMAN.

A coachman should, above everything, be a skilful driver, for the essence of good coachmanship is to drive with safety and despatch over difficult country, and he should also be thoroughly familiar with the details of stable management. He is answerable for the condition of the carriages and horses; he should understand how to purchase provender judiciously, and should see that the horses are well fed and groomed. He may have to deal with the coach-builder, horse-dealer, and veterinary surgeon, and he has to exercise a certain supervision over his assistants, if he has any. The more ignorant or the more busy the owner of horses the more important is it that the coachman should thoroughly understand and industriously perform his stable and coach-house duties. A coachman's duties vary, of course, with the extent of the establishment to which he belongs.

The duties of an "under," "second," or "ladies'" coachman correspond with those of the head coachman. If more than two coachmen are kept their duties resemble those of the first and second, but their wages are lower and their liveries less costly.

The following valuable hints as to the position and duties of coachmen are taken from Sidney's "Book of the Horse" (Cassell & Co.):—

"The most expensive class of servants required by a person who keeps pleasure-horses are the head coachman of a lady of fashion and the stud

groom of a hunting stable. The business of a head, or, as commonly called, a 'body' coachman, is to drive his master or mistress, and superintend everything connected with the carriages, harness, and horses; to see that everything is done that ought to be done, without ever touching anything with his hands in the way of work, excepting his reins and whip. . . . His first duty is to drive well, and this is a delicate and difficult task. The art of starting, rushing along and round the corners of London streets at great speed, and stopping suddenly at a succession of houses or shops without jerking or discomposing the nerves of an hysterical lady or gouty lord, is very difficult to acquire, and, when acquired, worth high wages.

"If, in addition to the art of town driving, a coachman adds that of superior stable management, and turns out 'his' horses and carriages fed, groomed, dressed, and cleaned in the very best manner, at not too extravagant a cost for the rich man's purse, then he is in his proper place in an establishment where the best of everything is expected to be provided, and cost is a matter of little importance. But when a coachman has a horse 'lame,' 'sick,' or 'off his feed,' or needing shoeing when he is wanted for either day or night work, the proper plan is to get rid of the coachman. Therefore, on engaging a head man it is well to tell him that his place depends not only on sobriety, honesty, and punctuality, but on the horses always being fit to be seen, and fit for real work or ornamental work, as the case may be. . . . If horses are not overworked and are of sound constitution they should look well and go well. If not the fault is with the coachman."

GROOMS.

The authority just quoted, speaking of grooms, says: "The art of grooming is seldom attained, even by the most industrious and apt man, who has not commenced as a boy under a competent teacher and severe disciplinarian. The best grooms are trained in hunting stables, beginning at fourteen or fifteen years of age at latest. Very good ones, though not always very smart, come from the stables of farmers who hunt to sell their young horses. The sons of coachmen, who have lived in the stable from the time they could walk, under the severe discipline of a parent who knew his business, and liked his ease, is the best. Some very clever grooms are trained by clergymen in hunting counties, of small means and horsey tastes. In a word, a stableman to arrive at any degree of perfection in connection with the number of minute details of stable management, must be 'caught young' and trained by a just and severe tutor."

It is obvious, of course, that the extent of a groom's duties must vary with the extent of the establishment to which he belongs. Generally speaking, his work is associated with the care and feeding of horses. Good grooming is essential to bring a horse to the highest condition, and "as any groom can make a horse sick, a bad feeder, a slug, restive, or lame, with very slight chance of detection, liberal wages, to secure and retain the services of a really good man, are true economy."

THE HOUSEKEEPER.

In small households the mistress is her own housekeeper; she controls the servants, arranges the routine of work, orders the meals, and exercises general supervision of management. In large establishments, however, where a number of servants are engaged, and where domestic affairs are conducted on an extensive scale, it is usual for the lady who is at the head of affairs to engage a capable and experienced person to relieve her of the business of housekeeping, and upon this functionary all responsibility associated therewith rests.

The most important qualifications required in a housekeeper are, first, that she should be familiar with the etiquette and routine of household management—knowing, in fact, how things *ought* to be done; and secondly, that she should be able to systematise the work, so that it may be accomplished in a methodical and orderly fashion. It is, indeed, more necessary that a housekeeper should be able to make others work than that she should be able to work on her own account. It is true that in smaller establishments there are frequently to be found what are called "working housekeepers," or functionaries who undertake the duty of management and are expected also to do some portion of the work with their own fingers. But the professional housekeeper seldom attempts the performance of this double duty. She may make the more elaborate sweets, and take upon herself the manufacture of articles of confectionery, but she rarely does more than this. Her time is, as a rule, fully occupied in supervising the efforts of others.

The would-be leader amongst his fellows must, before everything else, be able to manage men. It may be difficult to manage the masculine half of humanity, but it is very much more difficult to manage the female half. Women, and especially uneducated women, are not easily either led, guided, or driven. They are apt to disagree with each other, and they have not a due sense of the relative importance of different details; moreover, they are keenly impatient of all pretence. As a rule, women will more readily obey a man than they will obey another woman. Yet the housekeeper who cannot secure the obedience of her subordinates is an absolute failure. Tact is the implement by the aid of which she will most effectually gain her end. She must not be merely arbitrary, she must endeavour to be just and kind, yet firm, and scrupulously respect the rights of others while exacting her own.

When a housekeeper has not grown into the position she occupies, but is called upon to step into it as a stranger, she should carefully feel her way in the first instance, avoid treading on the corns of her neighbours, and refrain from introducing innovations until she is at the centre of the situation. During the first days, or even the first weeks, of duty she will be wise to allow the methods of her predecessor in office to remain unchallenged, even though she feels that they are imperfect. When she has obtained influence and authority over her assistants she may make the changes which she considers desirable, and her dictum will be accepted. But if she attempts to make radical reforms before she has had time to feel her way, she is sure to arouse rebellion and opposition. For a housekeeper, discretion is the better part of wisdom.

A crucial test of a housekeeper's capacity is the judicious division of the work of the household. The most successful housekeepers usually have a complete plan of work. They set down in writing what may be called a time-table for each worker for each day. Sometimes they give a copy of these tables to the workers to whose department they belong; but in any case they keep the form, and refer to it from time to time, and thus, without effort, they keep the reins of management in their own fingers. If unpleasant friction is to be avoided in household management, it is necessary that one particular person should be made responsible for every detail connected therewith. The housekeeper is the person who must fix this responsibility, and her success will largely depend upon the judgment she displays in the performance of this feat.

A skilful and conscientious housekeeper is always careful of the property of her employers; she insists upon the various utensils and belongings being put to their lawful use, and upon their being preserved from destruction or deterioration when not in use. Here, again, she finds the principle of "fixing responsibility" to be of great value. On entering on the duties of her position, she asks for, or makes, a complete inventory of every article used in domestic work. This inventory she then subdivides into lists of utensils used by each worker. Thus she has a list of the saucepans, kettles, tins, &c. &c., used in cookery; a list of the brooms, pails, dusters, &c., used by the housemaid; a list of the china and glass used in laying the table by the parlour-maid, and so on. Each one of these lists is gone over and checked, and the articles named therein are brought out for inspection at short intervals of time, say every month or every six weeks. Thus breakages and losses are discovered at once, and the condition of the various implements is made evident.

The capable housekeeper is always a good accountant. The management of household expenses usually devolves upon her, therefore she should keep a strict record of money spent, of goods ordered, of bills paid, and of expenses incurred. She should insist upon it that whatever supplies come into the house should bear upon them a ticket stating the weight or quantity and the cost; these tickets should be checked and afterwards filed separately, and they should be compared with the bills when the latter are sent in. Once a week the housekeeper should balance her accounts, and make careful investigation of any error that may appear. If she is wise she also will arrange that from time to time her accounts shall be looked over and passed by her employer, or by some other person deputed to undertake the duty. Mistakes in connection with money are of the most serious import; they are severely condemned when brought to light, and yet through inadvertence or want of vigilance they are very easily made. Experienced housekeepers are always afraid of them, and take the greatest pains to avoid them.

A knowledge of times and seasons in connection with household work is indispensable to the housekeeper. It is not sufficient that she should be familiar with the routine of daily labour, she should know also when, as well as how, special and extra duties required at special periods are performed. Thus she should look after the thorough cleaning of the house in spring, the preparation in their proper season of jams, jellies, pickles, and home-made wines; the drying of herbs, the making of sauces;

the provision of light covering for the beds and light furniture for the rooms in summer, and the substitution of warmer articles in winter; the storage of coal when it is low in price, the cleansing of blankets, counterpanes, and curtains, and all similar details. As far as may be, she will be on the alert to take advantage of extraordinary opportunities, so that the house may be kept in order with as little discomfort as possible to the members of the family. The temporary absence of the occupier of a bedroom will be seized upon as an opportunity for turning out that room, and due regard to thorough cleanliness being observed, the processes of cleaning will be kept out of sight. Much may be done in this direction to promote comfort and prevent annoyance by a housekeeper who has forethought combined with industry.

The housekeeper who presides over even a moderately large establishment usually has a sitting-room placed at her disposal, which is regarded as her special sanctum, and which is known as the housekeeper's room. Here she and the upper servants take breakfast, tea, and supper together, here she receives her friends, here she makes up her accounts, plans the work to be done by the different servants, and makes out her marketing orders. Not without her permission would any other than the housekeeper enter this room, or in any way make use of it.

The duties of a housekeeper are undoubtedly onerous, and her position is a responsible one. The more knowledge and experience she possesses, provided always that she is conscientious in principle and industrious in performance, the more likely is she to give satisfaction to her employer and to gain honour and respect from her subordinates in office.

LADY'S-MAID.

No one should undertake the duties of a lady's-maid who has not been thoroughly trained to the work, and who does not possess a practical acquaintance with the arts of dressmaking, millinery, and hairdressing. A competent lady's-maid may easily earn for herself a high and responsible position in the household; she may enjoy many years of well-paid and not too onerous service, and it is not at all unusual for the trusted and respected lady's-maid to be appointed housekeeper in a large establishment when a vacancy for that situation occurs. But an incompetent lady's-maid is a cause of constant annoyance and also loss to her mistress. She is a disappointment where success is of importance, and her want of skill is productive of irritating discomfort. Consequently, she has little chance of being looked upon as a friend by her mistress, and as the relations between a lady and her maid are necessarily more personal than those which exist between the mistress and ordinary servants, the failure is specially unfortunate.

The lady's-maid should not only be qualified to fulfil the duties of her position when she applies for a situation, she should also take pains to keep herself abreast of the requirements of fashion, though these are continually changing. She should study the modes of the day, and, if possible, she should from time to time take lessons in dressmaking and hairdressing, in order that her services may be made more valuable. She should always be on the alert to collect recipes for cleaning fabrics, for

removing spots and stains, and for renovating material. If she wishes to be highly appreciated, she will aim at the economical management of the wardrobe, and make herself skilful in turning and altering garments; thus she may save her lady much expense. The majority of ladies are very glad to save money in this way; they do not favour extravagance, though they wish to be daintily and becomingly dressed; therefore, the prevention of extravagance is a probable road to a lady's favour.

The care of the contents of the wardrobe is an important part of a lady's-maid's duty. She should be most particular to keep everything in perfect order, to have a place for every article, no matter how trifling it is; to brush and set to rights clothes that have been worn, and put them away in good condition. All woollen goods she will shake well after use, all cashmeres, merinos, &c., she will brush thoroughly, velvets and silks she will wipe with flannel. She will be careful to supply mantles, jackets, and waterproofs with loops, by which they can be hung. Skirts and dresses are often put on a stand when not in use; but if this arrangement is not convenient, the maid will see that they have loops, one under each sleeve, and three on the bands, to keep the folds from being flattened. Many ladies have their dresses hung by loops in large calico bags, and bows and busts are stuffed with soft paper, to preserve them from creases. If, unfortunately, creases should be formed, the garment thus disfigured would have to be hung before the fire for awhile, or should this plan fail, the fabric might need to be slightly damped and ironed with a cool iron over paper or muslin.

Garments that have been made wet always receive instant attention from a competent lady's-maid; according to the nature of the fabric they would be either shaken or wiped, then spread out to dry. Hats and bonnets also would need to be set straight and put away as soon as done with. They should be dusted with a feather brush or silk handkerchief; the flowers should be pulled out and arranged; bows filled with soft paper or cotton wool; the ends of satin ribbons rolled the opposite way to that in which they roll themselves; and feathers that have suffered from the effects of wind or damp be held to the fire for a minute, then curled with a blunt knife. It is an excellent plan to fit the box in which bonnets are kept with stands, upon which head-gear can be placed without being crushed. Boots and shoes when not in wear would either have to be placed on lasts or stuffed with soft paper. Thus cared for, they keep their shape longer than would otherwise be the case. After they have been made wet, they should be dried slowly but thoroughly; patent leather or Morocco dress boots should be well dusted, and rubbed with a little milk; satin boots should be dusted, and if soiled should be cleaned with bread-crumbs; ordinary boots should be freed from mud, then treated with one of the many excellent blackings which are sold in bottles for a purpose of the sort.

The gloves that a lady has in wear also need the attention of the lady's-maid. When not in use, they should be kept from the air and the light, either in a tin box or in a dry and tightly stoppered bottle. After being taken off, they should on no account be folded one inside the other, rolled, or squeezed. Rather they should be drawn out lengthwise till cool, the fingers should be stuffed with a little cotton wool, and they should be laid

away flat. Strict attention to details of the sort mentioned, with repairs of every kind, will devolve entirely upon the lady's-maid. The daily duty of a lady's-maid will be to set in order the dresses her mistress will wish to wear, it may be to put the dressing-room in order, to carry a cup of tea, coffee, or chocolate to the bedroom, and to give the attention required. In matters of this sort customs differ in different households. Some ladies prefer to dress themselves; others demand personal attention. A sensible lady's-maid will try to make herself valuable by doing what is wanted; she will endeavour to gain a clear comprehension of her employer's wishes, and fall in with them.

Ladies who visit at country houses, or who are accustomed to travel, and who keep a maid, generally take the maid with them. Under these circumstances, the duties of the maid are apparent. As far as possible she takes on her own shoulders all anxiety and responsibility connected with travelling, packing, and unpacking, &c.; she makes everything ready for her lady; and promotes her comfort as much as may be.

It is generally expected that a person who intends to occupy the position of lady's-maid should be fairly good-looking. She should be tall, rather elegant, and stylish in appearance, be quiet and respectful in manner, and have a good address. She should be thoroughly discreet and prudent in conduct, for there is no situation in which fidelity is so much required. Her dress should be quiet and becoming. It is not usual for her to wear caps, nor yet to wear print dresses in the morning.

NURSES AND NURSEMAIDS.

No one ought to entertain for one moment the idea of being a nurse, and of looking after children, who is not naturally very fond of children, and who does not feel that she can be patient with them when they are fretful and peevish, and that she can put up with their little whims and tempers. In the nursery, demands are certain to be made on the good temper, good-nature, and forbearance of those under whose care the children are placed. If these demands are not met, irrevocable mischief may be done. A nurse can scarcely help influencing the characters of her young charge either for good or evil, and the duty laid upon her is so all-important and so far-reaching in its effects, that it ought never to be entered upon lightly. It has been truly said that "the mistress of a household who is also the mother of a family, ought to be more careful about the character of the nurse and nursery-maid than of that of all the other servants put together. Inefficiency in other departments may cause discomfort and annoyance to the grown-up members of the family; integrity and want of truthfulness in cook, housemaid, or kitchen-maid may result in loss and in inconvenience to the elders; yet these failings in a nurse would be far more dangerous, for they might be communicated to the children, and might affect their characters for evil during all their future years."

It is not enough that a nurse be capable, patient, and kindly disposed; it is important also that she should look pleasant and cheery. On no account should there be anything peculiar about her, and she should have no deformity or disfigurement. She should speak clearly, distinctly, and

grammatically, and should be free from provincialisms. With regard to all details of this kind, it is to be remembered that children are quick to imitate those about them; therefore, they will be very likely to reproduce the defects of their companions. Little mannerisms and tricks of speech are much more easily acquired in early life than they are thrown off later, therefore it is most desirable that the child should begin well. The nurse should be healthy and robust also. If she is sickly, she may communicate the seeds of disease to her young charge; if she suffers from debility she will not have the energy she needs.

The duties of a nurse vary with the size of the family and the number of servants kept. When there are several children and more than one nurse, the head nurse has entire charge of the infant. She washes it and dresses it, takes it out of doors, and manages it entirely. When she goes out she deputes the most trustworthy person available, whether under-nurse or housemaid, to look after it. The head nurse is responsible for the comfort, ordinary health, cleanliness, and neatness of the baby; for the cleanliness and ventilation of the nurseries, and for the ordering of the nursery meals, carrying out with regard to these details the wishes of the mother. In every nursery the will of the mother should be law. The rough part of the work may be done by the under-nurses or by the housemaid, but the head nurse makes all arrangements connected therewith. She also makes and mends the baby's underclothing, and supervises the needlework for the other children. The extent of her work in this direction must, however, be determined by the health of the baby. With a healthy baby a nurse can do plenty of needlework, but when baby is fretful and peevish, and requires continual attention, the nurse's hands are full enough. It is impossible, therefore, to lay down an absolute rule as to how much needlework the nurse should undertake.

It has already been said that the under-nurses do the rougher part of the work belonging to keeping the nurseries in good condition, and serving the children's meals. It is always advisable to keep a special set of tea-things, china, glass, knives, forks, and spoons for the nursery meals, and these should be washed by the nursery-maid, and kept in a cupboard in the day nursery. The head nurse should insist upon the children's meals being laid properly; and upon order and punctuality being observed during their continuance. Breakfast and tea the nurse takes in the nursery; dinner and supper she takes with the other servants. An hour is the time usually allowed for dinner, and half an hour for supper.

A nurse should be an early riser, so that she may have the chief part of her nursery work done before the children have to be washed and dressed. Before the little ones rise the day nursery should be swept and tidied, and the breakfast laid. Needlework is done while the baby has its morning sleep. Many nurses arrange to wash part of the baby's clothing. This work also must be done while baby sleeps, while ironing is often done in the evening after he has been put in his crib for the night. A little child is generally put to rest by 6 p.m., so that there is plenty of time for the performance of duties of the kind, when the little one is healthy and well managed. All arrangements must, however, depend upon the well-being of the child. With an ailing infant, a nurse may have her time entirely occupied without undertaking any of the employments named,

and if the infant sleeps in her room, and her nights are broken, she may need to have opportunity for taking a little rest during the day to fit her for her trying task. If too great a strain is put on the nurse, it is to be feared that the child as well as the attendant may suffer.

When there is only one nursemaid, and two or three children, including an infant, the housemaid usually gives the nurse assistance. She sweeps the nurseries every day and cleans them once a week, and she carries to the nursery milk, bread, and other things required for the children's meals; also coal for the nursery fire. This help is indispensable, because when children are quite young it is not safe for the nurse to leave the room. The nurse would then make her own and the children's beds, dust the room, and do what could be done without leaving the apartment. If it were not convenient for the housemaid to assist in this way the mother would have to take charge of the children while the nurse was bu-y. It is, however, always a subject for congratulation when kindly feeling exists between the kitchen and the nursery. Without it difficulties are almost sure to occur, and friction is inevitable. But when children spend much of their time with their mothers (and this is the ideal state of things), a nurse ought to do much useful work.

THE COOK.

The cook is a most responsible and important functionary of the household. Her principal business is the preparation of food, and it is obvious, therefore, that the health of the members of the family, as well as the degree of economy or extravagance which shall regulate expenditure, depend upon her capacity and character. When skilful and conscientious, a cook is always highly respected. No servant is valued more than she, and when she can do her work satisfactorily she generally has the command of the situation she fills.

In very large establishments and in hotels, men cooks, commonly called *chefs*, are preferred to women cooks. These functionaries have other servants under them. Their duty is to superintend culinary processes, to draw up bills of fare, and to order or buy whatever food supplies are needed. They command high wages.

In ordinary households women cooks are usually employed. Skill in cookery can be acquired only through training and practice, and for both the expenditure of time is necessary; consequently, we find that young girls are seldom engaged as cooks. When the mistress has a practical knowledge of cookery, and is willing to give hints on the subject to her assistant, young girls frequently undertake to act as cooks in modest households, and when they are quick and willing they progress rapidly, by simply taking pains to do their best with every dish they prepare. Thus they find themselves fitted to do work for which there is an increasing demand, which is well-paid and very interesting. The many excellent and reliable books on cookery which are now published make it possible for anyone who will give close attention to the subject, and who has opportunity for practice, to become a clever cook.

Apart from skill in cookery, the best cooks are invariab' / characterised by cleanliness and the love of order and punctuality. They are also

animated by the spirit of economy. A dirty cook is not to be suffered, and a disorderly cook is almost always dirty. Mistresses and housekeepers should be resolute in insisting that cleanliness and order shall prevail with regard to everything that concerns the preparation of food. In a cook fastidiousness is a virtue. Not only in her habits, but in her dress and person, a cook should be exceptionally neat. When on duty she should be dressed entirely in washing materials; her dress and cap should be spotless, her person should be enveloped in a large white "cook's apron," and she should have over-sleeves that will cover the sleeves of her dress up to the elbows. She should accustom herself to wash her hands at frequent intervals in warm water and soap, and to dry them well. By this means her hands will be kept cool, and a cool hand greatly assists successful cookery. She should also be most careful to keep her nails in good condition, and to use a nail brush daily. Yet, having taken all this pains with her hands, she should form a habit of never touching food supplies with her fingers when a fork or spoon will answer the purpose. She should see that all saucepans and cookery utensils are daintily clean. Thus she will earn the confidence of everyone who becomes familiar with her methods.

Though cleanliness and order are indispensable in a cook, the virtues of punctuality and economy are equally so. An unpunctual cook is an unspeakable annoyance. She causes every member of the household to lose time, and she either tries the patience or arouses the ill-temper of everyone who comes in contact with her. The extravagant cook, on the other hand, makes thrift in others nugatory. As the proverb says, "She can throw out with a teaspoon more than others can bring in with a barrow." In numberless cases the prosperity and comfort of the household are dependent on her will. If she is inclined to be wasteful the most watchful housekeeper can scarcely prevail against her, because it is quite as easy to be wasteful with small quantities as with large ones. According to her habits supplies are wasted or saved, and the foundations of many happy homes have been undermined because cook would be wasteful.

Economical cookery is secured when all materials at hand are used for the best, by which means the purchase of fresh material is diminished. If cooks would but try to carry out this purpose householders would be amazed to find how much money was saved in household expenditure. But the purpose never is carried out in households where the cook is allowed to have perquisites. Therefore, the first thing which a mistress should do who wishes to promote economy is to forbid perquisites altogether. There are no perquisites where everything is used. The trimmings of meat, bone, and fat, of which they are composed, are valuable food supplies, and they ought to be made to yield their full worth. Every morsel of superfluous fat, cooked and uncooked, ought to be rendered; and, with all the dripping from joints, should be clarified. Nothing can be more satisfactory than carefully clarified fat for all frying, or for making plain pastry and cakes. Accomplished cooks recognise the fact; they very much prefer clarified fat to lard, as being less greasy. Yet the ignorant, wasteful cook, insists upon having lard bought for use, such purchase being quite unnecessary. With regard to other trimmings, each meal that is cooked, even the simplest, produces *something* which might go to help to make stock, and stock is the basis of soups and sauces. In every kitchen, therefore, the purchase of

stock meat, excepting for the best clear soup, is needless. Yet, if the amount spent regularly by householders upon meat for stock and fat for frying were saved, how much money would be saved also.

In small households, where only a modest number of servants are engaged, cooks have other duties to perform as well as cookery, the preparation of meals, and the care of provisions. The cook is frequently made responsible for the condition of the halls, passages, steps, and work outside the house. One sitting-room is placed under her care, and where there is no kitchen-maid she cleans the kitchens, larders, and offices, and keeps them in order, washes all kitchen crockery, greasy plates and dishes, but not glass, silver, and china, and she cleans all cooking utensils. The kitchen range and boiler are, of course, her care; she answers the tradesmen's bells; cleans the kitchen knives and also the gentlemen's boots. In houses where only two servants are kept she frequently assists the housemaid to make the beds. If the boiler is not a self-filling one, the cook must keep it filled; and she should regularly clean out the boiler; and if there is a cistern she should keep watch over it, being careful that it is cleaned when necessary. She should be on the alert to detect and stop all bad smells; she should superintend the consumption of coal and see that cinders are duly sifted. She should also be acquainted with the state of the market, and if allowed, take advantage of the seasons to prepare condiments, jams, and pickles, for household use. When her daily work is done, she should, before retiring to rest, tidy the kitchen, put away all provisions, prepare the breakfast, and make ready, as far as possible, for the next day. Her first duty in the morning will be to rise early, light the kitchen fire, put the kettle on to boil, and, as it were, set the household machinery to work. In this, as in everything else that she has to do, she will lighten her own toil and advance business if she is beforehand with her task. People always do well to think before they act, but this preliminary thought is perhaps more necessary for a cook than for other domestic servants.

THE PARLOUR-MAID.

A parlour-maid may be regarded as a sort of female butler; and it is undeniable that in the present day householders are learning very much to prefer parlour-maids to footmen, as being less expensive, more manageable, and also more attractive. It is part of the qualification of a parlour-maid that she should be good-looking, and also tall; and when a pretty-looking person is daintily attired in the uniform usually worn by this class of domestic, the services she is able to render are very agreeable.

In some households a parlour-maid is kept and a man servant as well. Under these circumstances the duties of the position are divided between the two. In other households two parlour-maids are kept, and here again a division of work has to be made. The arrangements named, however, are not common. It is more usual when a parlour-maid is kept for her to be employed singly; if the work is too much for one person a man servant is engaged. In small households where only two servants are engaged the offices of parlour-maid and housemaid are combined. This plan answers well where the work is light. It is obvious, however, that the duties of a parlour-maid must vary with the size of the establishment and

the style of living of her employers. We shall endeavour to deal with the position of a parlour-maid strictly regarded as such.

It has been already said that a parlour-maid should be tall. (This is necessary, because a short person could not satisfactorily lift and pass heavy dishes when waiting at table.) Her manners should be particularly good, respectful, quiet, and yet pleasant. She should be able to move about quickly yet quietly. Her dress should be dainty yet perfectly neat and unobtrusive. In the morning she should wear a pretty light print dress, with cap and apron; she should always be dressed in time for luncheon, and should then wear a black stuff dress, white cap, white collar and cuffs, and white bib apron prettily trimmed with lace.

Very often, in addition to the duties which specially belong to her, a parlour-maid is expected to call the members of the household in the morning; to brush the gentleman's clothes and hats, clean his boots, carry hot water to some of the bedrooms, undertake the charge of one sitting-room, generally the drawing-room, which must be cleaned once a week and dusted every day. In some families she takes charge of the lamps, helps the housemaid to make beds, and if there is much bedroom work, helps with the bedrooms for a part of every morning. Occasionally, also, she cleans the knives for dinner, lights up halls and landings, attends to fires in the sitting-rooms, and sees that the part of the house occupied by the family is securely locked before going to bed. The cook in this case sees to the locking of the kitchens and offices. Details of this nature are, however, subjects for arrangement. The care of valuable ornaments, pictures, &c., is always the parlour-maid's business.

A parlour-maid's duty begins as soon as she rises. She should make herself quite tidy and neat before she leaves the bedroom; she should then repair at once to the room which is her special care. Here she opens the shutters, draws up the blinds, attends to the fire, sweeps and dusts in the ordinary way. Perhaps a word may be said as to the desirability of the mistress or the young ladies of the family forming the habit of putting things straight in the room which they have occupied just before they go to bed. A few minutes devoted overnight to putting music straight, placing books on the shelf to which they belong, setting chairs in their places, &c. &c., will lighten the parlour-maid's morning duties considerably. It is very bewildering for a girl to come down in the dark to a room that is quite upset. She probably does not know where things should go, and she spends valuable time in simply tidying a room which might have been put in order in a few minutes if the room had been tidy in the first instance. It makes a wonderful difference in the servant's labours when the members of the family tidy after themselves.

At the appointed time the parlour-maid "calls" the sleepers for whose awakening she is responsible. In the case of gentlemen she simply knocks distinctly at the door, waits until she receives an answer, and leaves boots, water, &c., outside. If there were a dressing-room with a separate entrance, she would take the water, &c., in there, draw up the blind, empty the washhand basin if it had been used, and make the room tidy, and afterwards knock at the bedroom door. In the case of a lady she would knock at the door, then enter the room, draw up the blind, make things tidy and comfortable, and do whatever was required.

Laying the breakfast table and taking in the breakfast would be the next duty. This is arranged on the same plan as the dinner table. The parlour-maid should see that everything is as dainty, refined, and pretty as possible. Silver and glass should be sparkling and bright, table-linen spotless and free from creases, salt cellars filled daily with smooth, fresh salt, mustard freshly mixed and in clean bottles. It is specially important that the dishes used for marmalade or jam should be emptied, washed, and replenished every day. Large cold dishes are generally placed on the sideboard, which is covered with a white cloth, at breakfast. Small hot dishes are on the table itself. When everything is ready, chairs are put round the table and the gong is sounded. The parlour-maid does not, as a rule, wait at table at breakfast, but she must be in attendance to answer the bell should it be sounded.

When breakfast is over the parlour-maid clears the table. Her routine of duty will now depend upon the arrangements of the household. She will, of course, wash the breakfast things, carrying them into the butler's pantry for the purpose. All plates and dishes that have been used for meat will be under the charge of the cook, but the silver, glass, and china belong to the parlour-maid's department. Silver must be carefully cleaned. It should be washed in hot soap and water with a flannel, rinsed in cold water, dried and polished with a leather every day. If this is done it will always look bright. Once a week it should be cleaned with powder. A really good parlour-maid is always proud of the condition of her silver. Glass should be washed in warm, not hot water, allowed to drain for a few minutes, then wiped quickly with a dry cloth. Cups and saucers should be washed in the same way. Both they and glasses, however, should be emptied before the wash is commenced; in the same way pieces left on plates also should be scraped away before the plates are washed. The practice of putting crockery containing leavings into the bowl and allowing remnants to swim about in the water is a very dirty one.

Answering the bells of the hall door and the sitting-rooms is a very important part of the parlour-maid's duty. Bells should be attended to as soon as they are heard. Delay that might be avoided in this direction is unpardonable. If a small parcel, note, or letter is to be delivered, it should be placed on a waiter. In answering the hall door to a visitor the maid should open the door wide, and respectfully wait. When the question is asked "Is Mrs. So-and-So at home?" the answer should be given clearly and quietly. If the visitor wishes to enter, the maid should step back to make way for her, and shut the door quietly behind her. If the visitor is a stranger the maid should then say, "What name, if you please, madam?" Under these circumstances it is probable that the visitor will either give a card or state her name without anything being said; but if she should not do so the inquiry should be made. It is most necessary that there should be a clear understanding as to the names of visitors. Without it much awkwardness may be caused. If the mistress is not in the apartment the maid should open the door, invite the guest to enter, draw up the blinds, and bring forward a chair, request the lady to be seated, retire, closing the door after her, and at once seek the mistress and inform her that Mrs. So-and-So has called upon her. If the mistress is in the room the maid should open the door, stand by it with the handle in her hand, and usher

the visitor in, announcing the name at the same time in a distinct voice. When the visit is concluded, the mistress will ring the bell for the hall door to be opened. The maid should be in prompt attendance, should hand the umbrella or sunshade—should either have been left in the hall—and should assist deftly with cloaks or wraps. If there is a carriage, and no man servant excepting the coachman, she should open the carriage door for the lady to enter, and after she is seated should put the rug in order, and close the carriage door. She should then return to the hall door and keep it open until the carriage has driven away.

Luncheon is arranged very much on the same lines as breakfast. The parlour-maid lays the table, but she is not usually expected to wait. Whilst it is going on she has her own dinner. When the meal is concluded she clears the table, washes the silver, china, and glass in her own pantry, sweeps up the crumbs, and makes everything tidy.

Tea is the next meal, and it is usually taken in the drawing-room. There are many ways of serving this refreshment, and each family has its own fashion. When visitors are not present five o'clock is the favourite time for it, and hence it is often referred to as "five o'clock tea." There is, however, no arbitrary rule as to the hour of serving it, and a parlour-maid should be prepared to bring it up at a few minutes' notice from four to six. Callers are generally invited to partake of it, and the maid should make it ready as soon as they appear. It should be served as daintily as may be, and crockery and silver should be bright and sparkling. In these days many ladies prefer to make tea for themselves, and therefore they have a dainty kettle with a spirit lamp under it brought into the drawing-room Under these circumstances the parlourmaid should see that the water is on the point of boiling before it is poured into the ornamental kettle, so that it will actually boil in a minute or two when wanted. The practice of making tea in the drawing-room is much approved. When it is adopted there need be no fear that the tea will be either bitter or luke-warm. Five o'clock tea is generally put on a table covered with a pretty cloth, placed in front of the lady of the house. Everything likely to be required is set in order close at hand.

Dinner is the most important meal of the day, and a well-trained parlour-maid always begins to prepare it betimes. If the dining-room is not used as a sitting-room she can dust it and make it tidy, then lay the table quite early in the proceedings, and by this means confusion and hurry are avoided, and the maid will be able to rest a little before she has to begin "waiting." Her first duty in connection with laying the table should be to make everything ready in the pantry, polish silver and glass, fill salt cellars and mustard glasses, &c. &c. If she is expected to decorate the table she should arrange the flowers also, as tastefully as she can. Many ladies, however, prefer to do this business, and every morning they arrange the flowers that will be wanted for the day. Not until everything is ready should the maid begin to lay the table.

Half an hour before dinner the parlour-maid should ring the dressing-gong, and she must ring it again when everything is ready. In many households it is the rule that instead of the gong being sounded the maid should enter the drawing-room and announce the fact that "dinner is on the table." This being done she would leave the drawing-room door wide

open, and stand by the open dining-room door until the guests have entered ; she would then proceed to wait at table.

The details of waiting at table vary in almost every household, and it is scarcely necessary to describe them here in full. Inexperienced persons are seldom engaged for this kind of work, and a bright intelligent maid, who gives special pains to her work, may soon manage this part of it satisfactorily. The rules which are of universal application are that the waitress should be made acquainted beforehand with the order of the dinner, so that there may be no confusion and that nothing may be omitted or handed out of its place. She must move quietly and quickly, and give the closest attention to her work, trying to anticipate what is wanted, and above all she should take no notice of the conversation that goes on. That a waitress should smile or give any sign that she hears what is said at table is always regarded as a signal mark of incompetency.

When each course is completely served the waitress should ring the bell, to let the cook understand that the next one will be wanted immediately. She should hand everything with the left hand on the left-hand side. The wine intended for each course should be handed round as soon as the course is served. When everyone is supplied the parlour-maid should not leave the room, but she should take her stand by the sideboard, and be alert to offer anything that is wanted. This rule holds good only when there is a second servant to fetch and carry what is needed. As each guest finishes what was on the plate she should go up and inquire if more is desired. If it is it must be supplied ; if not, she carries the plate away at once in her left hand with the knife and fork on it. She does not wait until all have finished, but takes each plate singly to the sideboard, puts the knife and fork in the tray placed in readiness for them. All the scraps she puts together, and afterwards puts the plate itself into the plate-basket. If there is no basket for the dirty plates she sets them in a pile, so that they can be easily removed. When all the plates are removed the waitress takes the knife-tray in her left hand, places therein with her right hand the carvers, &c., and afterwards lifts the large dishes from the table with both hands. These methods she repeats with each course.

In clearing the table for dessert, the parlour-maid should take a small tray in her left hand, and with her right hand put on it quickly and quietly all the unused silver and articles not likely to be wanted. The pieces of bread that are left she should take up with a fork. When all are lifted, she should either remove the slips, or take up the crumbs with a scoop. The dessert can then be put in order.

It is not usual for a parlour-maid to wait at table during dessert. Whilst it is on, she is at liberty to put away the things, wash her glass, china, &c., and tidy her pantry. In some houses it is the rule that she should look after the drawing-room fire, see that the lights are lit, and that everything is in order. The more general practice is for the housemaid to undertake this work. The parlour-maid must at any rate serve the coffee. She afterwards removes the tray, and washes the coffee cups. When the gentlemen have left the dining-room she can put away the dessert, fold the tablecloth, and put it in the linen press, and restore the room to its original order.

As dusk approaches the parlour-maid lights the hall lamp, and if

bedroom candlesticks are used, she places them on the table with a match-box by the side. The last thing before the maid retires to rest, she should carry the plate-basket into the mistress's or servants' bedroom, according to the rule of the house.

The position of a parlour-maid is a very pleasant one. There is no drudgery attached to it; the person who fills it comes into personal contact with the members of the family, and if she is attentive and intelligent she can very shortly make herself valuable, and in a good family she may be both useful and happy.

UPPER AND UNDER HOUSEMAIDS.

The title of a housemaid sufficiently indicates her occupation. She is engaged to work about the house, and everything which the cook or parlour-maid cannot do devolves upon her. Her duties naturally depend upon the means and style of living of her employers. When the establishment is large, and two or more housemaids are kept, the housework is divided and the chief worker becomes the upper housemaid, and her subordinates take rank under her. In households where only two servants are engaged, the housemaid acts sometimes as parlour-maid, sometimes as nurse. Sometimes also in small families she partially fulfils the duties of maid to the mistress of the house; in small families also she usually does some of the needlework. Thus it will be seen that the duties of a housemaid vary considerably, according to circumstances.

When two or three housemaids are kept, the upper housemaid is regarded as the person responsible for all the work being properly done; she superintends her assistants, and arranges their duties. The rougher part of the work she may leave to them, but she is generally most careful to do the more particular and dainty work, to dust expensive ornaments, to wash costly china, to handle expensive furniture, herself. She has the charge of the house linen, of course, sees that the beds are properly equipped, and that the rooms have a sufficient supply of towels, curtains, soap, &c., and that all these materials are in order, are cleansed and renewed when necessary. She decides when blankets and counterpanes are to be washed, sees that they are kept in proper repair, and tells the housekeeper when new ones need to be bought. She also has charge of the chintzes and covers for the furniture of the sitting-rooms. Every week she makes out the list of linen that is to be sent to the laundress, and checks the lists when the linen is sent back clean, to see that nothing is lost. She sees, too, that it is properly aired. Twice a day at least, after the under-housemaids have done their work, she makes the round of the bedrooms and dressing-rooms to ascertain if everything is in order, and if everything is provided that is likely to be needed. Should she find that anything has been left undone, she summons the person who ought to have attended to the work, and has it put right; but if she is wise she does not supply the omission with her own fingers.

Strictly speaking, the special duties of a housemaid consist in dusting and putting rooms in order every day, and thoroughly cleansing them every week. In the majority of houses an extra cleaning is also given once a month. In many households the dusting and sweeping of the

dining-room, the front hall, and the front door-steps also devolve upon her. A duty which is constantly neglected, but which certainly ought to be performed by the person who sweeps the hall, is that of brushing and dusting daily the hats and coats not in constant wear which hang on the hat stand, or on a rack at the end of the hall; also any ornaments that may be placed on racks in the hall.

The care of the housemaids' closet rests on the shoulders of the housemaid; she ought to see that all pails and pans used for her work are scalded and rinsed daily, and that the cloths which belong to them are washed, and hung in the air every day. A well-trained housemaid is most careful to keep separate cloths for the drinking water carafe and for the rest of the chamber ware. She also boils all water that is to be used for drinking, and allows it to get cold before filling the carafe, and she empties out daily any water that may remain therein before filling it afresh. She makes it her business to cleanse the sponges, squeezing them dry, and putting them in the sun if possible, after being used, and washing them well once a week in water which has had ammonia or soda dissolved in it. Should the sponge become slimy, she lays it for several hours in strong soda water, changing the water frequently. She makes it her business to collect small pieces of soap as they accumulate, putting them in one place so that they can be boiled to make soap jelly for washing clothes. Pieces of this sort when left in the soap-dish not only look untidy, but they are in danger of being thrown into the bath, and getting into the pipe, so that the water does not run away freely.

Combs and brushes also are under the charge of the housemaid when there is no lady's-maid. These should be cleaned on a certain day once a week, or twice a week, as the case may be; and every day the brush should be freed from hair, the hair being thrown into the fire and burnt. Baths, too, should be cleaned once a week. They are apt to become slippery and dark-coloured with use. This imperfection can easily be removed by rubbing the part with a wet flannel, dipped in salt. Bedroom windows should be cleaned on a fixed day at short intervals, and whenever the windows are cleaned the window-sills should be washed with soap and water.

An experienced housemaid is always careful to see that the rooms under her charge are well aired every day. It is a good plan for the various occupants of the rooms to make a point of opening the windows and turning down the beds before they leave their chambers. In any case the housemaid should arrange her work so that the beds shall be well aired daily. Beds should receive regular attention. They should be examined, turned, and aired daily, and they should be taken to pieces and cleaned from time to time. The beds, mattresses, and pillows should be covered entirely with cases made of common calico, and these cases should be removed and washed at least once a year. Before putting the mattresses in their places after brushing, strips of canvas or strong brown paper should be laid between them and the frame of the bed, and these should be shaken and dusted every week.

The spring and autumn cleanings are an important part of a housemaid's work. On these occasions the rooms will receive extra attention, and they will probably be renovated as well as cleaned. The housemaid

will be the chief functionary employed; and even when additional help is allowed, she will be the person who will be held responsible for the work being satisfactorily done.

At sundown in winter, or in summer in the evening about eight o'clock, the housemaid should visit all the bedrooms, close the windows, draw down the blinds, light the gas, if gas is used, and leave it very low; then turn down the bedclothes neatly, put the nightdresses ready, pour away any dirty water there may be, fill the jugs, &c., and make all ready for the night. In many households it is required also that hot water should be taken to the bedrooms half an hour before dinner-time.

In many houses, and especially when two servants only are kept, the housemaid, in addition to her other work, is expected to help the cook with a portion of the kitchen work. An arrangement very usually made is that the housemaid should clean the boots of the ladies of the family and also the dining-room knives. The cook, in this case, will clean the gentlemen's boots and the kitchen knives. Details of this nature, however, are variable, and there is no fixed rule with regard to them, consequently they are very often a cause of disagreement. It is most desirable that there should be a clear understanding concerning them before the maid enters upon her duties.

Whilst occupied with her morning's work, the housemaid should wear a neat print dress, with an apron large enough to cover the body of the dress, and a bib to protect the bodice. For the rougher tasks she should wear housemaid's gloves. She should always try to be dressed by four or half-past four in the afternoon. She should then wear a black or dark-coloured dress, and a neat cap and apron. If she has to act as parlour-maid she should be dressed in time for luncheon.

LAUNDRY-MAID.

As her name denotes, it is the special duty of a laundry-maid to wash and get up the linen of the household. In some houses the washhouse is attached to the kitchen; but the work can be done much more satisfactorily when it is a separate building, properly fitted with the best appliances. It is scarcely necessary to enter here into a description of the process of cleansing and renovating clothes. It must not be forgotten, however, that a most important part of the work of the laundry-maid is that of keeping a strict account of the articles committed to her care. As soon as the week's wash comes into the laundry, the maid should check the list sent with it, and make a duplicate one of her own. She should divide the clothes into heaps, setting each sort apart (on the boarded floor of the ironing room, not on the brick floor of the washhouse); she should then count the clothes and set down their number in her own list. If there is any discrepancy between her numbers and those sent with the clothes, she should immediately draw attention to the fact and have the mistake rectified. When the clothes are ready to be returned to their owners, the laundry-maid should count them again, checking the numbers by her list before packing them in the basket. She should consider herself personally responsible for the safe delivery of all linen entrusted to her.

Another important part of the duty of a laundry-maid is the removal of spots and stains from linen before washing it. The majority of spots and stains can be removed if they are dealt with quickly. If they are "washed in," as the saying is, they may become fixed, or they form a hole in the fabric. It is astonishing how many simple stains can be entirely obliterated by being laid in clean cold water for some hours as soon as made.

A laundry-maid is responsible, not only for the proper cleansing of the clothes, and for the prevention of loss, but also for their being thoroughly aired. This business ought never to be either omitted or hurried. Plenty of time should be bestowed upon it, and the clothes should be turned and re-turned before the fire or in the drying-room until they are absolutely safe. In large establishments, where more than one laundry-maid is employed, the work is divided between the workers, and naturally the maid highest in rank undertakes the more difficult details, and supervises the tasks of her subordinates. In small households, on the other hand, where the clothes to be washed are not sufficient in number to occupy the whole time of one woman, it is not unusual for a laundry-maid to be engaged, and expected to undertake other duties when her laundry work is done. The division of work is therefore a subject of arrangement.

GENERAL SERVANT, OR MAID-OF-ALL-WORK.

The position of general servant is very differently regarded by different persons. Some think it is incessant drudgery, and they look upon it with scorn. Others more reasonably see that it affords the opportunity for valuable training in domestic work, which no other situation affords to the same extent. The general servant puts her hand to every description of household service. Whatever has to be done in the house which the mistress does not do is done by her; she is cook, housemaid, parlour-maid, laundry-maid, and kitchen-maid all in one, and thus becomes initiated into the routine of duty as none can but those who obtain practical mastery of work by doing it. The initiation thus gained is of the greatest value. A general servant who is capable and trustworthy commands high wages, and she is sure, sooner or later, to receive promotion. Experienced housewives frequently prefer to engage as cooks girls who have acted as general servants in a good house, because such girls are very likely to be willing, clean, and quick. Apart from the chance of promotion, a girl who is general servant gains experience and skill that will be most useful to her should she marry and have a home of her own. Moreover, it is always to be remembered that a general servant has no one but her mistress to interfere with her. She is not subjected to the whims or fancies of other servants. Girls of a reserved disposition frequently prefer a condition of this sort to one in which they have to bear and forbear. Consequently there are many servants who are much happier as general servants than they would be if placed in any other situation.

A general servant is not likely to give satisfaction to her employers unless she has a clear idea of what is expected of her. She should try to understand exactly how much is required of her, and having gained this knowledge she should divide her work, and make a practice of doing a portion of extra cleaning every day in addition to the ordinary daily

routine of service. In this way she may, without difficulty, keep the house in good order, and do away with the necessity of exceptional stress and strain. The order of the division of work thus laid down must vary with the size of the household and the numbers of the family.

It is a great mistake to suppose that because a general servant has all sorts of work to do, and continual calls made upon her, therefore she is to be excused if she does not keep herself clean and neat when about her work. A capable worker is always a tidy worker. A slattern is almost certain to do her work in a slatternly way. A methodical person will get through twice as much work and keep herself cleaner than a person who works without system, and merely muddles along.

One of the first details, therefore, that the employer of a general servant should insist upon is that the worker should keep herself clean and neat. She should come downstairs in the morning thoroughly washed, her hair well brushed and prettily arranged, and she should maintain this condition of neatness throughout the day. Under no circumstances should she go about her work with her dress torn and her hair dishevelled. She should have a good supply of large coarse aprons made with a bib, which she can wear over the ordinary white apron when doing dirty work. These aprons will protect her dress, and they can be slipped off in an instant when the wearer has to answer the door, make beds, or do any dainty task. Many servants provide themselves also with loose sleeves, fitted at each end with a draw-string, which they can wear over the sleeves of the dress up to the elbows. The plan is to be highly recommended. During the day general servants should wear print dresses, the hem of the skirt being some inches from the ground, so that there is no danger that the wearer will step upon it. The hair, too, should be arranged close to the head, and covered with a pretty cap. Thus apparelled the busy maid-of-all-work will be well dressed, because she will be suitably dressed, and dressed in a way which will not hamper her in her work.

It is, perhaps, scarcely necessary to go through the routine of a general servant's work. It has been already stated that all the work of the house that the mistress does not do devolves upon her, and that she must be cook, housemaid, and parlour-maid all in one. The duties, therefore, for which these functionaries are responsible must be undertaken by her as far as possible, and the standard of excellence will be the same for her as for them. The general servant, if she is wise, will always aim at doing everything in the best way, and she will try to go from one duty to another in an orderly manner. If she is wise also she will endeavour to finish one task before she begins another, and she will make a rule of clearing away as she goes, not allowing dirty dishes and dirty saucepans to accumulate around her. She will form the habit of rising early, so as to get beforehand with her work; she will leave her kitchens and pantries tidy every night, and so prepare, as far as possible, for the next morning before she retires to rest. She will not only have a place for everything and do everything in its place, but she will endeavour to have a time for everything, and do everything in its time. Thus she will secure the respect and esteem of all with whom she is associated, and will be a thoroughly useful and valuable member of society.

KITCHEN-MAID.

This domestic occupies the position of assistant to the cook; indeed, in large establishments, where more than one kitchen-maid is employed, the head kitchen-maid is a sort of under cook, and does all the plain cooking of the household. In smaller establishments, on the other hand, where a kitchen-maid is kept, but no scullery-maid, the former does the work usually undertaken by the last-named domestic. When two kitchen-maids are engaged, the chief one usually makes the bread and cakes, prepares the sauces, and also does the cooking for the nursery and servants' meals. The under kitchen-maid then cleans the kitchen, prepares the vegetables, and sometimes cooks them, and she has charge of the kitchen fire. It is obvious, therefore, that the work of a kitchen-maid must vary with the size of the establishment and the number of servants employed.

SCULLERY-MAID.

The scullery-maid is lower in rank than any other domestic servant. She does the rougher work of the kitchen, and is subordinate to the kitchen-maid, as the latter is subordinate to the cook. Her work consists almost entirely of scouring saucepans and cooking utensils, washing plates and dishes, scrubbing the larders, kitchen offices, and scullery. She usually dines in the kitchen with the kitchen-maid. When only one assistant to the cook is employed, the duties of kitchen-maid and scullery-maid are performed by the one person. The position of scullery-maid is not very agreeable, and the duties belonging to it are laborious. It is, however, valuable, because it very frequently serves as a stepping-stone to something better. An untrained girl who enters a large establishment as scullery-maid may easily, if she is quick, willing, and observant, gain an insight into domestic operations, and become practically familiar with the best methods of work, thus obtaining knowledge which will fit her to undertake the very responsible duty of a cook.

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Date	Particulars
15/11/96	Chemical Treatment
	Fumigation
	Deacidification Spray (PTDA)
	Lamination
	Solvents
	Leather Treatment
	Adhesives
	Remarks