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HOW TO COOK
VEGETABLES

BY

C. HERMAN SENN

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HOW TO COOK VEGETABLES.

BY

C. HERMAN SENN,

Author of The New "Century Cookery Book,"
"Practical Gastronomy," "The Menu Book,"
"The Practical Cookery Manual," "Recherché
Side Dishes," "Recherché Entrées," "Recherché
Sweets," "Potato Cookery," "Eggs and Omelets,"
"The Art of the Table," etc., etc.



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THE FOOD AND COOKERY PUBLISHING AGENCY
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VEGETABLES IN SEASON.

A list of Vegetables, showing when they are at their best.

- ARTICHOKES (GLOBE).—January to May.
" (JERUSALEM).—October to March.
ASPARAGUS (ENGLISH).—April to July.
" (GIANT).—February to July.
" (Sprue).—December to July.
BEANS (BROAD)—February to September.
" (ENGLISH KIDNEY).—July to October.
" (FRENCH).—March to September.
" (SCARLET RUNNERS).—July to October.
" (HARICOT VERTS).—October to June.
" (FLAGEOLETS).—December to March.
CABBAGE (RED).—September to January.
CARDOONS.—April to May.
CARROTS (NEW).—March to June.
CAULIFLOWERS.—March to November.
CELERIAC.—October to May.
CELERY.—September to April.
CUCUMBERS.—March to September.
CHICORY.—December to April.
CHOW-CHOW.—December and January.
ENDIVE.—May to December (November to March).
KALE.—November to April.
LEEKS.—All the year.
LETTUCES (ENGLISH).—May to September.
" (FRENCH).—September to June.
MARROW (VEGETABLE).—August to October.
" " (FORCED).—April to August.
MUSHROOMS.—March to October.
PARSNIPS.—September to April.
PEAS (ENGLISH GREEN).—June to September.
" (FRENCH).—January to June.
POTATOES (NEW KIDNEY).—March to July.
SALSIFY.—November to March.
SAVOYS.—October to March.
SORREL.—April to June.
SPINACH.—March to December (all the year).
SPROUTS (BROCCOLI).—September to March.
" (BRUSSELS).—September to February.
STACHIES.—December to February.
TOMATOES.—March to December (all the year).

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PREFACE.

WHILE it is a fact that few countries can boast a better or more varied supply of vegetable produce than Great Britain, it is none the less true that we are only just awaking to the vast possibilities of vegetable cookery. Too often are we prone to regard the vegetable kingdom as existing merely as an adjunct to the world of meat and fish,—to look on vegetables simply as an accompaniment to a joint or as a garnish for an entrée. This national neglect of vegetables among food products has resulted, naturally, in less attention being paid to the cooking of them than their intrinsic qualities deserve and require. Of the hundreds of Cookery books in existence, there are but very few devoted exclusively to Vegetable Cookery, in spite of the fact that this branch of the cuisine offers considerably greater possibilities than the ordinary cook is aware of. Believing, therefore, that there is a distinct need for a book dealing with the cooking of vegetables on modern lines, I have attempted to supply it, the object of the work being twofold.

First, I desire to bring into greater prominence vegetables which are nutritious and appetising, but which have somehow escaped popularity. There is no doubt that, both in its genius for adaptation and its skill in the preparation of comparatively little known vegetables, the Continent is far in advance of us. In many private and in public establishments, there is too often a weary monotony in the vegetable dishes which a wider culinary knowledge would have obviated.

In this book will be found a large number of Continental and other recipes for vegetable cookery which should prove valuable to cooks and housewives who desire more frequent changes in this department of the table.

Second, the object of the book is to show how vegetables can be made tempting and nourishing as food, in relation to diet and health. Whilst I cannot claim to be a convert to the tenets of strict vegetarianism, I fully admit that the people of this country consume an inordinate amount of meat, and that the health of the community at large would be very much improved if the consumption of meat were lessened, and that of vegetables increased. I am firmly convinced, too, that if the right methods are adopted to render vegetables more pleasing, palatable, and nourishing, they are sure to become more popular. So many healthful and body-building properties belong to well-cooked vegetables, and so delicious are they when prepared in the proper way, that it is both cheating the stomach and the palate to go on treating them in the haphazard, savourless manner unfortunately so common with the majority of English cooks. I have endeavoured, therefore, in the following pages, to deal fairly exhaustively with a wide range of vegetables, so as to provide those who abstain from animal food, for whatever reason, with a greater variety of dishes, most of which may, with advantage, be served as meat substitutes.

I desire to acknowledge my indebtedness to Mr. E. OWEN GREENING, Agricultural and Horticultural Association, for the loan of most of the blocks used to illustrate vegetables in this work.

My thanks are also due to Mons. A. SUZANNE for permitting me to adapt a number of recipes from his work, entitled "la Cuisine Végétarienne."

Cherman Sum

VEGETABLE COOKERY.

THESE is no doubt that, as a nation, we realize the dietetic value of vegetables to a far greater extent than our forefathers did. The excessive meat-eating of the Middle Ages, and even of later days, was seldom alleviated by either vegetables or fruit, although herbs, in a goodly variety, were used more than they are nowadays. This lack of vegetables was partly due to prevailing ignorance of the best means of growing them, which to-day is fast disappearing under modern methods of horticulture.

Yet the fact remains, and we are not allowed to lose sight of it, that in spite of increased gardening knowledge, and a more intelligent acquaintance with dietetic food values, we have been universally condemned by better equipped nations for our methods of vegetable cookery.

Ignorance of the bare rudiments of vegetable cookery is the first great indictment. As a nation, we suffer enormously because of the cook's indifference. Drastic methods of scraping and peeling, and vigorous boiling in plenty of hot water, is the prevailing English attitude towards vegetables in general, whether roots or greenstuff, when a more familiar knowledge of the composition of some of them would help, perhaps, to correct such unintelligent treatment.

Vegetables are not only specially rich in carbohydrates, but exceptionally so in antiscorbutic salts, notably potash and phosphates. It is largely the presence of these salts in vegetables, together with certain acids in fruits, which make both so particularly acceptable in summer menus. Potatoes, for instance, are chiefly valuable on account of their vegetable salts and acids, and the greater part of these are lost in the peeling and subsequent boiling—the usual

English method of cooking—in spite of the fact that a cookery book has been written with 299 additional ways of serving this vegetable. Vegetables, unlike meat, are entirely lacking in the case of protective albumen which heat helps to harden upon the surface of joints, so that a great deal of their flavour evaporates during the cooking if this is ignorantly performed. One cause of the general decline in favour of parsnips, turnips, carrots, and similar roots, is due to their insipidity of taste. Much of this might be obviated by peeling or scraping them *after* cooking, as we do with beetroots.

Green vegetables are even less nutritious than roots. The whole of their value depends upon the maintenance of their antiscorbutic salts, and their peculiar flavour, due to various essential oils. Here the English method sins still more deeply. Granted, that a certain amount of soaking in salt and water is necessary to kill the animal organisms which infest the cabbage tribe, the subsequent cooking, as practised in this country, is bound to be inimical to the healthful vegetable salts. Plunging the greens into vast quantities of hot water, the prolonged and vigorous boiling of the vegetables, even the customary lifting of the saucepan lid, all tend to cause evaporation of the salts and acids, which, by their loss, create a marked deficiency of flavour. Green vegetables, on an average, contain 90 % of water. And yet we seethe them whilst cooking in still more water, though, for some unknown reason, we make use of the principle of conservation of flavour by cooking spinach, as a solitary exception, in a practically dry saucepan. There are plenty of other tender green vegetables which might be cut up and cooked after a similar method.

Vegetarians have done much to improve the status of vegetable cookery in this country. They have been amongst the first to hail any new and improved method for cooking vegetables.

The English method of universal boiling is as a rule condemned by them, and it remains to consider the many other modes of vegetable cookery which prevail in more enlightened countries. Stewing in a jar in the oven in very little liquid, either stock or water, is a far more preferable method to cooking in an open saucepan with enough water to cover. Haricot beans are excellent cooked in this way. They should be soaked several hours beforehand, then stewed in a moderate oven for several more. They could even be left all night to cook slowly. Steaming is largely practised on the continent. It has the double advantage of conserving the flavour and making the food more digestible. Its only drawback is that it takes more time, and this is probably the reason why it has somewhat fallen into disfavour in England, where careless cooks so often prefer to rush their vegetables on at the last moment. Braising vegetables in flavoured stock is another excellent method. The combination of stewing and steaming, and the added richness of the broth, all tend to make this method a very satisfactory one for vegetables. Stuffing vegetables with savoury and seasoned ingredients is rarely practised in England to the same extent as upon the continent. *Chou Farci*, for instance, is a distinct advantage upon our national idea of plain boiled cabbage.

All légumes, such as these, are rich in nitrogen, and, unlike most members of the vegetable tribe, are therefore adequate substitutes for meat. But they are, unfortunately, very difficult of digestion. Much may be done to obviate this, however, by slow, prolonged cooking (and soaking in the case of dried beans). Broad beans should be stripped of their pale outer skins whilst still hot before sending to table. Beans and peas are also more digestible if served mashed, as in soups and purées.

The second great indictment against us as a nation is the monotony of our vegetable selection. Vegetables

which are used daily upon the continent are utterly unknown, or else mere names to conservative English cooks, whose horizon is mainly bounded by boiled cabbage and potatoes, and who look upon all vegetables as mere accompaniments to the national roast, entirely neglecting to serve them as separate and important courses.

At the last annual Exhibition of the National Vegetable Society in London, a most praiseworthy attempt was made to bring to the notice of the general public some of the lesser known vegetables which at present only figure in the kitchen gardens of the wealthy. Some of the exhibits on that occasion included Chinese artichoke tubers, little knotted, spiral rootlets, much smaller than the ordinary Jerusalem artichoke; Kohl-rabi, or kale-turnip, a curious combination of cabbage and turnip, but more nutritious than either; cardoons, the favourite vegetable of the great statesman, Bismarck, but scarcely ever seen in this country; Couve Tronchuda or Portugal Cabbage, a gargantuan specimen of the cabbage tribe, of which only the leaf-stalks are eaten; celeriac, or turnip-rooted celery, seakale, beet, chicory, and clusters of young maize cobs. These last, in their pale green leafy sheaths, make a picturesque-looking vegetable, and when lightly boiled, and served in their sheaths, are very excellent tasting.

HOW TO COOK VEGETABLES.

ARTICHOKES.

Globe Artichokes (*Artichauts*).

Artichokes were brought to Europe from Ethiopia, of which country they are indigenous, in the beginning of the 15th century. They are delicate annual plants, easily spoilt by frost, so that they must be carefully treated to prevent injury in winter. Several varieties of the vegetable exist, including the Laon artichoke, with its different sized flakes or leaves, the flat and pointed Brittany, the violet—the Provence artichoke, and the red variety which grows abundantly in the South of France.



GLOBE ARTICHOKE.

The plant is a febrifuge; its leaves are dried, pounded into a powder, and used as a remedy for intermittent fever. It is interesting to know that the flower of this plant has properties similar to those of the calf's stomach, for it curdles milk.

Artichokes à la Poivrade.

When artichokes are to be eaten with a pepper sauce "à la Poivrade," they are served raw. After cutting off the stems, the young artichoke bottoms should be rubbed with half a lemon to prevent the cut part turning black. They are then divided into quarters and served with a pepper sauce, which is served separately. It is composed of a little mustard, salt, and pepper moistened with oil and vinegar.

Artichokes à la Lyonnaise.

Trim off the bottom and stem of 6 artichokes, remove any leaves that are hardened. Cut them into quarters and take out the choke with the point of a small knife. Trim the tips of the leaves nicely, then rub each artichoke with lemon and put them at once into a basin with water flavoured with vinegar. Blanch the artichokes for five minutes and then strain them. Put them into a cooking pot (casserole) with 1 oz. of butter, an onion minced finely, a bouquet garni, salt, pepper, a gill of consommé, and a glass of sherry. Place the artichokes in the casserole and let them simmer gently till tender. When done, drain them and arrange on a dish. Mix a little Espagnole sauce with some of the artichoke water, reduce it well, and strain. Add the juice of a lemon and a little chopped parsley, and pour the sauce over the artichokes, and serve.

Globe Artichokes à la Colbert.

Trim some green artichokes, wash and parboil them in salted water. Drain, cut them into quarters, and arrange in a buttered sauté-pan. Season with pepper, and salt, moisten with a little chablis or sauterne wine and a little butter, and braise in the oven. Dish up, and pour over some Colbert sauce.

Artichokes with Foie-Gras.

Drain some cooked artichoke bottoms, and fill them with a purée of foie-gras and truffles; coat well with a rich well-reduced white sauce. Sprinkle over some bread-crumbs, and brown in oven.

Boiled Green Artichokes.

Trim the artichokes, that is cut off the coarse leaves at the bottom as well as the stem. Next trim the pointed part of the leaves neatly with a pair of scissors. Plunge them into boiling water, seasoned with salt and vinegar or lemon juice, and boil until the leaves can be easily pulled off. Drain them carefully and dish up, and serve with Hollandaise sauce, with melted butter, or à la vinaigrette. Sometimes the core of the artichokes is taken out after it is cooked along with the choke which can be removed with a small spoon. The sauce is poured into the heart just before serving.

Green Artichoke Soup.

Pull all the leaves off 6 or more artichokes and remove the chokes. Trim the bottoms, cut in pieces, and put in a stew-pan with 1 or 2 oz. of butter; season with salt and pepper, add a bouquet-garni and two peeled and sliced onions. Heat these ingredients over the fire, stirring well with a wooden spoon. As soon as the onions begin to turn yellow add enough veal or chicken stock to well cover the artichokes. Set the soup boiling quickly, and then put it aside to simmer for an hour. Remove the bouquet and drain the artichokes. Pound them into a mortar and rub through a fine sieve. Return it to the stew-pan and gradually add the stock; let it come to the boil taking the precaution of keeping the soup always well stirred until it boils up. Let it simmer on the side of the stove until it is of the right consistency. Last of all add a little sugar, a piece of

butter, and a gill of cream. Croûtons fried in butter should be served with the soup.

Fried Artichoke Quarters.

Cut young artichokes into 6 pieces each and prepare them in the usual manner. Then put them into a pot of boiling and salted water to blanch them for five minutes. Drain them on a cloth. Dip each piece separately into frying batter and fry in deep fat to a golden brown. They must be kept moving whilst frying. Lift them out of the fat with a skimmer and place to drain on a wire frame. Season with salt and serve on a folded napkin. Fried parsley should be used as a garnish.

Artichoke Bottoms à la Béchamel.

Prepare the artichoke bottoms in the usual manner. Chop equal proportions of parsley, mushrooms, and shallots. Fry these for a few minutes in butter, add a small quantity of fresh breadcrumbs, season with salt, pepper, and mix with the yolks of two eggs. Fill the hollow of the artichoke bottoms with this, and then put them on a baking sheet or sauté pan, into the oven (stuffed side up). Cook them for about twenty minutes, dish up, and pour over with white Béchamel sauce.

Artichoke Bottoms à l'Italienne.

Choose moderate-sized artichokes, as near as possible of equal size. Prepare them and cook in boiling water slightly flavoured with vinegar, until the leaves come off easily. Then plunge them into cold water. They must next be drained and then all the leaves removed. The choke is next taken away, when the bottoms are neatly trimmed and placed in a sauté pan containing olive oil seasoned with pepper and salt. Place the pan in a hot oven and cook till they are done. Arrange the artichoke bottoms in a

circle in a vegetable dish. Sauce over with Italian sauce.

Artichoke Bottoms au Gratin.

Boil the artichokes in salted water until the leaves can easily be pulled off. Trim the bottoms and fry them lightly in clarified butter. Stuff them with the following mixture, filling the hollow part: a few shallots chopped and lightly fried in butter, 4 or 5 minced mushrooms, a little parsley and breadcrumbs. Salt these ingredients, add a little Cayenne pepper and some well-reduced Allemande sauce. Stuff the artichokes with this mixture, smooth the top with a small knife, then sprinkle with grated Parmesan cheese. They are then browned in a hot oven and served with Madère sauce.

Artichoke Bottoms à la Lucullus.

Prepare the artichoke bottoms and cook them as in the preceding recipe. Then stuff them with foie-gras mixed with 2 or 3 minced truffles. Put them next on a buttered fireproof dish and place on the top of each artichoke a slice of truffle. Cover the whole dish with a buttered paper to prevent the truffles from getting dry, and cook in the oven. Then serve them, nicely arranged on a dish. A Madère sauce should be poured over them at the last minute before sending to table.

Artichoke Bottoms à la Provençale.

Prepare a dozen artichoke bottoms and boil them in salted water. When they have been well drained, stuff them with a stiff onion purée which has been put through a hair sieve and blended with the yolks of 4 eggs. Brush the top of each artichoke bottom with beaten egg and put on an oiled baking dish. Then cook them in the oven and brown nicely. White sauce is served with them.

Artichoke Bottoms à la Jardinière.

This artichoke dish is usually sent to table as an accompaniment to a large piece of braised beef or veal. Carrots and turnips should be cut to the size of large peas with a vegetable knife. Cook them separately in salted water, then drain them and put into a saucepan with a good-sized piece of butter, add a handful of peas and the same quantity of French beans cut into small dice. Season these vegetables and heat them well in the butter, taking care that it does not boil. The artichoke bottoms which have been previously cooked are then filled with these other vegetables. If preferred, the bottoms may be garnished with one kind of vegetables only, and they are dressed in the same way.

Artichoke Bottoms with Eggs.

Trim, blanch, and boil till tender 6 or 8 artichoke bottoms. Drain and place each, hollow side up, on a round of fried bread. Keep hot. Fry 6 or 8 eggs in butter, trim, and place them in the fonds. Sprinkle with chopped truffle and serve hot.

Artichoke Bottoms à la Portugaise.

Select a dish of artichokes of even size (not too large), and boil them in salted water. When cooked, drain, take off all the leaves, and remove the choke. Trim the bottoms until they are quite smooth and place them on a liberally buttered baking dish. Next choose some nice little round tomatoes and scald them for a minute to get the skin off easily. Make a small round opening in each tomato at the stalk, take out seeds and pulp with the handle of a tea spoon. Fill with the following stuffing: Chop a few shallots and fry them in butter until they are of a slightly yellow tint. Mince a few mushrooms and a little parsley, mix the whole, season with salt and a dash of Cayenne pepper. Last of all,

add a small handful of soft breadcrumbs and the yolk of 2 eggs. Stuff the tomatoes with this mixture, and put one on each artichoke bottom, so as to place the stuffing next to the artichoke. Sprinkle the tomatoes with salt and pepper, and cook them in a hot oven. Arrange them, when cooked, in a vegetable dish, pour over some hot tomato sauce, and serve.

Artichoke Bottoms à la Villeroi.

Prepare the artichoke bottoms as in the preceding recipe. Boil them in salted water seasoned with vinegar, drain them and let them cool. This dish is best if the artichokes are small. Prepare a well-reduced Villeroy sauce and blend it with 4 yolks of eggs. Dip each artichoke bottom into this, and then set them on a tray to allow them to get quite cold. When the sauce is firm roll each bottom separately in breadcrumbs, then dip it into well-beaten eggs, crumb it once more, using the blade of a knife to spread the breadcrumbs on it. Just before serving plunge the artichokes into very hot fat and keep them constantly moving while frying. Take them out as soon as they are a nice brown colour; drain well and sprinkle with salt. Place them in circular form on a napkin, and garnish the centre of the dish with parsley.

Fritters of Artichoke Bottoms.

Take the bottoms of 6 or more medium-sized artichokes and prepare them as in the former recipe. When cooked drain them carefully on a napkin, then spread them out on a dish containing olive oil and a few slices of onion. Season with salt, pepper, and a small pinch of mixed spices. Let them lie in this pickle for an hour, then let them drain. Remove the centre from each artichoke with an apple corer, then dip into frying batter and plunge into a very hot frying fat. As soon as the fritters assume a nice

golden colour, take them out and drain them on a wire sieve ; then arrange them on a dish on a napkin. Serve with tomato sauce.

Salad of Artichoke Bottoms.

The artichoke bottoms are first boiled, trimmed neatly, and then allowed to cool. They are next divided into quarters and put into a salad bowl with a few fresh truffles cut into thin slices. Make a well-seasoned and rather thin mayonnaise and mix with it a little chopped chervil and a few tarragon leaves. Pour this dressing on the artichokes and truffles, mix as you do ordinary salad, using a wooden spoon and fork, and serve.

Artichoke Bottoms à la Polonaise.

Trim the artichoke bottoms and blanch them. Lay them in a sauté pan containing hot oil and clarified butter, and season them. Start them over a brisk fire, and then put the pan into the oven. In ten minutes turn them to colour the other side. When well cooked through, let them drain, then arrange in a circle on a hot dish, and sprinkle them with bread-crumbs fried in butter just before serving.

Jerusalem Artichoke (*Topinambours*).

This plant is a native of Brazil, and of the same natural and very pleasant order as the common sunflower. It is cultivated largely in this country. The plant has large, rough leaves, and yellow flowers. The roots are creeping and produce in autumn several round, yellowish or reddish tubers, which are now largely used for soup and as a vegetable. The name Jerusalem is a corruption of the Italian *Girasole* (sunflower). In flavour this artichoke has a marked resemblance to the green or globe artichoke. *Potage Palestine*, which we often see on menus, is a favourite soup, of which this tuber furnishes the chief ingredient,

and on this account the soup designated is named "Palestine."



JERUSALEM ARTICHOKES.

Jerusalem Artichoke or Palestine Soup.

2 lb. Jerusalem artichokes, salt, vinegar, or lemon juice, 2 oz. butter, a small peeled and sliced onion, a piece of celery, 1 oz. flour, 1 pint white stock, $\frac{1}{2}$ pint milk, pepper, nutmeg, 1 gill cream (or less), fried bread croûtons.

Wash and scrape the artichokes, next slice or peel them thinly, and put them in a basin of salted water, flavoured with vinegar or lemon juice. Melt the butter in a stew-pan, add the onion and celery, fry these in the butter, and add the flour. Drain the artichokes, and mix with the above; next add the white stock and milk, boil up, and let simmer for about 1 hour. Season to taste with salt, pepper, and nutmeg, and rub through a fine sieve. Reheat the soup, add the cream, and serve with a handful of fried bread croûtons.

Artichoke Fritters.

Cut some cooked Jerusalem artichokes into quarters and season with oil, vinegar, salt, and pepper, and

chopped parsley. Dip the pieces (drained) in frying batter. Fry in hot fat. Drain and dish up.

Artichoke Soufflés.

Mix 1 lb. of Jerusalem artichoke purée with 1 oz breadcrumbs, add the yolks of 4 eggs, season with nutmeg, salt and pepper, and stir in the stiff whites of 2 eggs. Drop in spoonfuls into hot fat and fry to a golden brown, or fill into small soufflé cases, and bake them in a sharp oven from 10 to 15 minutes.

Fried Artichoke Chips.

Peel some Jerusalem artichokes, cut them into very thin slices (chips), place them in salted cold water, flavoured with lemon juice, for about an hour. Take up, drain, and dry them well, then fry a few at a time in very hot deep fat. Drain, shake the chips in a basket or napkin, and dredge with fine salt.

Boiled Artichokes.

Wash and scrub 1 lb. of Jerusalem artichokes thoroughly, peel them thinly and put them in a stew-pan with cold water with lemon juice or vinegar and enough salt to taste. Boil till tender, about three-quarters of an hour. Whilst boiling, prepare a white sauce, flavoured with lemon. When the artichokes are done, pour off the water. Range them on a hot vegetable dish, pour over the sauce, and serve.

Devilled Artichoke Chips.

Peel some Jerusalem artichokes, cut them into very thin slices (chips), place in salted water flavoured with lemon juice for about an hour. Take up, drain, and dry; then fry a few at a time in very hot, deep fat. Drain well and season with fine salt, cayenne or Nepaul pepper.

Jerusalem Artichokes au Gratin.

Wash, brush, and peel about 1½ lb. Jerusalem artichokes; then slice and cook them in salted water

containing a little lemon juice. When drained, range them on a buttered gratin dish with alternate layers of grated cheese and Béchamel sauce. Besprinkle the top with breadcrumbs and grated Parmesan cheese. Place little bits of butter here and there, and bake in a sharp oven long enough to slightly brown the surface.

Jerusalem Artichokes à l'Alsacienne.

Wash, peel, and slice thinly a pound of Jerusalem artichokes and the same quantity of potatoes. Butter a fire-proof vegetable (gratin) dish, and put in the sliced vegetables in alternate layers; season each layer with salt and pepper and sprinkle liberally with grated Parmesan cheese and oiled butter. Pour over enough milk to well cover the top layer. Place the dish in a fairly hot oven from 30 to 45 minutes, so that the surface gets nicely browned.

Jerusalem Artichoke Salad.

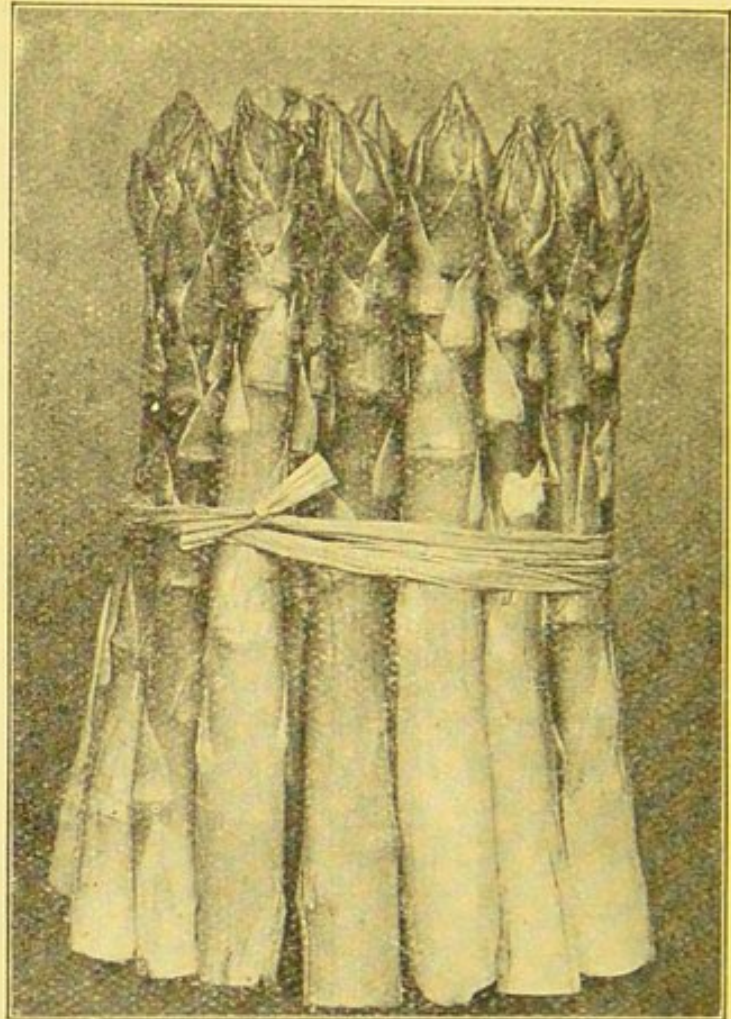
Wash, peel, or scrape 6 to 8 Jerusalem artichokes, and boil till tender in salted water, cook also a Spanish onion separately. When cold, slice and arrange alternately on a dish. Dress with mayonnaise or salad cream, or, if preferred, with oil and vinegar. Sprinkle over some chopped beetroot and pickled chopped gherkins, and serve.

ASPARAGUS (Asperges).

ASPARAGUS is undoubtedly one of the most delicate vegetables. To cultivate it requires great care; it needs a sandy and permeable soil, and at the same time a great deal of nourishment. Asparagus is not gathered until it has been growing for three or four years. The plant after this lapse of time will last eighteen or twenty years without having to be renewed.

There are many kinds of asparagus, the white, the green, and the violet. The violet is the most

expensive because of its size and flavour. However, the green asparagus has partisans because it has a more pronounced taste than the other kinds. The asparagus roots have a perient and diuretic properties. The Greeks and the Romans had a great liking for asparagus, and used every care



A BUNDLE OF ASPARAGUS.

in cultivating it, so that they succeeded in producing some which weighed up to 3 lbs. To be able to tell the freshness of asparagus, the colour of the points must be violaceous and gradually shaded to green. After a day or two the points whiten and the stalks change to a greyish tint.

Boiled Asparagus.

Scrape the white part of the asparagus with a sharp knife and cut off the small buds which are found on the green part. Wash, drain, and tie up in bundles of about 15 or 20 heads, cut them of equal length, cook in boiling salted water. When the points are tender take them out, drain and serve on an

asparagus dish, or, failing which, on a thick slice of toasted bread, previously dipped in asparagus water. Melted butter (i.e., oiled butter) or Hollandaise sauce may be served with this dish. A simple and practical way of tying up asparagus consists in placing the asparagus points down in a small saucepan. In this way all the heads will be the same length. Avoid over-cooking the asparagus. Epicures prefer to have them slightly crisp.

Asparagus à l'Huile.

Prepare and boil in salted water the asparagus. The asparagus à l'huile can be served either hot or cold. Add a little salt, pepper, mustard, to a few finely-chopped herbs, mix them with the oil and vinegar. Serve the sauce separately in a sauce boat; if liked, the mustard may be omitted. Cold boiled asparagus are often served with mayonnaise sauce.

Asparagus with Melted Butter.

Prepare the asparagus as usual, and boil in salted water till tender. Take up, place them on a sieve to strain, and dish up on a piece of toasted bread placed on a folded napkin and dish. Serve with a boat of oiled butter.

Asparagus à la Hollandaise.

Prepare and boil the asparagus in the usual way, drain carefully, and dish up, and serve them with Hollandaise sauce. This may, if liked, be poured over the tips, but it is best handed round in a sauce-boat.

Asparagus Soup with Vegetables.

1 bundle asparagus, 2 oz. butter, 1 oz. flour, 3 pints white stock, 1 pint milk, 1 gill cream, a handful cooked green peas and beans, salt, pepper, sugar, and nutmeg.

Clean the asparagus, cut off the tips, and cook separately, as they will be required for garnish.

Cut the tender part of the stalks into small pieces, wash them thoroughly in salted water, boil till partly cooked in salted water, and drain. Melt the butter in a stew-pan, add the flour, cook a little, add stock and milk, let it boil up, skim well, add the asparagus. Season with salt, pepper, nutmeg, and a good pinch of sugar. Cook till tender, and rub through a fine sieve. Return to stew-pan, add the cream and a little more milk if necessary. Put the cooked peas, beans, and asparagus tips in the soup tureen, then pour over the purée and serve.

Asparagus à l'Indienne.

Cook the asparagus in the usual way, and serve it with a well-made mild curry sauce. Dress the asparagus on a hot dish, pour over the sauce, and serve.

Asparagus Cream Soup.

Green asparagus are preferable for this soup. After having cut off and thrown away the hard part of the stalk, wash the asparagus well and keep the points to be cooked in salted water. Put the asparagus in a saucepan with some white stock (veal or chicken), two onions and a bouquet garni, and boil for about half an hour. Strain off the liquid, take up the bouquet garni, put the asparagus stalks in a sieve, and rub through to get a purée, return to the liquid in the pan. Let the soup come to the boil, thicken with a roux or arrowroot, let it simmer slowly, and skim well. Just before serving, add a small piece of butter, a gill of cream, also the asparagus points, and a little spinach green. Bread croûtons fried in butter should be served with this soup.

Asparagus Broth.

Clean a small bundle of green asparagus, cut off the soft, i.e., green portion, and cook this in chicken stock, containing a blanched onion and a small

bunch of freshly picked parsley. When the asparagus is tender strain the broth through a fine sieve and press the asparagus gently. Reheat the broth, skim, season to taste, with salt, pepper, and a pinch of sugar. Serve hot or cold in cups; if served hot a liaison of arrowroot should be added and a furniture of tarragon, mint, and chervil should be added last of all.

Asparagus Points for Soups or Garniture.

Asparagus points served with soups are simply boiled in salted water, after having been prepared and cut as stated in the previous recipe. When cooked do not forget to put them in cold water to preserve the colour. They can be served as a garnish with quenelles for Princesse soup or garniture, or else mixed with a macédoine of vegetables for Printanière soup or garniture.

Asparagus with Peas.

Take a bundle of small green asparagus, bud, scrape, and wash well. With the right hand hold the thick end of the stalk and bend quickly in making it slip between the thumb and the first finger of the left hand until it breaks. Then place the stalks in a line on the table and cut in small pieces, cook in salted water, drain in a colander, plunge into cold water, to keep them a nice green colour. Cook the asparagus points separately because they require less cooking. Put an ounce of butter in a sauté-pan, and when melted put in the stalks and the points, season with salt, pepper, and a pinch of sugar. Finally, mix the asparagus with a gill of cooked green peas and a tablespoonful of white sauce and serve in a vegetable dish. Garnish round with fried bread croûtons or fleurons of puff-paste. Be careful not to overcook the asparagus, otherwise they become a purée.

Asparagus Salad.

Proceed as directed in the last recipe, and when the points have been cooked and drained put them in a basin with a little oil and vinegar, salt, and pepper, and chopped tarragon ; mix lightly. Serve with a border of hard-boiled eggs cut into quarters. Asparagus points thus prepared can be used as a garnish for cold entrées, such as *Suprême de Volaille*, *Côtelettes d'Agneau en belle vue*, etc., etc.

Asparagus Salad with Cauliflower.

Cut the tender part of some cooked asparagus into $1\frac{1}{2}$ in. to 2 in. pieces. When cold mix with sufficient tartare or *rémoulade* sauce to well season the salad. Plain mayonnaise or ordinary salad dressing, oil, vinegar, etc., may be used instead of the above-named sauces. The mixing must be done very carefully, so as not to mash up the asparagus pieces. Dress the salad in a glass dish or flat bowl, garnish with small pieces (flowerets) of cooked cauliflower, so as to form a pretty border ; sprinkle with finely chopped parsley, and serve.

Asparagus Salad with Shrimps.

Cook the asparagus points in salted water, as it is stated before, drain them, place them in a basin with half the quantity of shrimp purée. Mix the other half with some mayonnaise sauce and carefully mix with the asparagus. Serve in a salad bowl or on a shallow dish and decorate with quarters of hard-boiled eggs and sprigs of parsley.

Asparagus Points with Scrambled Eggs.

Cook and drain the asparagus points as directed in the foregoing recipe. Break 6 eggs in a saucepan, season with salt, pepper, a pinch of grated nutmeg. Add an ounce of butter and 2 tablespoonsful of cream and mix carefully. Put on the fire and stir constantly with a wooden spoon until it thickens. Draw the

saucepan off the fire, add to the scrambled eggs a tablespoonful of white sauce. Mix in lightly the asparagus points. Serve on a hot dish and garnish with fried bread croûtons.

Asparagus Points à la Royale.

Choose the large asparagus, cut it about one inch from the point. The stalks with the points off may be used for asparagus cream soup. Wash the heads, cook in salted water, drain and put in cold water. Heat up 2 tablespoonsful of allemande sauce, thicken and add the asparagus points, also some truffle cut in fine shreds. Serve in a vegetable dish, decorate with puff pastry fleurons, or put the mixture into a vol-au-vent crust, and place on a hot dish to serve.

Asparagus Omelet.

Cut into inch or half-inch lengths the soft portion of 25 to 30 heads of cleaned asparagus; blanch them and cook in salted water till tender. When done, drain them on a sieve, then toss them in a little butter, add a little stock or white sauce, season with pepper, and keep hot. Beat up 5 or 6 eggs, add a tablespoonful of milk or cream, salt and pepper to taste, and pour into an omelet-pan containing about an ounce of butter (melted). Stir over the fire till the eggs begin to set; shape to an oval cushion, placing the prepared asparagus in the centre, fold in the ends of the omelet, let it take colour, and turn out carefully on to a hot dish.

Asparagus Fricassée.

Proceed to clean and bundle the asparagus; tie in the usual way. Cut off the hard portion, and see that the skin of the white part is carefully peeled off, else it will eat tough. Boil them till three-parts done, and finish cooking in a well-seasoned white sauce (Béchamel mixed with cream is best). Great care must be taken not to mash up the asparagus

whilst cooking. Dish up in the centre of a round dish. Garnish with fleurons or fried bread croûtons and serve.

Asparagus with Carrots.

Prepare and cook half a bundle of green asparagus, the same as directed for Fricassée. Scrape or peel thinly 12 to 18 young carrots; if large, cut into quarters and cook them in salted water or stock till tender. Mix asparagus and carrots and blend with Velouté sauce or Béchamel; season to taste, and cook gently for 60 minutes. Dish up and serve hot.

Asparagus à la Vinaigrette.

Cook the asparagus in water, place it in a sieve and let it get cold. Dish up, and put the dish on the ice till wanted. Serve with a vinaigrette sauce, composed of 3 tablespoonsful of best olive oil, 1 tablespoonful of best French tarragon vinegar, 1 teaspoonful of Chili vinegar, 1 teaspoonful of finely-chopped parsley, chervil and tarragon, 1 ditto of finely chopped gherkins. Season with salt and pepper, mix well, and use as directed.

AUBERGINES OR EGG PLANTS.



THE aubergine or egg plant (also known as egg apple) is an annual plant which grows in hot countries. There are many kinds; they can be distinguished by their shape and colour. Both the black and the violet are edible. The fruit is not unlike a small cucumber. The others are purely ornamental;

the red and the white have the form of an egg, from whence the name of "ovigère" was given to this variety.

Stuffed Aubergines.

Split 6 aubergines in two lengthwise ; fry them in oil or butter, and drain them ; then scoop out the interior, and mince it up with an equal quantity of preserved mushrooms, a little tomato sauce, some chopped parsley, and a suspicion of crushed garlic. Fill the aubergines with this mixture, sprinkle them with fine breadcrumbs and a little oiled butter. Put them on a baking sheet in a hot oven for about 10 minutes, so as to brown the tops. Dish up and serve with hot tomato sauce.

Stuffed Aubergines à la Parisienne.

Cut each aubergine in half lengthwise, then pass the point of a small knife all round the inside to loosen the skin. Place them in a frying pan of hot oil or butter, fry for a few minutes, then take out the aubergines, drain them on a cloth with the white side down. Then take out the skin with a small spoon and an entirely empty shell is obtained. Chop up 3 or 4 shallots, fry in a little butter, add a little chopped parsley and mushrooms. Season with salt, pepper, and a pinch of ground spice. Add a few fresh breadcrumbs, and the skin of the aubergine chopped finely. Mix these ingredients with a little Espagnole sauce, reduce well until it forms a thick paste, bind together with 2 or 3 yolks of eggs. Fill the aubergines with this, and arrange them in a buttered gratin dish. Sprinkle with breadcrumbs, baste with melted butter and brown in a hot oven. Before sending to table coat the aubergines with tomato sauce.

Aubergines à l'Espagnole.

Cut the required number of aubergines in two ; remove the pulp ; chop up, not too finely, and

season with salt. An hour or two afterwards rinse the pulp in water, drain the aubergines, and place them in a clean cloth, pressing them slightly till they are quite dry ; then fry them in oil to a golden brown. Meanwhile, cut some ham into very thin slices, and fry in oil and add to the cooked aubergines ; bind all together with some tomato sauce, season with salt and pepper, dish up, and serve hot.

Aubergines à la Russe.

Cut the required number of aubergines lengthwise into slices about a third of an inch thick, and marinade them in oil and vinegar seasoned with salt and pepper for 2 hours ; drain, and wipe them ; then grill them or fry them in butter. Season with lemon juice or vinegar and chopped parsley. Dish up, and serve very hot with a little oiled butter poured over.

Aubergines à la Turque.

Cut each egg plant into two lengthwise, and remove the inside of each half. Then fill with the following stuffing : Fry in oil 2 small peeled and finely-chopped onions, and mix with a little rice, previously cooked in white stock, also with the same quantity of chopped cooked lean mutton ; moisten with tomato sauce, and add a clove of crushed garlic. Season with salt, cayenne pepper, and chopped parsley, mix all together with 3 yolks of eggs. When the empty halves of the egg plants are stuffed with this mixture place them in a buttered baking tin, sprinkle with fine breadcrumbs, and brown in the oven. Dish up, and serve hot.

Aubergines à la Châtelaine.

Prepare the egg plants as it is stated previously, and fill the empty part with a stuffing prepared as follows : Take equal quantities of finely-chopped roast chicken meat and ox tongue, and mix with 1 to 2 chopped truffles, parsley, 6 chopped mush-

rooms, and fresh breadcrumbs. Season all with salt, pepper, and grated nutmeg, and mix with 2 to 3 tablespoonsful of Allemande sauce. When the egg plants are stuffed, place them on a buttered dish, sprinkle over with breadcrumbs, and brown in the oven for about 15 minutes. Serve on an entrée dish, with a little Béchamel sauce, and sprinkle on the top a little chopped truffle.

Aubergine Fritters.

Peel 3 egg plants and cut them across in slices of about $\frac{1}{4}$ of an inch thick. Spread on a plate, and season with salt and pepper. At the end of half an hour drain them on a cloth. Dip each piece of egg plant in batter, and drop into some very hot frying fat, and fry them to a nice colour, drain, and dish up in a crown shape on a serviette. Garnish with fried parsley, and serve.

Stuffed Aubergines.

4 medium-sized egg plants, 6 mushrooms, 1 teaspoonful chopped parsley, 1 oz. grated Parmesan cheese, 2 oz. butter, 2 chopped shallots, 2 oz. breadcrumbs, 1 egg, 1 gill brown sauce, salt, and pepper.

Cut the egg plants lengthwise in twos; remove a portion of the interior to make room for the stuffing. Chop the mushrooms finely. Put the butter and bacon in a stew-pan; when hot add the shallots and fry a little. Mix in a basin with suet, parsley, breadcrumbs (previously soaked in a little milk), and Parmesan cheese. Season with pepper and salt, add the butter, mushrooms, and shallots, also the yolk of an egg, or if found necessary the whole egg, mix well, then put the stuffing in the aubergines. Range them in a buttered sauté-pan, sprinkle with a mixture of breadcrumbs and grated cheese, bake in a moderate gas oven for half an hour or more. Dish up, and serve with demi-glace sauce.

Aubergines à la Viennoise.

Peel the required number of aubergines and cut them into slices lengthwise about a third of an inch thick ; sprinkle these with salt, leave them for an hour or two, and then wipe them carefully in a clean cloth. Now fry them lightly in olive oil, place them on a flat dish, and cover each slice with Viennoise farce, sprinkle some grated Parmesan cheese on top. Bake in a hot oven from 20 to 25 minutes, then dish up and serve.

Viennoise Farce.

Chop a handful of sorrel, add a teaspoonful of chopped parsley, 1 anchovy pounded in a mortar, 2 peeled tomatoes chopped finely. Mix all these ingredients together, place them in the pan in which the aubergines were fried, and stir them over the fire to reduce, and season with salt and paprika.

Aubergine Pie.

Peel 6 aubergines and cut each lengthwise into 4 pieces. Sprinkle the slices with salt, and leave them for 2 or 3 hours ; then drain them on a clean cloth. Dip the slices in flour, then fry them in butter to a nice golden-brown colour. Meanwhile, mince finely $\frac{1}{2}$ lb. of cooked veal and 6 oz. of fat bacon ; add about a gill of tomato purée, and season with salt and pepper. Line a pie mould with good short paste, spread a layer of the farce at the bottom, place some slices of aubergine on it, and cover them with another layer of farce ; proceed thus till the mould is full ; then melt 2 oz. of butter and pour it over the top. Cover the mould with a layer of paste, and bake in a moderately heated oven for about an hour. Unmould carefully, dish up, and serve hot or cold.

BANANAS (Bananes).

BANANAS, being probably the most nourishing of all fruit, play an important and prominent part in strictly fruitarian and vegetarian diet. On that account they seem to occupy a position half-way between fruit and vegetable. Bananas are recommended where less digestible and nourishing fruit is often out of the question. They form a popular addition to the sweet entrémet course, as so many delicious dishes, both hot and cold, sweet as well as savoury, can be made from bananas. Like the potato and the tomato, the banana owes its peculiar name to the changes it has undergone from its original West Indian name, through the musical Spanish tongue, to the English rendering, which has resulted, in the case of all three names, in a curious three-syllabled expression.

This luscious fruit is one of the true natural breads. When unripe, it is composed mainly of starch, as wheat kernels are. Like the wheat kernel, too, it contains some proteid and mineral matter. It is on this account that a selection of recipes for savoury banana dishes are included in this book.

Bananas with Bacon.

This is a particularly tasty breakfast, luncheon, or supper dish. Cut some streaky bacon into rather thin slices. Put them in a sauté-pan with just enough water to cover, and let boil for a few seconds. Then drain the slices of bacon carefully, place them in a frying-pan, and fry until crisp over a quick fire. The bacon should be of a delicate brown when cooked. Peel and slice lengthwise three or more bananas, allowing half a banana for each slice of bacon. Put a piece of butter into the pan in which the bacon was fried, and place in the bananas; fry them over a fairly good fire so as to get them thoroughly hot. Have ready some oblong slices of toasted

brown bread, butter them well, and trim them to the size of the bacon. Cover the pieces of toast with the bacon, put a slice of fried banana on top of the bacon, then dish up, and serve hot.

Bananas as Vegetable.

Take 6 to 8 bananas peeled, and cut into thin slices, 2 oz. butter, $\frac{1}{2}$ gill milk or cream, $\frac{1}{2}$ oz. of flour. Melt half the butter in a stew-pan, add $\frac{1}{4}$ pint of water, and when it boils put in the bananas. Cover the stew-pan and simmer the contents until tender, then pour off the liquid. Melt the remainder of the butter in another saucepan, add the flour, stir, and fry for a few minutes, then add the liquid and stir until the sauce is quite smooth. Season with salt and a grate of nutmeg. Let it boil for 10 minutes, stirring now and then, and add the milk or cream. When finished, pour the sauce over the bananas, dished up with a border of boiled rice. The rice should be boiled so that each grain is separate and dry.

Fried Bananas.

Choose firm, not over-ripe, bananas for frying, peel them, and cut each in half lengthwise. Dip in milk and then in seasoned oatmeal. Fry carefully in hot clarified butter or olive oil to a nice golden brown. Drain on a cloth or paper, season lightly with Krona or paprika pepper, dish up, garnish with slices of fried bacon or lemon, and serve.

Bananas on Toast.

Peel 4 bananas (not too ripe), cut them in halves lengthways, sprinkle with a little salt and cayenne or paprika pepper, then dip each in milk and into flour; fry them in butter to a golden brown colour. Turn the bananas frequently whilst frying and drain on a cloth. Prepare thin slices of toasted bread, cut to shape of the bananas, dip the bread in milk before toasting, as this will improve the flavour

considerably. When toasted, spread each slice with a thin layer of whipped cream, sprinkle each with a pinch of grated nutmeg, and place the fried bananas upon them. Dish up on a folded napkin or fancy dish paper, and serve hot.

Savoury Banana Omelet.

Peel 4 not over-ripe bananas, cut them into slices, not too thin. Melt 1 oz. of butter in an omelet pan, when hot put in the bananas, and toss them over the fire for a few minutes, then season with salt and Krona and mignonette pepper. Break 4 eggs into a basin, add 1 tablespoonful of milk, salt and pepper to taste, and beat up well. Melt 1 oz. of butter in an omelet pan, pour in the egg mixture, and stir over a quick fire till the eggs begin to set; then shape into an omelet. Put the prepared bananas in the centre, fold in the sides of the omelet, and let it take colour; then turn out on to a hot dish and serve.

Banana Salad.

Add 2 tablespoonsful of oil by degrees to half the quantity of vinegar, and mix carefully, with salt and pepper to taste, and a teaspoonful of castor sugar. Peel 4 ripe bananas and cut them into round slices of medium thickness, place them in a salad bowl, and pour over the dressing. Besprinkle with chopped parsley, and serve.

Banana and Lettuce Salad.

Select large ripe bananas, allowing one for each person, peel and place each on a lettuce leaf. Cover with mayonnaise dressing, place a crisp lettuce leaf on top, and sprinkle over with chopped walnuts, dish up and serve.

Savoury Banana Sauce.

Peel 3 bananas (not over ripe) and slice thinly. Put this in a saucepan with a little water. Add a bay-

leaf, a clove, a half-pinch of cayenne pepper, and a dessertspoonful of red currant jelly. Boil together for a few minutes, then rub through a fine sieve, season, and serve either hot or cold.

Savoury Banana Stuffing.

(For Roast Pork, Goose or Duck, etc.).

Peel 6 to 8 ripe bananas and chop rather coarsely. Season well with salt and pepper, and add half a breakfastcup of white breadcrumbs, a beaten egg, chopped parsley, and savoury herbs to taste. Mix the whole well, and stuff the meat or birds in the usual manner with this preparation. The delicate flavour of the bananas will give a delicious aroma to the birds when cooked with this stuffing.

BEANS (Haricots).

THIS is a most nutritious vegetable, which may, when cooked, be eaten fresh, dried, or preserved, and consequently is an acquisition to the winter list of articles of food. There is a great variety of beans: the broad bean, the Egyptian, the haricot, the kidney, the grey, the white, the brown, and the speckled. The French haricot, both blanc (white) and vert (green), was introduced into England in the preserved state, some years ago, and is steadily gaining in favour. Beans have been known from the earliest times, and, like most ancient articles of food, can be traced to the Egyptian source, when they found their way into Greece. So highly did the ancient philosophers of that country think of the nutritious quality of the beans, that Pythagoras cynically forbade his disciples to eat them, calculating on their disobedience, and by that means to increase their desire for them.

Haricot Beans.

The different varieties of beans make good, substantial family food, suitable, above all, in cold

weather. They require long soaking and boiling, and should have a lump of butter stirred in among them in the pan just before serving, and finely-chopped parsley sprinkled over the top. This is the form in which they are frequently served in Continental restaurants.

Mixed Beans à la Poulette.

$\frac{1}{2}$ pint of cooked kidney beans, 1 oz. of butter, $\frac{1}{2}$ gill of poulette sauce, $\frac{1}{2}$ pint cooked flageolets (both these can be procured fresh or preserved), salt and pepper.

Drain the vegetables, cut the beans into short pieces. Melt the butter in a sauté-pan; when hot put in the French beans and the flageolets. Season to taste, and toss over the fire for about 5 minutes. Now add the sauce, which should be hot. Allow the vegetables to get thoroughly hot in the sauce, dish up, and send to table.

Poulette Sauce.

This sauce consists of béchamel or other rich white sauce mixed with finely-chopped parsley and flavoured with lemon juice.

Haricot Bean Timbales.

Soak $\frac{1}{2}$ pint of haricot beans or flageolets in water for 3 to 4 hours, then cook till tender in salted water, drain, and rub through a fine sieve. Mix the purée with an ounce of butter and stir over the fire till quite hot. Then incorporate 2 egg yolks. Line the interior of 6 timbale moulds, previously buttered, with the prepared purée, fill the centre with macédoine of vegetables, seasoned with salt, pepper, and cayenne, and moistened with just sufficient white or brown sauce to bind the mixture; shake down each timbale and cover the top with a layer of haricot bean purée, or if insufficient, use potato purée. Bake in a moderate oven for half an hour. Turn out on a

hot dish, pour some hot tomato sauce round the timbale, and serve.

Baked Beans.

Put $1\frac{1}{2}$ pints of haricot beans into water, and wash well; then drain, and put in an earthenware stewing-pot, with sufficient stock and water to well cover the beans, and cook—i.e., bake in the oven till tender. A little stock must be added from time to time to keep the beans moist. When the beans are partly cooked, cover them with slices of streaky bacon previously fried, and a layer of sliced tomatoes previously peeled; season with salt and pepper, and finish cooking as directed. The beans can be served in a brown casserole or put into a pie-dish, and reheated. In any case the dish must be served very hot.

Baked Bean Salad.

1 pint baked beans, juice of half a lemon, 1 finely-chopped shallot, the white part of a stick of celery, mayonnaise or other dressing, stoned olives, anchovy fillets, tomatoes.

Put the baked beans, prepared as in the foregoing recipe, when cold, into a basin, and add the lemon juice, shallot, and celery cut into shreds. Mix with mayonnaise or other dressing. Dress neatly in a salad bowl, and garnish with stoned olives, anchovy fillets, and slices of tomatoes.

Butter Beans.

About 1 pint butter beans, 3 egg yolks, 1 tablespoonful tarragon vinegar, a few drops lemon juice, 2 oz. butter, seasoning.

Soak the beans in water for 24 hours. Simmer gently for 3 hours in stock or seasoned water. Drain the beans, and place them on a hot dish. Melt the butter, allow it to cool; add the yolks of eggs, vinegar, and lemon juice. Stir these ingredients briskly over the fire until thickened. Pour the sauce over the beans, and serve hot.

Haricot Beans with Parsley Sauce.

Soak a pint of haricot beans in cold water for at least 6 hours, blanch them, and cook till tender in good stock. A piece of gammon or streaky bacon cooked with the beans will greatly add to the flavour. When done, moisten the haricot beans with a little Béchamel sauce, heat up, but be careful in stirring, so as not to mash up the beans. Add a dessert-spoonful of finely-chopped parsley at the last, season to taste, and dish up.

Savoury Butter or Haricot Beans.

$\frac{1}{2}$ pint of beans, 3 thin rashers of bacon, 1 small onion, 1 oz. butter, a little chopped parsley, salt and pepper.

Soak the beans over night in cold water with a small piece of soda. Drain, and put them in a stew-pan with the butter, let them get thoroughly hot, add enough cold stock or water to well cover, boil up, skim, and let simmer. Peel and chop the onion. Cut the bacon into strips, fry in a frying-pan, add the onion, and stir over the fire for a few minutes; put this with the beans, season with pepper and a little salt. Cook slowly till tender. Stir occasionally to prevent burning, pile on a hot dish, sprinkle over with chopped parsley, dish up, and serve.

Haricot Bean Salad.

The white haricot is very nourishing, but sometimes difficult to digest. When it is dressed as a salad, the oil renders it more digestible. Cook the beans in the ordinary way, and use the same seasoning as for lentil salad, adding, if desired, some chopped chives. When the haricots are cooked they should be well drained and cooled before mixing.

Mixed Haricot Salad.

A mixture of equal quantities of French beans and white haricots is one of the best of salads. Boil

them separately, and when they have been drained and cooled mix together and season with oil, vinegar, salt, pepper, chervil, parsley, and chives.

Haricots Flageolets, with Carrots.

Blanch and cook in salted water 1 pint of green flageolets, drain and keep hot. String and cook in salted water $\frac{1}{2}$ lb. small French beans, or jerry beans, cut into lozenge shape. Scrape half a bunch of young carrots, partly cook them in water, and finish off in a little rich stock, then glaze them with a little meat stock and chopped parsley. Toss the flageolets in a sauté-pan with a little butter over the fire, add enough white sauce and cream to moisten them, and reheat; then add half the French beans previously tossed in butter, and about a dessertspoonful of chopped parsley. Season with pepper and a pinch of nutmeg and a pinch of castor sugar. Dish up in an earthenware cocotte dish; garnish with the remainder of the French beans (tossed in butter), so arranged as to form a border; garnish also with about a dozen young carrots glazed, and a similar number of small fleurons placed round the base of the dish. Serve hot. If liked, a few drops of lemon juice can be mixed with the flageolets just before serving, also a few slices of cooked young carrots.

Butter Bean Croquettes.

Soak 1 pint of butter beans in water and cook them in salted water until they can be easily mashed. Press them through a sieve. Heat up 2 oz. butter in a stew-pan, add the beans, and season with salt and pepper and a very little powdered sage. Shape the mixture like small sausages, dip in egg and oatmeal or breadcrumbs, and fry a golden brown in clarified butter. Drain carefully, dish up, and serve hot.

Broad Beans with Bacon.

Cook the broad beans in salted water with a bouquet garni and a piece of smoked bacon. When

tender, drain them and immerse in cold water. Remove the skin if they are large, then just before serving simmer for about 10 minutes in melted butter sauce. Add a little chopped parsley and lemon juice. Serve with slices of cooked bacon strewed round the beans. This is a typical English dish.

Broad Beans à la Poulette.

This is the best way of eating broad beans. Cook them in salted water, then drain and mix with a little white sauce, bind with the yolk of an egg, at the last moment add a little chopped parsley and a few drops of lemon juice. When young they can be served with the skin on after they are cooked ; then mix lightly with a little white sauce.

Broad Bean Purée.

Cook the broad beans in salted water, drain, cool, and take off the skins. Put them back in the stew-pan with a piece of butter, salt, and pepper, and a spoonful or two of white sauce. Then stir carefully with a wooden spoon. It must be the consistence of a purée of potatoes. This purée can be served as a vegetable entrémet with a border of fried bread croûtons or else as a garnish for entrées.

Broad Bean Soup.

Prepare the purée as directed for broad bean purée, and mix with a good consommé stock. Pass through a tammy cloth. Let simmer for a quarter of an hour and skim. At the last add a little cream, a pinch of salt, a piece of butter, and a little spinach greening. Serve croûtons of fried bread separately.

Curried Broad Beans and Tomatoes.

Shell enough broad beans to make a quart, and boil them in plenty of slightly salted water till they

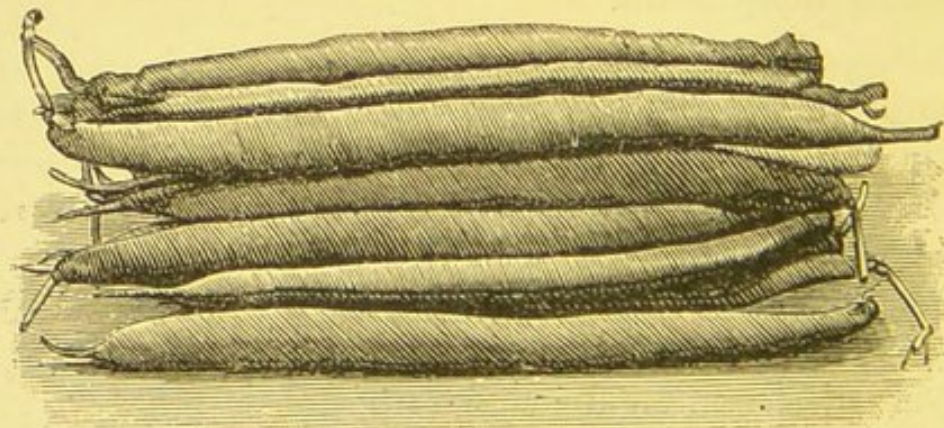
are almost tender. Drain them and remove the skin whilst hot. Blanch 6 ripe small tomatoes and remove the skin, then cut them into slices, drain and toss them in butter in a sauté-pan for a few minutes; next put in the same pan the broad beans. Mix them carefully and season with salt and pepper. Moisten with a well-made curry sauce, and keep hot, not actually boiling, for about 20 minutes. Arrange a border of plain boiled rice on a hot dish, dress the vegetables in the centre, sprinkle over a little chopped parsley, and serve.

Savoury Broad Beans.

Shell a quart of young broad beans; boil them directly they are shelled for 10 minutes in salt water, drain them on a sieve, put them in a sauté-pan with an ounce of butter and 2 tablespoonfuls of white sauce; season with salt, pepper, and a pinch of castor sugar, add some chopped parsley and tarragon. Let them simmer gently till the beans are tender. Dish up, garnish with fleurons or bread croûtons, and serve.

French Beans (*Haricots Verts*).

There are many varieties of French beans. This hardy annual plant was brought originally from India. What we call French beans are the pods of

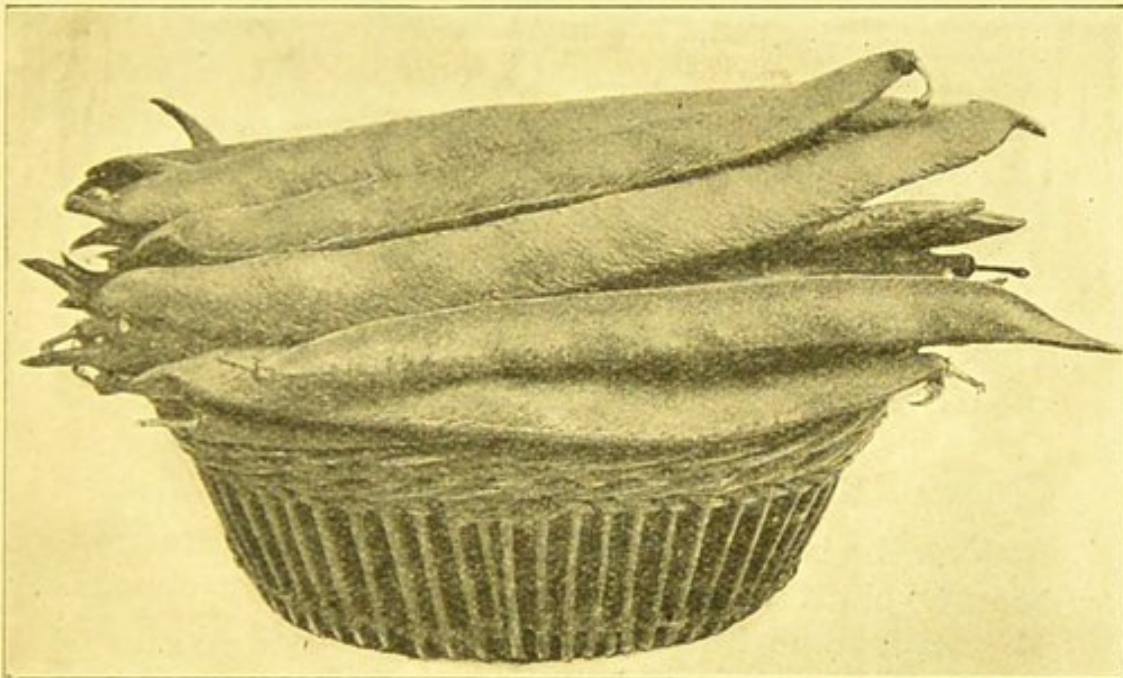


FRENCH BEANS,

the kidney bean, and those of the scarlet runner when young and tender. They are sometimes, when very small, pickled, and boiled when a little larger. In certain varieties when they have come to maturity, the pods are rejected, and the beans are dried, when they are known as haricot beans. These require soaking for some hours before being used, and when thoroughly cooked they are a highly nutritious vegetable food.

Scarlet Runners.

These resemble French beans, and are prepared and cooked in the same way as French beans.



SCARLET RUNNERS.

French Beans (*English Style*).

All vegetables cooked in English style are boiled in salted water and strained and served without other seasoning. French beans à l'Anglaise are prepared as follows: Cut the beans into strips and cook them in fast-boiling water containing a small piece of soda and enough salt to taste; this keeps the beans a much better green colour.

French Beans sauté in Butter.

After having cut the two ends of the French beans, wash them well and cook in salted water. The water must be boiling when the beans are put in. All green vegetables must be put in boiling water if they are to be of a good colour. Great care must be taken to reject old French beans which are stringy. When cooked, put them in a sauté-pan with some butter, season with salt, pepper, pinch of castor sugar, a little chopped and blanched parsley. Garnish with fried bread croûtons.

French Bean Purée.

Cook the French beans in salted water, add bouquet garni, parsley, and two onions. When cooked take out the bouquet garni and pass the French beans, also onions, through a wire sieve. Return immediately to the saucepan, reheat with a little white sauce, at the last add a small piece of butter. This purée is served as a vegetable or as garnish for entrées. The water in which the French beans have been cooked can be used as stock for making soups.

French Bean Soup à la Condé.

Cook the beans as previously stated, pass through a tammy cloth with the aid of two wooden spoons. Mix with some white stock, let it simmer, and finish with a little cream and a piece of butter. Season to taste, and serve with fried bread croûtons.

French Beans à la Poulette.

Pick, string, cut, and boil 1 lb. or more of French beans; when done, drain on a sieve, then put in a stew-pan with 1 oz. of butter; season with salt, pepper, sugar, some chopped green onions or chives. Toss over the fire for a few minutes, add a gill of Béchamel sauce; let all simmer for 10 minutes. Just before dishing up add 3 tablespoonsful of cream

and 2 yolks of eggs, to bind ; stir until it begins to thicken, dish up, sprinkle with finely-chopped parsley, and serve.

French Beans à la Bourguignonne.

Prepare and wash the beans, put them in a stew-pan with cold water, 2 onions, 2 carrots, bouquet garni, parsley, salt, and a piece of bacon. When the beans are three-parts cooked, take out carrot, onion, parsley, bouquet garni, also the bacon, if it is cooked. Pour off half the stock, and replace with some Burgundy wine ; then finish cooking the beans. Thicken the sauce with a butter and flour liaison. Dish up the beans, surround with slices of boiled bacon and serve.

French Beans à la Maître d'Hôtel.

Cook the French beans in salted water and drain them ; then season with salt and pepper and add a piece of fresh butter. Reheat and add a little finely-chopped parsley and a few drops of lemon juice. Dish up and serve hot.

French Beans à la Française.

Select about 1 lb. of small French beans, prepare them, and boil till tender in salt water, and drain them. Melt about 2 oz. butter in a sauté-pan, add the beans, season with a pinch of pepper, a pinch of nutmeg (grated), and a pinch of castor sugar. Toss well over the fire until the beans are thoroughly hot, sprinkle with a little finely-chopped parsley, dish up, and serve.

French Bean Salad.

Choose very green and young French beans. Cut off the ends, and boil the beans in salted water. The water should boil before the beans are put in if they are to be served green. Drain and put them into a salad bowl, and season like an ordinary salad.

Just before serving sprinkle over some chopped chervil and parsley.

French Bean Soufflé.

1 pint cooked French beans, 2 oz. flour, 1 egg, 1 gill milk, 1 egg, 2 oz. butter, seasoning, nutmeg, chopped parsley.

Cut the beans into short pieces, and sauté them in the butter; sprinkle over 1 tablespoonful chopped parsley. Season, and put them in a buttered earthenware soufflé dish. Make a batter with the flour, milk, and egg. Work in lastly the stiffly whisked white of an egg. Pour this on the beans, and bake in a quick oven for about 20 minutes. Dish up, and serve hot.

Preserved French Beans.

String the beans; they may be left whole or be cut. Wash them and cook them in boiling water from 5 to 10 minutes. Take them out, put them on a sieve, and pour cold water over. Fill them into jars, pour salted water over. Cover them and tie up, and cook for about 1½ hours at 212 deg. Fahr., on Senn's Saccharometer.

Dried French Beans.

French beans can be preserved by drying them. In this case, cut the two ends, then form in a chain by threading the flat side in the middle with a needle and thick thread. Plunge in boiling water for one or two minutes, then immediately in cold water. Drain the beans on a cloth and wipe well, then hang up in a dry place. Thus preserved they will keep good all through the winter months. When using them, cook in the same way as fresh beans.

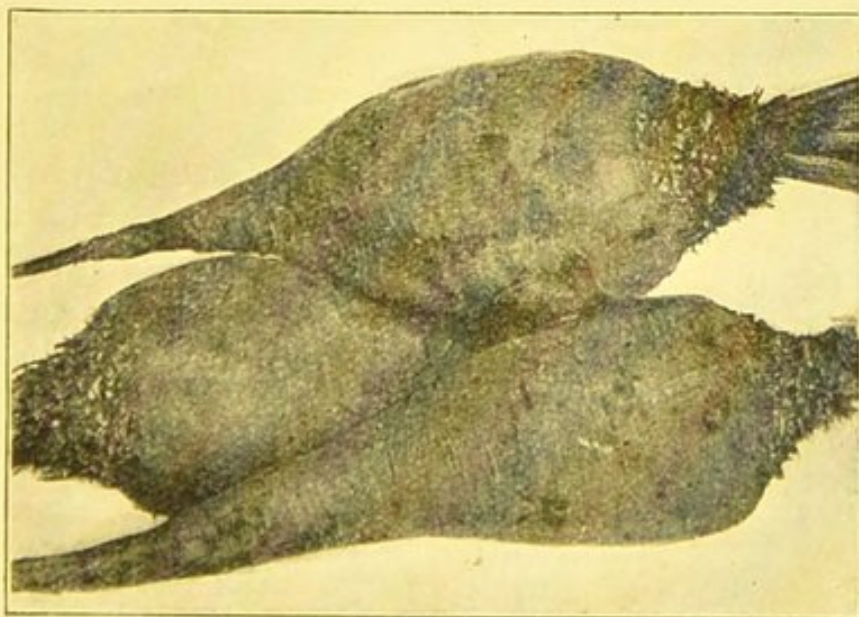
French Beans Preserved in Salt.

After having picked and washed the French beans, boil in water for 2 minutes, cool, and drain. When quite cold, spread them in layers in a barrel or stone-

ware jar, sprinkle each layer freely with a thin layer of salt. Put them to press by the means of a board with a weight on it. Twenty-four hours after the French beans have sunk it is necessary to add some salt. Cover the surface with a cloth and hermetically seal the barrel or jar. To cook, place the beans in cold water, and let them soak at least for 4 hours, changing the water each hour. Then cook them in the same way as fresh beans.

BEETROOT (Betterave).

THE beetroot originated in Spain. In cultivating, many varieties can be obtained which are distinguished by the colour of the roots. The most common beetroot is red; it is edible, of fine, close texture. The pink beetroot is white streaked with pink; the yellow beetroot comes from Germany; the white beetroot from Russia: it is the richest in sugar. The last, the rural beetroot, is employed principally as animal food. The Greeks had a great



BEETROOTS.

liking for the beetroot, and also ate the leaves baked or cooked like spinach. Sugar and alcohol can both be extracted from the beetroot. It was under the first Empire, when sugar became very rare, in consequence of the continental blockade, that the French discovered the way in which to make sugar from beetroot. There are three ways to cook beetroots: (1) boiled in water, (2) baked in the oven (3) or cooked under hot ashes. It is better to roast than boil. Great care must be taken when boiling beetroot to avoid breaking the skin, because it loses its juices in the water, and would not have a fine red colour. It requires 3 to 4 hours to cook beetroot.

How to Cook Beetroot.

Trim the beetroots, but do not wash them; put them in a pot of water sufficient to well cover them, and cook from 2 to 3 hours, according to size. Some cooks bake beetroots in hot cinders or ashes, others bake them in the oven till quite tender. When done, and cool, skin them and cut into fairly thin slices. Place them in a jar with enough vinegar to cover, also a few peppercorns and a bay-leaf. They are ready for use after they have soaked for 24 hours.

Beetroot Tossed in Butter.

Peel and cut into slices 1 to 2 beetroots. Put them in a sauté-pan containing about an ounce of hot butter. Season with salt and pepper, and toss over a quick fire until the beetroot is very hot. At the last add a little chopped parsley. Serve in a vegetable dish and pour over a little hot, well-flavoured brown sauce.

Savoury Beetroot Bouchées.

1 or 2 beetroots (cooked and pickled in vinegar), 1 gill milk, 1½ oz. butter, 2 oz. flour, 1 tablespoonful cream, 2 eggs, salt, pepper, 1 tablespoonful grated cheese, breadcrumbs, fried or toasted bread.

Cut the beetroot into inch-thick slices, by means of

a paste-cutter, $\frac{3}{4}$ inch in diameter; cut each slice so that all the slices are of an even size. With a smaller cutter cut out the inside of each, and place these on rounds of fried or toasted bread. Put the milk and butter in a stew-pan, add a bayleaf, and bring it to the boil, then stir in the flour (previously sifted). Mix well together, and stir over the fire for about 5 minutes, let the mixture cool a little, then add the yolks of 2 eggs, the cream, grated cheese, and season to taste. Remove the bay-leaf, and add a small handful of finely chopped beetroot. Whisk the whites of eggs to a froth, and mingle with the above. Fill the prepared beetroot shapes with this mixture, sprinkle the top with a few fine breadcrumbs, place the shapes on a baking-tin, and bake in a brisk oven from 10 to 12 minutes. Dish up with the croûtes of bread, garnish with a few sprigs of parsley, and serve.

Beetroot Cassolettes.

Cut 8 or more cassolette shapes from cooked beetroot, scooping out the centre of each, and steep them in vinegar marinade. Prepare a salpicon composed of anchovy fillets, hard-boiled white of egg, and gherkins, all cut into dice or julienne strips. Season with salt, pepper, oil, and vinegar, and mix with finely-chopped parsley and other herbs. Drain the cassolettes and fill them with the salpicon. Dish up, garnish, and serve very cold.

Beetroot Fritters.

Boil a large beetroot, also a large peeled Spanish onion. When done, remove the skin of the beetroot, and cut into thin rounds; stamp these out into even-sized rounds, and place them on a dish. Season with a little vinegar, salt, and pepper. Chop finely the boiled onion, moisten with a little thick béchamel sauce; spread the slices of beetroot on one side with

this. Put 2 slices together, like sandwiches, press them lightly, dip them in frying batter, and drop one by one into boiling fat or lard. Fry for 5 minutes, drain on a cloth, sprinkle with salt and pepper; dish up, and garnish with parsley.

Beetroot Ragoût.

Bake two beetroots in the oven until tender; when cold, remove the skin, and cut them into slices. Put them in a stew-pan, pour over a little vinegar and some stock or gravy. Season with pepper and salt, and simmer gently for half an hour. Pour off the gravy and reduce it to a glaze, add a few slices of beetroot, well pounded in a mortar, and 2 tablespoonsful of brown sauce. Boil up for a few minutes; mix these with the sliced beetroot, heat carefully and dish up, garnish with fleurons or fried bread croûtons, and serve.

Beetroot Soup.

1 quart of stock, 1 oz. of butter, 1 oz. of flour,
1 large cooked beetroot, $\frac{1}{2}$ a stick of celery, $\frac{1}{2}$ gill of
cream, salt and pepper.

Melt the butter in a stew-pan, stir in the flour, and cook it, without browning, over the fire for a few minutes. Add the stock, or use milk and water, if you have no stock. Stir this over the fire till it boils. Peel the beetroot and cut it into shreds. Wash, trim, and shred the celery, and add both to the stock, etc. Boil the soup with the lid on for about half an hour, not more, or the colour will be spoilt. Put the soup through a sieve, rub enough of the beetroot through to give it a nice colour and consistency. Season carefully, add the cream. Heat it thoroughly without letting it boil again. Serve hot.

Beetroot Salad.

There are three ways of cooking beetroot. They may be boiled in water, baked in the oven, or roasted on the ashes. They are usually better roasted or

baked than boiled. In cooking them the skin must remain intact, or they will lose their juice, and with it their fine red colour. To use as a salad, peel and cut into thin slices, season with salt and pepper, and leave for at least 1 hour in vinegar. Before serving, sprinkle over lightly with olive oil. Beetroot thus prepared and shredded finely is used as hors d'œuvre. Beetroot also forms an accompaniment for several salads, such as endive and lettuce. It is prepared in advance, pickled in vinegar, and must not be mixed with the salad until the last moment.

Beetroot and Potato Salad.

1 boiled beetroot, vinegar, 6 large new or kidney potatoes, hard-boiled egg, watercress, oil, pepper, salt, chervil, chives.

Cut the beetroot into slices, put it into a bowl, season with salt and vinegar, and let it remain for 6 hours. Boil the potatoes in their skins, peel and slice them, and while they are still warm pour the beetroot juice over them. Season them with oil, pepper, salt, and finely-chopped chervil and chives. Neatly arrange the salad in a salad bowl, and garnish with hard-boiled egg and water-cress.

Beet Greens or Beetroot Tops.

Prepare these the same as spinach greens, leaving the young beetroots and tender stalks, and cooking them with the smallest leaves with a good-sized piece of salt pork. When tender, remove from the liquor, drain, dish up and serve hot. Serve with vinaigrette.

BROCCOLI (Brocoli).

THIS is a hardy variety of the cauliflower, of which there are two kinds: one is obtainable for use in the autumn, and the other in the early spring; both are equally good as a green vegetable. Like the cauliflower, broccoli is only a cultivated form of the

wild cabbage, and until the end of the 17th century these were not much grown in England. The leaves of the broccoli and the colour of its head differ from that of the cauliflower. It is very easy to grow, and endures the frost without sustaining any injury. Like all other green vegetables for table, it should always be gathered fresh. All leaves, in the least withered, should be carefully picked off, and the broccoli should then be washed well in salt water and boiled in an uncovered saucepan. The heads of broccoli plants are sometimes pickled like cauliflowers, and form a very tasty accompaniment to cold meats. Broccoli is prepared and cooked in the same manner as cabbage or spinach.

Borecole or Scotch Kale.

It is a favourite kind of green vegetable in many parts of the country, and of late years its use in London and other large towns has greatly increased. It is considered a coarse kind of green, seldom used except by the humbler classes. It will thrive on



SCOTCH KALE.

many a plot of ground too poor for almost any other kind of vegetable. The Scotch used to cut it up in shreds as one of the chief ingredients in their favourite broth called "Kale" or "Kail." It is on this account that their cottage gardens in which it was grown came to be called kail yards, and the borecole was called Scotch kale or kale green. Like other green vegetables, it is very good as a preventative of scurvy, and when eaten with meat counteracts its richness. Scotch kale is treated and cooked similarly to cabbage.

BRUSSELS SPROUTS (Choux de Bruxelles).

A WELL-KNOWN vegetable, having the appearance of a miniature cabbage. Sprouts are the more precious because they are in season when other vegetables are



BRUSSELS SPROUTS.

scarce. When properly cooked, they are tender, delicately-flavoured, and very nutritious; they belong to the nitrogenous or flesh-forming class of foods; although somewhat difficult to digest, they are extremely sustaining. The name Brussels sprouts is given to it because the best kinds are raised from seeds which were originally brought from Belgium. They are in season in winter, and chiefly valued because at that time other fresh vegetables are scarce.

Brussels Sprouts.

1 lb. sprouts, 1 oz. butter, small piece of soda (the size of a small pea), pepper and salt, sufficient boiling water to cover the sprouts.

Wash the sprouts thoroughly in cold water, remove the outer leaves, trim and soak them for about 1 hour in cold water and salt. Add a tablespoonful of salt and soda to the boiling water, put the sprouts in, and keep them boiling rapidly, without a cover, until the stems are soft (about 10 minutes); strain through a colander, melt the butter in the saucepan, add the sprouts to it, add some pepper and salt, shake well together, dish up in a hot vegetable dish, and serve hot.

Brussels Sprouts Fritters.

Choose some small firm Brussels sprouts, wash and trim them neatly, and soak in cold water (salted). Boil them in fast boiling water containing a small piece of soda, and salt to taste. When three-parts done, take up, then drain, and let cool. Cover each with a thin layer of sausage meat, then dip in frying batter or egg and crumbs, and fry in hot fat. Drain and dish up.

Brussels Sprouts with Tomatoes.

Fry 3 or 4 sliced tomatoes in a frying-pan with 2 oz. of butter. When done take up and keep hot. Put

into the same pan about 1 lb. of cooked Brussels sprouts (well drained), and fry them also in butter. Season with salt and pepper and toss them a little. Put the sprouts into a buttered pudding basin, then unmould on to a hot dish, surround with the slices of fried tomato, and serve.

Sautéed Brussels Sprouts.

Trim and wash 1 lb. Brussels sprouts; boil them in salted water in the usual manner; when done take up, drain, and let them get cool. Melt 1½ oz. fresh butter in a sauté-pan or frying-pan, put in the sprouts, season with pepper and a pinch of nutmeg, toss the sprouts in the pan over a well-heated stove for about 10 minutes, dish up, sprinkle over a little chopped parsley, and serve.

Brussels Sprouts with Chestnuts.

Prick or slit ½ lb. of chestnuts, then throw them into boiling water without letting them boil, in order to take off the shell and the second skin. Then cook them in some stock with a peeled onion stuck with a clove, and a bouquet garni. When tender, strain, mix carefully, so as not to break them, with 1 lb. of cooked Brussels sprouts. Moisten with a little thin brown sauce. Dish up and serve hot.

Brussels Sprouts Salad.

Season cooked cold Brussels sprouts with salt and pepper, dress with oil and vinegar and a few drops of Tabasco sauce. Line a salad bowl with lettuce leaves, and dress the above upon it. Sprinkle with chopped parsley or chives, and serve.

Brussels Sprouts Purée.

The sprouts being cooked, chop them finely. Reheat and season with salt and pepper, mix with butter and a little white sauce. Dish up with a border of fried bread croûtons, and serve.

Brussels Sprouts with Bacon.

Fry 10 to 12 thin slices of streaky bacon in a frying-pan; when done take up and keep hot. Put into the same pan about 1 lb. of cold cooked Brussels sprouts (well drained) and fry them in the bacon fat. Season with salt and pepper and toss them a little. Put the sprouts into a hot buttered pudding basin, then unmould on to a hot dish, surround with the fried bacon, and serve.

Brussels Sprouts Soup.

Cook about 1½ lb. of well-washed and trimmed sprouts in about 3 pints of stock, with a little spinach, to give the soup a good colour. When the sprouts are cooked to nearly a purée, pass through a fine sieve or a tammy cloth with the aid of two wooden spoons. Put the soup in a saucepan, boil, and skim well. Season with salt, pepper, and nutmeg, and finally add a little cream. Serve fried bread croûtons separately.

CABBAGE (Chou).

THIS nutritious vegetable has been, through cultivation, transformed into endless varieties. Originally it was the wild-growing colewort, which can be found on the cliffs of our sea coast. In its cultivated state it was first brought into this country from Holland, about the time of Henry VIII., when the cultivation of vegetables was here hardly known; but science and labour combined have changed the little wild cabbage, not weighing more than half an ounce, into giants sometimes exceeding 100 lb. in weight.

After the potato, cabbage is the most popular vegetable. The moderate price puts it in the reach

of all classes, and what is still more precious, it can be procured all the year round. The cabbage is of the cruciferous family. There are a number of varieties, the principal ones are: The white cabbage, savoy cabbage (known in France as chou de Milan), cauliflower, kohlrabi or chou-rave, Brussels sprouts, and red cabbage. The Egyptians were so convinced of the extraordinary qualities of cabbage that they ate it at all meals; whilst the Greeks and the Romans acknowledged amongst other virtues that it preserved one from drunkenness. Hippocrates had a predilection for this vegetable, and prescribed it to his



CABBAGE.

patients as a remedy against colic and paralysis. Many great philosophers of antiquity and specially Pythagoras mentioned in their works the extraordinary value of the red cabbage. Cato himself affirmed that this plant was an infallible remedy against plague. It is, said he, by the grace of this panacea that the Romans were able to go 500 years without doctors, whom they had expelled from their territory, perhaps because they refused to recognise the curative

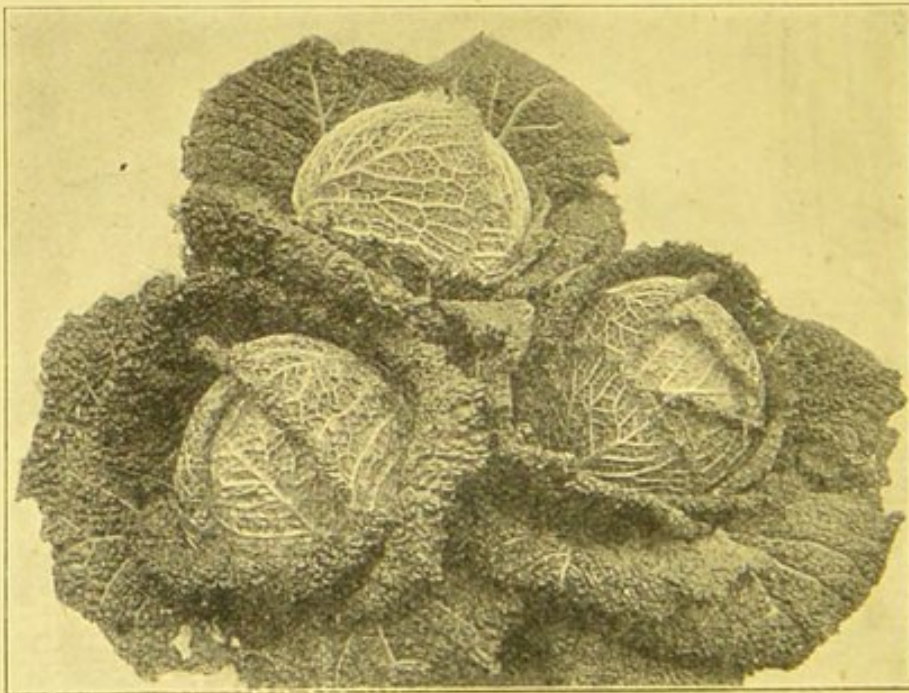
qualities in the cabbage. It has been proved to be a very nourishing, substantial, healthy vegetable, in whatever way it is cooked.

Boiled Cabbage.

Take off the outside leaves of the cabbage, cut it in quarters. Wash well, and let it soak for a quarter of an hour in salted water, to destroy the insects which are found between the leaves. Cut off the stalk portion, and put the cabbage in a stew-pan of boiling salted water. Let it boil fast until tender, then drain in a colander or on a sieve. Press with a plate so as to extract all the water. Serve hot on a deep dish.

Creamed Cabbage.

Cook in salted water 2 small cabbages, previously picked, washed, and cut in quarters. When tender, drain and chop finely, put in a stew-pan with 2 to 3 oz. of butter, season with salt, pepper, and a little



SAVOY CABBAGE.

grated nutmeg. Stir with a wooden spoon over the fire for a few minutes. Lastly add a gill of cream, reheat, dish up, and serve.

Savoury Cabbage Pudding.

Wash, pick, and blanch one or two small cabbages for 20 minutes. Drain and press so as to extract all the water, then chop finely and season to taste with salt and pepper. Butter a charlotte mould, and sprinkle with breadcrumbs. Place in the bottom a layer of cabbage, then a layer of sausage meat. Fill the mould alternately with the cabbage and farce, taking care that the last layer is cabbage. Cover with slices of bacon, and cook in the oven for about an hour in a closed stew-pan, containing enough water to reach a third of the mould. When cooked, turn out the shape on to a deep dish, sauce over with hot Espagnole or Madère, and serve.

Cabbage Timbale.

Prepare and boil 1 large or 2 small cabbages in the usual way, then drain well in a colander, and press out the water. Chop the cabbage finely. Melt 2 oz. of butter in a stew-pan, fry in it a small peeled and chopped onion to a golden brown. Add a tablespoonful of flour, stir for a few seconds, and put in the chopped cabbage, also about 3 oz. of chopped ham. Season with salt, pepper, and grated nutmeg, and cook whilst stirring for about 10 minutes. Lastly, add a little cream. Butter a plain timbale mould, or a pudding basin, and besprinkle the inside with breadcrumbs, then line it with thinly cut slices of bacon. Fill it with the prepared cabbage, and bake for about 40 minutes in a fairly hot oven. To serve, turn out the mould on to a hot dish, and pour round it some hot and well-flavoured brown sauce.

Cabbage à la Crème.

The cabbage must be pulled to pieces and well washed ; it is then cooked in a saucepan of fast-boiling

salted water ; the flavour is improved if an onion is added ; when soft drain well, and then rub through a wire sieve. Half an ounce of butter is next melted, and the cabbage added ; also 2 tablespoonsful of cream. It should be seasoned nicely with salt and pepper, and served very hot. If preferred as a separate dish, it should be garnished with toasted bread cut into fancy shapes.

Cabbage à la Viennoise.

Trim, wash, drain, and boil in slightly salted water a large cabbage. When done, strain off the water and chop the cooked cabbage rather finely. Cut about 4 oz. streaky bacon into very fine strips, fry them in a stew-pan with a little butter, add a small onion (peeled and chopped), and fry it to a golden brown. Next sprinkle in a tablespoonful of flour, stir well, and fry for a few seconds ; then add the cabbage. Moisten with about half a gill of stock, season with salt, pepper, nutmeg, and paprika, cook slowly for about 15 minutes. Dish up, garnish the dish with fried bread croûtes and serve.

Cabbage with Bacon.

Cook a piece of streaky bacon or salted pork with the previously prepared cabbage : this gives it an excellent flavour. When the cabbage and pork are tender, serve the bacon or pork on a dish, surrounded by the cabbage previously drained and cut into portions.

Cabbage au Gratin.

Parboil a young cabbage, properly trimmed and washed ; drain it well in a colander and shape it. Butter a round gratin dish, line it with thin slices of boiled bacon, and put the cabbage upon the bacon. Season with salt and pepper. Mask with thick white sauce, sprinkle with grated Parmesan cheese and

breadcrumbs ; place some little bits of butter here and there on top, and bake to a light brown colour in a sharp oven. Serve in the gratin dish.

Savoury Cabbage.

Trim and wash a young cabbage ; scoop out the base, blanch it, and stuff with a well-seasoned meat and breadcrumbs' stuffing ; place it in a stew-pan lined with bacon, moisten with Espagnole sauce, and braise till tender. When cooked, take it out and press the cabbage into shape. Dish up, cover with reduced Espagnole sauce, sprinkle some bread raspings over, garnish with slices of lemon and grilled cup mushrooms, and serve.

Braised Cabbage (*Flemish Style*).

Pick, trim, wash, and cut in two a large cabbage, and soak in salted water for a quarter of an hour. Cook the prepared cabbage in boiling water for 10 minutes, then drain, and spread on a serviette. Take out the hard part in the middle of the cabbage, season with salt and pepper, then take the two halves of the cabbage, and tie together. Line the bottom of a stew-pan with slices of bacon on which place the cabbage ; add a carrot, an onion, peeled and stuck with 3 cloves, a bouquet-garni and parsley. Cover the cabbage with stock, and finally with a piece of buttered paper. Place the cover on the pan, and braise gently for at least 1 hour. Drain the cabbage on a sieve, take off the string, press well to extract the stock. Dish up and serve as a vegetable or as garnish for a *rélevé*, such as à la Flamande, or à la Bourgeoise. When served as a vegetable, pour round it a nicely-flavoured brown sauce.

Braised Cabbage (*German Style*).

Take off the outside leaves of 2 firm white cabbages. Remove the hard part of the stalk. Wash well,

and cut in quarters, and boil in salted water, and drain. Then put the cabbage in a stew-pan with 2 or 3 large peeled onions finely chopped, and tossed in butter. Season with salt and pepper, and mix all together. Let it cook with 2 oz. of butter for quarter of an hour; take care to stir occasionally so that the cabbage does not burn. Add a little vinegar and $\frac{1}{2}$ pint of stock. Let it simmer for another 10 minutes. Then dish up and serve hot.

Curried Cabbage.

Shred the white parts of a firm cabbage; peel and slice a large sour apple; slice 2 small peeled onions, and fry them in butter. Put the cabbage, apple, and onions in a stew-pan; season with cayenne, black pepper, and salt, add a teaspoonful of curry powder, and a little turmeric. Moisten with the juice of half a lemon, and a half-pint of gravy; cover it closely, and cook gently for about half an hour, stirring occasionally until tender. Dish up in a border of plain rice.

Stuffed Cabbage.

Take a large firm cabbage, pull off the outside leaves, and boil in salted water for 10 minutes; drain and cool. Prepare the stuffing with sausage meat, season with fine herbs, some peeled and chopped shallots previously tossed in butter, finely-chopped parsley, and mushrooms. Fill the centre of the cabbage with the stuffing, and surround with thinly-cut slices of bacon, and tie on with string. Place the cabbage in a stew-pan, with a carrot, 2 peeled onions stuck with 2 cloves, and a bouquet-garni; season with salt and pepper, braise gently for $1\frac{1}{2}$ hours. Serve the cabbage in a vegetable dish. Reduce the liquor and strain over the cabbage.

Cabbage Soup.

Take 2 cabbages, pick, cut in quarters, take out the hard part in the centre, place them in a stew-pan

of water, and blanch for 15 minutes. Drain and return to the stew-pan, moisten with water and stock. Add also equal quantities of bacon and mutton, 2 onions, 2 small carrots, a clove of garlic, a bouquet-garni, and 2 cloves. Add a little salt, simmer gently for 2 hours at least. Take out the meat, drain the cabbage, and chop it finely. Then pass it through a fine sieve. Reheat it with the stock, and serve.

French Cabbage Soup.

A large cabbage, 1 small loaf wholemeal bread, pork broth, grated cheese.

Remove the crumb from the bread. Blanch and cook a large cabbage in some pork broth, cut it into pieces, and fill it with bread. Season each layer with grated cheese. Pour over some well-skimmed broth. Stew the whole in an earthenware pan in the oven, and baste frequently. Divide the bread with the cabbage, serving the broth separately.

Cabbage with Potatoes.

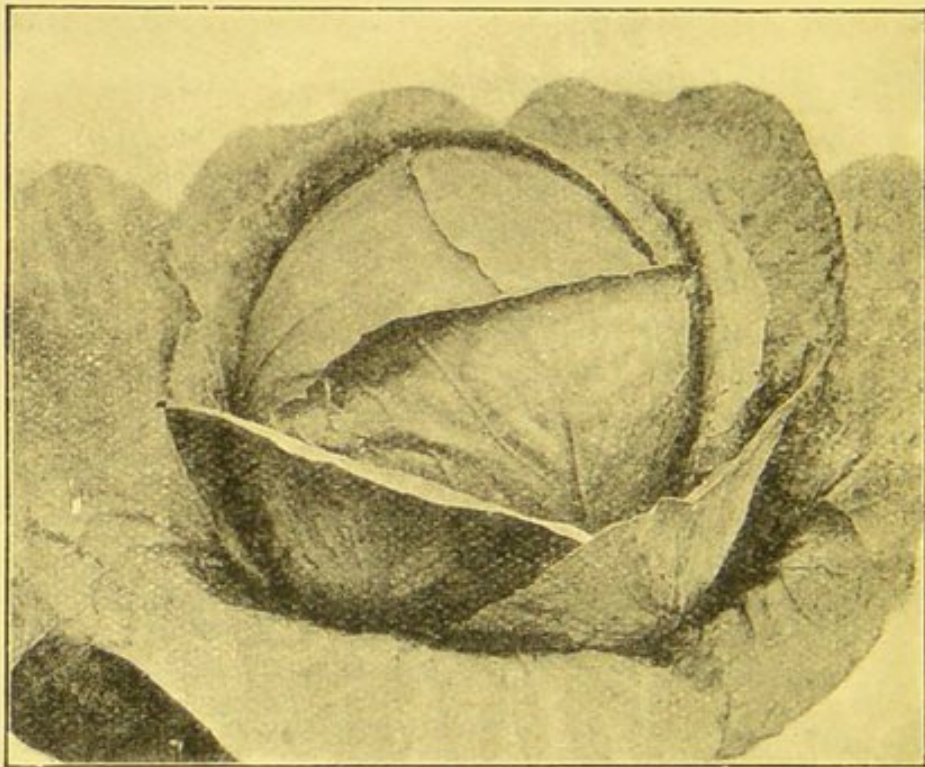
Cold potatoes and cabbage left over from a meal can be turned into a tasty dish. Take about the same quantity of cabbage as potatoes, and chop them together; season with salt and pepper, also a little grated nutmeg. Reheat in a stew-pan or frying-pan, adding a little stock and a piece of butter. When quite hot dish up and serve.

Colcannon.

Mash some hot or mince finely some cold potatoes, season them with salt and pepper, and add to them just enough cooked and chopped spring cabbage to give a pleasant green colour to the potatoes, add some butter and either fry quickly or bake with breadcrumbs sprinkled on top. Dish up, and serve with thinly-cut fried rashers of bacon.

Red Cabbage.

A species of the common cabbage with reddish leaves, chiefly used for pickling. When cut into narrow shreds, and allowed to lie two or three days with salt sprinkled over it, before adding the vinegar, it will acquire a beautiful purple colour, and with the addition of spices and vinegar it makes a cheap and



RED CABBAGE.

pleasant pickle. In Germany, and sometimes in this country, it is eaten as a vegetable when stewed in rich gravy and butter, with vinegar and spice. Red cabbage should not be cut until it has been slightly frost-bitten.

Braised Red Cabbage.

Cut the cabbage in quarters. Remove the outside leaves, and the stalk, then cut the quarters in fine strips. Wash well, then blanch and drain. Chop 2 or 3 peeled onions, toss them in butter without

browning, and add to the cabbage. Fry a few minutes, then add a small glass of brandy and two glasses of claret. Season with salt and pepper, and cook slowly for about an hour. When the cabbage is cooked and the stock well reduced, it is ready to serve.

American Cabbage Salad.

Take off the outside leaves of a firm spring cabbage and cut it in quarters. Remove the hard part of the centre, and cut into fine shreds or strips, blanch in salted water for 5 minutes. Drain in a colander, rinse in cold water. Drain again on a cloth, and place in a salad bowl. Season with salt and pepper, oil and vinegar, and mix like an ordinary salad.

Bubble and Squeak.

A favourite old English dish, made from cold meat (cold boiled beef being preferred, but roast veal or beef may also be used) cut into thin slices or dice and fried together with finely-chopped cooked cabbage, and, if desired, cold cooked potatoes. As all the ingredients have been previously cooked, this is the most economical way of serving up the remains of a previous repast.

Savoy Cabbage.

This very nutritious vegetable is a near ally of the cabbage. It is very hardy, and unless frost is very severe is improved rather than otherwise by being exposed to its influence. Its close heart and wrinkled leaves are very palatable, but it is specially valued because it comes into use in autumn and continues in season till the spring, during the time when other green vegetables are scarce. Prepare and cook savoy cabbage the same as ordinary cabbage.

Hot Slaw.

Trim and wash 1 or 2 firm cabbages, remove the stalk portion, then shred finely, and cook in very

little water. When nearly done, add about 2 oz. of butter, season with salt and pepper, and let simmer till done. A little fried bacon cut in dice may be added. Dish up and serve hot. Another way to cook hot slaw is to fry some finely-minced onion with bacon to a light brown; then add the shredded cabbage, and cover with some stock or water and let cook till nearly done. Then add a little vinegar and castor sugar, and let simmer till done. Hot slaw is served plain, or with Frankfurt sausage, spare ribs, or pork sausage. Red cabbage is made into hot slaw after the same method as the white cabbage. White and red cabbage are also served washed and finely shredded as a salad.

Cold Slaw.

When slaw is to be served cold, proceed to shred the cabbage as before directed, and season with salt, pepper, a little castor sugar, and a pinch of dry mustard. Oil and vinegar are then added, after which it is well mixed and dished up.

Cabbage with Apples (*German Dish*).

Select one or two large firm white-hearted cabbages; trim, wash, and shred them as finely as possible; peel 3 large sour cooking apples, cut them into thin slices, and remove the cores. Melt about 2 oz. of butter or lard in a large stoneware stew-pan, line the bottom with thin slices of bacon, put in the cabbage and apples well mingled, cover with slices of lean raw ham, place a few bits of butter here and there on top, and bake in a moderately heated oven for about 3 hours (see that the stew-pan is well covered). Add a gill of rich stock and a dash of vinegar, and season to taste with salt, pepper, and nutmeg. Dish up, and serve hot.

Pickled Red Cabbage.

To each quart of vinegar, allow $\frac{1}{2}$ oz. of ginger, well bruised, 1 oz. of black peppercorns, and also a little

cayenne if liked. Trim the outside leaves of the cabbage (which should be firm and red), cut in quarters, remove the stalks, and cut the cabbage into fine shreds. Lay these in a basin, and season well with salt, covering them with a dish. Let them remain thus for 24 hours, then turn into a colander to drain off the water. Put the shredded cabbage in jars, boil up the vinegar with spices in the above-given proportions, and when cold, pour over the cabbage. The pickle will be ready for use in about three weeks. A very small quantity of cochineal boiled with the vinegar adds much to the appearance of this pickle, but it does not improve the flavour.

Sauerkraut (*Sour Cabbage*).

Select the required number of firm, white autumn cabbages, trim off the withered leaves, cut each in half and remove the stalks. Wash and drain the cabbages and shred them finely (this is usually effected by a large vegetable slicer). Now put the shredded cabbage in a large earthenware pan or oaken tub. Season each layer liberally with common salt. When the vessel is filled, place a lid on the cabbage, and press it down with heavy weights. At the end of six weeks, when the fermentation is complete, it should then be ready for use. It is generally cooked in its own liquor, with bacon or pork and sausages.

Cardoon with Marrow.

Cardoons resemble in their form members of the celery family, but are of a different taste. Commence by taking off the large stalks outside the cardoon which are too hard to be used. Cut the other stalks into pieces of about 4 in. in length, and take off the stringy parts. Rub each piece with half a lemon, and place in a stew-pan containing some acidulated water. Blanch quickly, and rinse in cold water. Take a braising pan, line it

with slices of bacon, on which place the cardoons. Season with salt and add 2 or 3 peeled and sliced onions, a bouquet-garni, and parsley. Cover the vegetable with slices of bacon, and moisten with some white stock. Let it simmer until quite tender. Then drain and serve in a vegetable dish. Surround the cardoons with small croustades of bread, garnish with cooked beef marrow, and serve with Espagnole or Madère sauce.

Cardoons with Parmesan Cheese.

After having prepared and cooked the cardoons as stated in the preceding recipe, drain and arrange in layers on a china gratin dish, and sprinkle over some grated parmesan cheese. Then place over the second layer of cardoons, then a layer of cheese, and a third layer of the cardoons. Sprinkle the surface with more cheese; pour over a little melted butter, and brown in a hot oven. Serve with it a little Espagnole sauce.

Cardoons and Béchamel Sauce.

Prepare and cook the cardoons in salted water containing lemon juice. After having drained them, arrange in a vegetable dish, cover with a well-reduced Béchamel sauce, sprinkle over very little cayenne and a grate of nutmeg and serve.

Cardoons (*Spanish style*).

Wash and trim some cardoons, cut them into pieces about 4 inches long, and boil them in salted water. When done, drain them in a sieve, put them in a stewpan with enough brown sauce (Espagnole) to cover. Season with pepper and simmer gently for about 20 minutes; flavour with a little lemon juice. Dress the pieces neatly on toasted bread. Dish up, sauce over with the sauce well reduced, and serve.

Fried Cardoons.

These are prepared and cooked in the same way as before described. When cooked, drain them on a

cloth, season with pepper, cayenne, lemon juice, and chopped parsley. Then dip them one by one in frying batter, and fry in hot fat. Drain, dish up on a folded napkin, garnish with fried parsley, and serve.

Spanish Cardoon Salad.

Cut the white stems of a washed and trimmed cardoon into short sticks, removing the outer skin. Blanch them in boiling water, flavoured with vinegar, then drain, and let them cool. Arrange them in a stew-pan, and cover them with white stock and a glass of Chablis. Add a peeled onion stuck with 2 cloves and a sprig of parsley; season with salt and pepper. When the cardoons are cooked, drain them on a cloth. Serve them in a vegetable dish, covered with a mayonnaise, to which a spoonful or two of tomato purée and a little chopped tarragon and chives have been added.

CARROTS (Carottes).

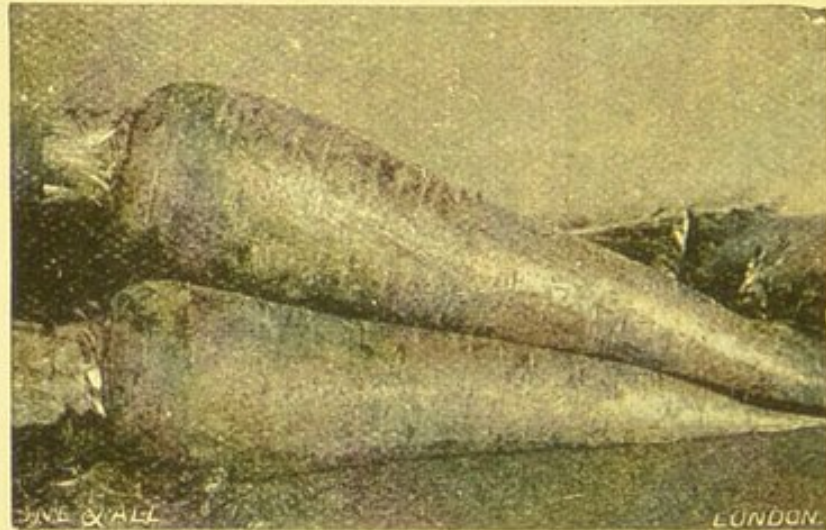
A VEGETABLE which, in Germany, is made into a variety of dishes, both sweet and savoury. It has the disadvantage of being somewhat indigestible, but it is, for all that, very nourishing. It is a hard, coarse, rough biennial, a native of the northern part of the world, but also found on the mountains of the tropics. The garden carrot, which has a white flower, was introduced into England in the reign of Queen Elizabeth, and was at first so highly esteemed that ladies wore leaves of it in their head-dress. The carrot can be used instead of malt for beer, and in distillation yields a large quantity of spirit. Its value is proportionate according as it has more or less of the red than the yellow part. A large red variety is used amongst other purposes by farmers for colouring butter, while the orange carrot is that usually cultivated as a garden vegetable. The carrot

is, amongst vegetables, one of the most healthy and nourishing. Besides, it can be prepared in many ways for the table; it is precious as a flavouring, because of the sugar it contains and a particular flavour which distinguishes it.

Carrot or Crécy Soup.

About 3 pints stock or water, 6 large carrots, 2 onions, 6 oz. bacon, 2 oz. rice, $\frac{1}{2}$ bay-leaf, 1 gill milk, pepper and salt.

Wash the carrots, scrape them and shred finely; wash the rice, parboil it, and put it into a stew-pan



CARROTS.

with stock or water, carrots, bay-leaf, and the onions peeled and finely sliced. Cut the bacon into small pieces, fry it a little, and add to the above. Boil till tender; remove bay-leaf, and rub all through a fine sieve. Return the soup to the stew-pan, season with pepper and salt to taste, add the milk, stir over the fire until it boils, and serve.

NOTE.—A small piece of butter added to this soup will improve it. For a high-class carrot soup the red part of the carrot only is used. The carrots used must be of a deep red, otherwise the soup will not be of good colour.

New Carrots à la Poulette.

Carrots, above all, when young, must not be peeled, because it is known that the outside part possesses much more nourishing and juicy qualities than the interior. Simply scrape them with a knife to take off only the outer skin. Take a bunch of new carrots, scrape them, cut off the point, and the top part which is usually a little green. Cut each in two if small, in four if large. Wash well, place in a saucepan with a bouquet-garni, 2 peeled onions, season with salt, pepper, and pinch of sugar, add a small piece of butter and about 1 pint of stock. Let it simmer until the carrots are quite cooked. Take out the onions, then mix a little Béchamel sauce and a liaison of 2 yolks of eggs. Finally blanch and chop some parsley, and mix with the sauce. Dish up and serve hot.

Carrots à la Favorite.

Trim, wash, and scrape a bunch of young carrots, and cook them in salted water until tender, then drain and toss them in 2 oz. of fresh butter. Put half a pint of cooked flageolet beans into a buttered fire-proof dish; sauce over with Béchamel or other rich white sauce. Upon this range the cooked carrots, neatly glaze them with dissolved meat glaze, besprinkle with chopped parsley, garnish with fleurons of puff pastry, and serve hot.

Carrots à la Flamande.

1 bunch of young carrots, $\frac{1}{2}$ teaspoonful chopped parsley, 2 tablespoonful cream, castor sugar, 1 oz. of butter, 2 yolks of eggs, salt and pepper.

Trim, wash, and scrape the carrots, cut them into halves or quarters, and blanch them in slightly salted water. Drain and put them in a stew-pan with the butter, toss them over the fire for a few minutes without allowing them to get brown, then add a gill

of good stock, season with pepper, salt, and a pinch of sugar, and cook till tender. Mix the yolks of eggs with the cream and pour into the stew-pan containing the carrots, stir till the liaison is formed, then add the parsley (finely chopped), mix thoroughly, dish up and serve hot.

Carrots à la Maître d'Hôtel.

1 bunch young carrots, 1 oz. butter, 1 dessert-spoonful chopped parsley, lemon juice, seasoning.

Wash and scrape the carrots, cut them lengthwise into quarters, and boil in salted water till tender. Drain them and put them in a stew-pan with the butter; sauté them quickly over the fire; add the chopped parsley and a teaspoonful of lemon juice. Shake the pan over the fire for some minutes. Season with salt, pepper, and a pinch of castor sugar. Dish up and serve hot.

Curried Carrots.

Braise some young carrots, and let them get cold. Prepare a rich curry sauce, and have ready 2 or 3 hard-boiled eggs which have been allowed to get cold and then sliced. Slice the cold carrots, and lay them with the sliced egg in the curry sauce, and allow them to heat gradually in the sauce; then make a border of nicely boiled rice in a dish, garnish with strips of red and green chillies, and fill up the centre with the curried carrots, and serve.

Carrots with Peas.

Wash and scrape a bunch of new carrots, cut in rounds about $\frac{1}{8}$ in. in thickness. Place the carrots in a saucepan and cook as before. When cooked, mix with $\frac{1}{2}$ pint of green peas previously boiled in salted water. Then bind together with a little butter, blended with flour; cook for another 10 minutes, and serve in a vegetable dish.

Carrots à l'Allemande.

2 bunches of young spring carrots, $\frac{1}{2}$ gill demi-glace sauce, $\frac{3}{4}$ pint rich stock, 1 teaspoonful chopped parsley, 2 oz. butter, $\frac{1}{4}$ gill cream, 1 teaspoonful castor sugar, seasoning.

Wash and scrape or trim the carrots, blanch them in slightly salted water, and drain. Melt the butter in a sauté-pan, put in the carrots and the sugar, toss over the fire for a few minutes, moisten with the gravy or stock. Cover the pan, and allow to simmer gently on top of the stove or in a hot oven for about 10 minutes. By this time the liquor should be almost absorbed, or at any rate reduced to a glaze. Season with salt, pepper, nutmeg, and a pinch of cayenne pepper; add also half a teaspoonful of chopped parsley. Shake the pan well so as to thoroughly blend the carrots with the seasoning. Butter a pudding basin, sprinkle the buttered part with chopped parsley, and line the basin neatly with carrots; fill up tightly with the remainder of carrots, place the basin in a hot oven for a few minutes, and turn out quickly on to a hot dish. Heat up the demi-glace sauce, add the cream, season to taste, and pour round the base of the dish.

New Carrots à l'Indienne.

Cook a bunch of carrots after having scraped, washed, and cut them into rounds. Put them in a saucepan with 1 pint of stock, also 1 oz. of butter, and a bouquet-garni, season with salt, pepper, and a pinch of castor sugar. Separately fry a large peeled and chopped onion in a little butter, and when a nice light brown add a dessertspoonful of mild curry powder and a little flour. Fry for a few minutes, then mix the sauce with a little cream or milk. Boil up and strain in the saucepan containing the carrots. Let it all boil gently for about 10 minutes longer, and serve in a vegetable dish.

Carrot Cassolettes.

1 small bunch of young carrots, 3 yolks and 1 white of eggs, 1 tablespoonful sherry, $\frac{1}{4}$ pint stock, 2 oz. butter, 1 tablespoonful cream, puff paste, seasoning.

Wash and scrape the carrots, shred them, and put in a stew-pan with the butter. Stir over a fire for about 4 minutes, taking care that they do not brown ; moisten with the stock, and cook gently till tender. Pass the carrots through a fine sieve, and return the purée to the stew-pan. Add the sherry, and let it get thoroughly hot, then add the cream and the egg-yolks ; season to taste with salt, white and cayenne pepper (a dust of each). Stir over the fire until the eggs are partly set ; remove, and let cool a little. Whisk the white of egg to a stiff froth, and mix gently with the purée. Line a number of small patty pans with puff paste, prick the bottoms, put some of the purée in each and bake in a quick oven from 10 to 15 minutes. Dish up and serve hot.

Carrots à la Vichy.

At Vichy carrots are eaten in large quantities, on account of their beneficial properties against liver complaints. They are cooked in different ways, but usually served cooked in the following way : Clean the carrots, if very small leave them whole, but if large cut them in rounds $\frac{1}{8}$ in. thick. Place in a saucepan with a little chicken stock, a piece of butter, season with salt, pepper, and a little castor sugar, add a peeled onion, bouquet-garni, and parsley. Mix and let simmer until the juice in which the carrots are cooking is reduced to a half glaze. Cook in this way until the carrots are glazed. Dish up and serve very hot.

Carrot Fritters.

Wash and scrape a bunch of young French carrots and boil them in salted water. When done, drain

them and let cool. Unless very small, each carrot must be cut in half or in quarters, in which case they must be pared neatly. Put the cooked carrots in a pie-dish and season with salt, pepper, a little best salad oil, and lemon juice; sprinkle over some chopped parsley and keep covered for $\frac{1}{2}$ hour or longer. Have ready a light frying batter. Dip each carrot into this so as to completely cover it with batter, and fry in hot fat to a golden colour. Take up, drain, dish up, and serve hot.

NOTE.—If preferred, especially when small, whole carrots are used, they may be egged and crumbed instead of being dipped in batter.

Hungarian Carrot Salad.

Carrots used as salad should be young and very red. After preparing them cook them over a quick fire in a casserole (earthenware fireproof pot) in white stock, with a peeled onion, and a sprig of parsley. When tender, take them up, drain, and let them cool. Then cut into rather thin slices and put them in a dish with a seasoning of paprika oil, vinegar, and chopped parsley. Boil also in salt water 2 or 3 handfuls of freshly shelled peas. Mix these with the carrots, and season with mayonnaise. This salad may be served in the salad bowl or on an entrée dish with a border of jelly and quarters of hard-boiled eggs or plovers' eggs.

Preserved Carrots.

Small carrots, after being scraped and washed, must be boiled in water with a very little soda added for about 15 minutes. Take them out and rub off the skin. Wash them well, put them into jars with slightly salted water and a little sugar. Cover, and steam for about 2 hours at 212 deg. Fahrenheit.

CAULIFLOWER (Chou-fleur).

THE most highly-prized of all the members of the cabbage family. The large, bushy, snow-white heads of flowers are beautifully tender and sweet when properly boiled. Before cooking a cauliflower, and after being trimmed, it should be steeped head downwards in salted water, or in vinegar and water, in order to destroy any animal life that may be concealed inside. Care must be taken not to break the flowery part before sending it to table, and when



CAULIFLOWER.

cooking it should be put into boiling water with salt because if the water is not boiling when the cauliflower is put in its flavour is impaired. It is generally eaten with white sauce or melted butter. In some foreign countries it is eaten with a sweet sauce and frequently stewed with chicken and green peas, or other vegetables. Cauliflower is more wholesome and more delicate in flavour than any vegetable of the cabbage family.

Cauliflower Cream Soup.

2 small cauliflowers, 1 oz. crushed tapioca, $\frac{1}{2}$ oz. ground rice (*fécule de riz*), $\frac{1}{2}$ oz. castor sugar, 1 gill cream, nutmeg, $1\frac{1}{2}$ pints white stock, 1 pint milk, salt and pepper.

Wash and trim the cauliflowers, cook them in salted water till tender, drain (keep the water), and rub the flowers through a fine sieve. Bring the water in which the cauliflowers have been cooked to a boil, stir in the crushed tapioca, and simmer for 20 minutes. Mix the ground rice with a little cold milk, boil up the remainder of milk with the stock, stir in the ground rice, and cook for a few minutes, stirring all the while ; mix all together, season with salt, pepper, and grated nutmeg to taste, bring it to the boil ; add the cream, and stir a little longer, but do not let it boil again. The soup is now ready for serving.

To boil a Cauliflower.

Remove the stalk and the withered leaves from the cauliflower, and wash it well in several waters. Put the cauliflower, flower downwards, in a large saucepan of boiling water (salted), boil from 20 to 30 minutes, according to size. When tender, take it up, drain well, and serve in a hot vegetable dish. Serve plain or with white sauce.

Cauliflower Beignets.

Divide a cooked cauliflower into small pieces (sprigs or flowerets) of uniform size, trimming each a little ; season them with salt and pepper, and dip them into a well-made Béchamel or other good white sauce, which must be well reduced. Have ready a light frying batter made with 4 oz. of flour, one tablespoonful of sweet oil, a little tepid water, and the white of an egg, which must not be added until the batter has been well beaten and has stood for about an hour. Coat each piece of cauliflower with batter, and drop into smoking hot clarified

fat. Fry to a nice brown, drain on a cloth or paper, dish up, and serve hot.

Fried Cauliflower Buds.

Trim, wash, and drain a cauliflower, and cook it in salted water till tender. Drain again and let cool. Divide it into small sections or buds. Beat up an egg with a little milk, dip the cauliflower in this, then roll in a mixture of breadcrumbs and grated Parmesan cheese, and fry in clarified butter or nut oil to a golden colour. Drain carefully on a cloth or paper, sprinkle over a pinch of curry powder, dish up, and serve hot.

Cauliflower Fricassée.

Cut off the stalk, remove the outer leaves, and trim a good-sized, firm cauliflower, divide it into several pieces, and wash them in cold water; put them into an earthenware pot of salted boiling water, and cook quickly for 20 or 30 minutes, until they are quite tender. Take them out without breaking, and place them on pieces of buttered toast; then put some butter in a frying-pan, add a little flour mixed with cold milk or stock, stir well till it boils; then add 6 finely chopped mushrooms, and cook a little longer; take it off the fire and stir in 3 yolks of eggs, season with salt, pepper, grated nutmeg, and the juice of a half a lemon. Pour this sauce over and round the cauliflower, and serve. The sauce must not be boiled after adding the eggs.

Cauliflower au Gratin.

Prepare the cauliflower as stated in the last recipe. When cooked, drain, season with salt and pepper. Sprinkle over a little grated Parmesan. Arrange it neatly in a bowl until it is full; then turn the cauliflower out on to a gratin dish. Have ready some thick cream sauce mixed with grated Gruyère and

Parmesan cheese. Coat the cauliflower with this sauce, then sprinkle over the top a few fresh bread-crumbs and grated Parmesan cheese. Pour over a little oiled butter and brown in the oven. Then send to table. Broccoli can be cooked in the same way as the cauliflower.

Baked Cauliflower.

1 large or 2 small cooked cauliflowers, white sauce, grated cheese, breadcrumbs, $\frac{1}{2}$ oz. butter, salt and pepper.

Press the cauliflower, head downwards, into a pudding basin, and turn out on to a well-buttered fireproof dish upon a layer of white sauce. Season with salt and pepper, and coat the whole well with reduced white sauce; besprinkle freely with grated cheese and fine breadcrumbs, place a few small bits of butter here and there on the surface, and bake in a fairly hot oven from 20 to 25 minutes.

Cauliflower Salad.

The cauliflowers for salads must not be over-cooked, otherwise they will turn into a purée when seasoning them. Divide them into small sprigs or pieces, place in a salad bowl, season with salt, pepper, chopped chervil and Tarragon, and mix with salad dressing.

Cauliflower Salad à la Marquise.

Prepare a cauliflower and divide it into small sprigs, wash in several waters, and boil in salted water until they are just tender. Drain them on a sieve, put them into a bowl with salt, pepper, oil, vinegar, and chopped chervil. Let them steep in this for $\frac{1}{2}$ hour. Then take a small pudding basin and arrange the cauliflower sprigs in it symmetrically. Press in lightly, then turn out on to a dish, so that the cauliflower will keep the shape of the mould in which it

was pressed. Just before serving, cover it with mayonnaise to which some finely-chopped herbs have been added, and surround it with a border of halves of hard-boiled eggs cut into quarters.

Pickled Cauliflower.

Choose white and very firm cauliflowers. Divide them into sprigs and blanch them for a few minutes in boiling water, cool, and drain. Then spread on a large dish and sprinkle with salt. At the end of 24 hours drain them again, put them into an earthenware pot, and pour over them boiling Tarragon vinegar. When the vinegar is completely cold, cover, and store in a cool place.

Preserved Cauliflower.

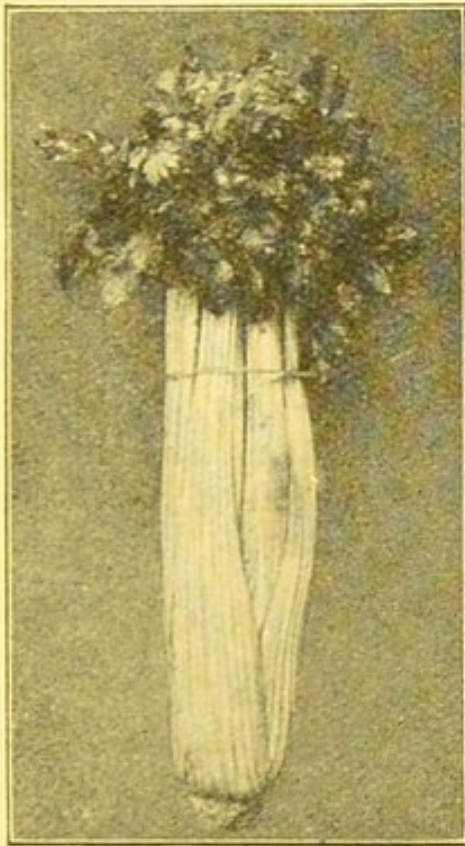
Select small firm cauliflowers, remove the leaves, trim and peel the stalks. Steep them for several hours in cold water, during which time it must be changed at least three times. Then put the cauliflowers into sufficient warm water to cover them and boil up. Take the pot from the fire and let it stand 5 minutes, well covered. Take out the cauliflowers and cool in cold water. Then put them into jars, pour cold salted water over. Steam for about 2 hours at 212 deg. F., on Senn's Saccharometer.

Cauliflower à la Polonaise.

Trim a cauliflower, divide in small sprigs, wash well and boil in salted water until they are tender to the touch. Drain on a sieve, arrange neatly in a deep vegetable dish, placing the exterior of the cauliflower against the side of the dish, and keep hot. Melt 2 oz. of butter in a frying-pan and fry in it a handful of fresh breadcrumbs; stir with a spoon until the breadcrumbs are of a nice golden colour, then pour immediately over the cauliflower, and serve.

CELERY (Céleri).

THERE is but little information afforded in culinary literature of the many uses of that delicious plant known as celery, so that some supplementary remarks as to the best ways of preparing it for table may be acceptable to a large number of persons who are lovers of this vegetable.



CELERY.

Probably no other plant is so well adapted to cooking in so many different styles as celery, which is a vegetable that can also be eaten raw. Again, there is hardly any other vegetable of which every part can be brought to such good account as celery. The trimmings can be used for flavouring purposes or for soup and broth, whilst the ends are carefully preserved for similar uses, or to produce celery seed, which in itself forms an ideal table condiment.

The flavour of celery is one totally distinct from any other plant, entirely its own, and above all, remarkably delicious. Whether mixed as a salad or put in a purée, or added to other vegetables, or a soup, or as a sauce, it always retains its original and delicate flavour, which blends as no other plant or flavouring vegetable will blend.

To say, therefore, that celery is the most useful of all kitchen plants, and as such almost indispensable

to good cooking, is by no means an over-rated statement to put forth in its favour.

Celery, too, possesses remarkable medicinal value. Celery soup, celery cream, celery sauce, and ordinary celery salad form the more common styles of preparing this vegetable. There are dozens of other ways of cooking and serving celery, and recipes for the most popular dishes are given herewith.

It is a vegetable which can be eaten raw, cooked in various ways, or added to soups and all kinds of made dishes. It is indigenous to Britain, and grows wild on some parts of the sea coast, where it is known as "smallage." In the neighbourhood of Manchester it grows to a large size. Much more attention than formerly is now, however, paid to its cultivation in this country. A variety is grown in Germany, of which only the bulb is used; it is known in this country as turnip-rooted celery or *celeriac*. On the Continent it is principally used for soup and as salad. Celery seed, combined with salt, is a favourite condiment.

Celery as Hors d'Œuvre.

Cut into very fine strips about $\frac{1}{2}$ in. long the centre (white) portion of 2 heads of celery. Mix a tablespoonful of anchovy paste with the yolks of 2 hard-boiled eggs, 3 table-spoonfuls of oil, and 1 of vinegar. Shred finely the hard-boiled white of 2 eggs. Mix these with the celery, and arrange in small glass dishes on hors-d'œuvre dish, pour over the prepared dressing, season to taste, and besprinkle with chopped parsley.

Stewed Celery and Macaroni.

Trim and wash 3 heads of white celery, boil it till tender in milk and water, seasoned with salt and one small or half a bay-leaf. Drain and cut the celery into 2-in. lengths. Cook likewise 2 oz. of

macaroni in salt water ; when done drain on a sieve and cut into short pieces. Heat up a gill and a half of rich white sauce (Béchamel or velouté), put in the celery and macaroni ; season with white pepper and a grate of nutmeg, and let the whole simmer gently for 15 minutes or longer. Great care must be taken so as not to break the celery or macaroni. Dish up on a hot dish and serve.

Celery Sticks.

Cut white firm stalks of celery into 3-in. lengths, wash them well in cold water, and drain thoroughly on a cloth. Mix some cream cheese with a pat of butter, season with salt, pepper, mustard, and a pinch of cayenne, also a little chopped parsley. Fill the concaves of the celery with the mixture and spread it smoothly. Dish up neatly, garnish with sprigs of parsley, and serve.

Celery Fritters.

Cut some stewed or braised celery into 2-in. pieces, dip them into a light and smooth frying batter, so as to completely coat each piece, and drop into very hot frying fat. Fry to a golden brown, take up, and drain. Dish up and serve.

Braised Celery.

Trim 6 heads of celery, paring off the root portion, and cutting away the green tops and outer leaves—the latter can be advantageously used for flavouring stock, and should not be thrown away. Cut each celery head into three, and split each piece down the centre lengthways. Wash them thoroughly in cold water, containing a little salt, then blanch them in salted water and put them to drain. Melt 2 oz. of butter in a braising pan, or an ordinary stew-pan, put in a sliced carrot, a sliced onion, and two or three slices of bacon. Fry these a little, then lay in

the celery, cover the pan with its lid, and place it in a hot oven for 15 minutes; then pour off the fat, add $\frac{1}{2}$ pint of brown sauce and a gill of stock. Season the celery with mignonette pepper and salt if found necessary; cook it gently for about $1\frac{3}{4}$ hours in the oven or on the stove. Dish the celery on oblong slices of fried or toasted bread, pour over the sauce, and serve.

Celery Cheese.

Arrange 2 or 3 heads of cooked celery, stewed or braised, cut into 3-in. lengths, on a well-buttered baking-dish; season with salt, pepper, and nutmeg, pour over some Béchamel or other good white sauce. Sprinkle over plentifully with Parmesan and Cheddar cheese (half and half). Bake in a brisk oven till the top is nicely browned.

Celery Croquettes.

Trim, wash, and cut into short pieces 2 or 3 heads of celery, according to size. Blanch them in salted water and drain, then cook till tender in well-seasoned stock. Drain the cooked celery and chop it rather finely. Melt 1 oz. of butter in a stew-pan, add a chopped shallot, and fry a little; stir in an ounce of flour, blend these together, and gradually add a gill of milk. Stir till it boils, and put in the chopped celery. Season with salt and pepper, and cook for 15 minutes, adding at the last 2 yolks of eggs. Spread the mixture on a dish, and let it get cold. Make up into croquettes, cork or ball shapes, egg and crumb them, and fry in hot fat to a golden colour. Drain them on a cloth or paper and dish up.

Celery Pie.

Trim, wash, cut into 2-in. pieces, and boil in salted water for 20 minutes two heads of celery. Drain, and put the pieces in a stew-pan with $\frac{1}{2}$ pint of milk,

1 oz. of butter, and season with salt and pepper and a grate of nutmeg. Simmer gently till the celery is quite tender. Set it aside to cool. Mix half a gill of cream with a well-beaten egg, and add to the celery. Butter a pie-dish, coat it with panurette or bread-crumbs, and put in the stewed celery with alternate layers of thinly-cut rashers of bacon and the prepared sauce. Cover the whole with a layer of mashed potatoes. Put a few bits of butter over the top, and bake in a sharp oven to brown the top, and serve.

Celery Soufflés.

$\frac{1}{2}$ lb. of the white part of celery, a small blade of mace, 1 oz. butter, pepper and celery salt, $\frac{1}{2}$ oz. grated Parmesan cheese, $1\frac{1}{2}$ gills milk, $\frac{1}{2}$ bay-leaf, 1 slice of onion, 1 oz. flour, 3 eggs.

Trim and wash the celery, slice it thinly, blanch in salted water and drain. Put the milk, celery, bay-leaf, mace, and onion in a stew-pan, and boil till tender, remove the mace and bay-leaf, and pass the celery, etc., through a fine sieve. Put a gill of water and the butter in a stew-pan, add a pinch of celery salt, and stir in the flour as soon as the water boils, work it well with a wooden spoon for several minutes over the fire, then put in the celery purée, let it cool a little, add the grated cheese. Stir in gradually the yolks of 2 eggs and 1 whole egg. Whisk up stiffly the whites of 2 eggs, and add carefully to the mixture; season with a little cayenne or Krona pepper. Three-parts fill some buttered paper or china or soufflé cases. Bake in a hot oven for about 20 minutes. Arrange the cases on a hot dish with folded napkin or dish paper, and serve immediately.

Celery à la Maître d'Hôtel.

4 heads of celery, 6 small onions, 1 tablespoonful cream, white sauce, 1 tablespoonful chopped parsley, vegetable sauce, pepper.

Trim and wash the celery, cut it into pieces about 4 in. long, and wash and blanch these in boiling water.

Blanch also the peeled onions; place both in a stew-pan, cover with stock, and cook till tender. Arrange the celery on pieces of toasted bread on a dish, garnish with the boiled onions, reduce the stock to a glaze, add an equal quantity of white sauce, the parsley, cream, and seasoning to taste, including a pinch of sugar. Dish up and serve.

Braised Celery au Jus.

Prepare half a dozen heads of celery and trim the best part. Cut into pieces about 6 in. long, wash in several waters, and well brush. Blanch for 5 minutes, refresh and drain. Place the celery in a braising pan, with a bouquet-garni, 2 peeled onions, salt, and stock. Cover with slices of bacon, let braise slowly until perfectly cooked, then drain the celery, and keep hot. Reduce the stock with some rich gravy, skim well, and pour over the celery after it is dished up.

Braised Celery à la Béchamel.

Braise the celery as directed for *Celery au jus*, and when cooked make a white sauce with celery stock and cream. Add to the sauce a little finely-chopped parsley, pour this over the celery when it is dressed on a dish.

Celery Cream Soup.

3 heads of celery, 4 oz. butter, 3 oz. flour, 2 quarts fish stock, 1 pint milk, $\frac{1}{2}$ pint cream, salt, pepper, and nutmeg, $\frac{1}{2}$ teaspoonful castor sugar, fried bread croûtons.

Trim the celery, pare off the green parts, and wash thoroughly. Cut it into small pieces, and blanch in slightly salted water. Drain well, and return to the stew-pan with 3 oz. butter. Cook for a few minutes over a brisk fire without allowing it to burn; moisten with a little stock, add salt, pepper, and nutmeg to taste, cover, and let simmer slowly for 30 minutes. Mix the flour with the remainder of the butter in

another stew-pan ; cook a little without browning, dilute with the milk, and add the stock and partly-cooked celery. Let it simmer till the celery is tender, then pass the whole through a fine sieve. Boil up again, skim, add the sugar and more seasoning if needed, and, lastly, add the cream. Reheat, without allowing it to boil. Pour into a soup tureen, and serve the bread croûtons separately on a plate.

Celery à la Villeroy.

Prepare and cook the celery as directed for *Braised Celery au jus*, drain it on a cloth, and let it get cold. Coat each piece of celery with well-reduced Villeroy sauce. Place the masked celery on a sieve or tray, and let it get quite cold. Then roll in some fresh breadcrumbs ; next dip in beaten egg, and crumb again in fresh breadcrumbs. Then fry in very hot fat to a nice golden colour. Drain, and serve on a dish garnished with fried parsley.

Celery Salad with Truffles.

Cut a root of very tender celery into coarse julienne strips and the same amount of truffles which have been stewed for 5 minutes in Madeira. Season, and allow to steep for 20 minutes. Rub a bowl with a clove of garlic, and put into it the yolk of 4 hard-boiled eggs passed through a sieve. Beat them up with a wooden spoon, adding a spoonful of tarragon mustard, oil, vinegar, and chopped chervil and chives. Mix the celery and the truffles with this sauce, and serve in a salad bowl.

Celery and Nut Salad.

2 heads of celery, salad dressing (2 parts of oil to 1 of vinegar, salt and pepper), 18 to 20 walnuts, 1 tablespoonful cream and mayonnaise dressing, paprika pepper.

Trim, wash, and clean the celery, cut them into 2-in. slices, and shred these finely, or if preferred

cut them into dice shapes. Put the cut celery in a basin or bowl, and pour over enough salad dressing to well season the same. Cover over and let stand for 1 to 2 hours. Shell and skin the walnuts, cut them into shreds or julienne strips. Now add the cream and mayonnaise dressing to the celery, mix the walnuts carefully with this, and dress neatly in a salad bowl. Sprinkle a little paprika over the surface, garnish to taste, and serve.

Celeriac.

This vegetable is also known as celery knobs, celery roots or celery rave; it does not resemble in shape other varieties; it has a similar flavour to celery. It is frequently used for salad seasoned with lemon juice or mayonnaise sauce. To cook celeriac proceed as follows: Wash and scrub the vegetable, then peel and divide in pieces about $\frac{1}{4}$ in. thick, and about 2 in. in diameter. Place it in a saucepan with enough seasoned white stock to cover, also a bouquet-garni and 2 small peeled onions. When cooked, drain, and dish up neatly in a vegetable dish. Strain and reduce the stock with a little cream. Pour this sauce over the celeriac. It can also, if liked, be served with demi-glace or Espagnole sauce.

Celeriac fried with Oysters.

2 celeriac, 6 or 8 large sauce oysters, $\frac{1}{2}$ small French dinner roll, 2 egg yolks, 1 teaspoonful anchovy essence, 1 teaspoonful chopped parsley, frying batter and clarified butter and oil for frying, fried parsley for garnish, seasoning.

Wash and peel the celeriac, then cut into slices about $\frac{1}{8}$ in. thick. Blanch them in salted water, and cook in white stock or seasoned water till nearly tender. When done drain them on a cloth and let get cold. Beard the oysters and chop them finely, put them into a basin with the oyster liquor. Soak the crumby part of the French roll in a little milk;

when soft, squeeze out the moisture and mix with the oysters, adding also the eggs, anchovy, and chopped parsley; season to taste, and mix well. Spread the mixture between each two layers of celeriac, and sandwich them together. Dip each into a light frying batter, and fry in deep oil and clarified butter till of a nice golden brown. Take up, drain well, and dish up; garnish with fried parsley, and serve hot.

CÈPES.

CÈPES, or ceps, are a kind of edible mushroom of a yellowish colour. They are chiefly cultivated in the district of Bordeaux, France, and are imported to this country in a preserved state, generally in oil (*a l'huile*), or in water (*au naturel*). Cèpes have a most agreeable and nutty flavour, and make an excellent vegetable, side dish, or after-dinner savoury. There are several pernicious species of this fungus, which are also of a yellow or white colour, but on being cut and exposed to the air, they become in a few seconds intensely blue. This distinction between them and the eatable kind is so great that a little care will prevent mistakes being made. Cèpes are usually imported to this country, preserved in brine or sweet oil, either in tins or bottles.

Cèpes à la Provençale.

Cut off the end of the stalk of the cèpes, trim, wash them, and drain, and cut into even-sized pieces. Next toss them for a few minutes in a frying-pan containing olive oil. Take them up and drain. Chop finely 2 small peeled onions and a clove of garlic, and fry also in the oil in which the cèpes were fried. Pour off some of the oil in the pan, and put in the cèpes with the onions; moisten with a little well-seasoned and well-reduced Espagnole sauce; lastly, add a little chopped parsley, and serve in a vegetable dish.

Cèpes au Gratin.

Wash the cèpes, trim them, and cut the stalks, drain them on a cloth, then cut into slices, and cook in a frying-pan with one or two onions chopped finely. Season with salt and cayenne pepper. When the onions commence to get brown add a tablespoonful of flour; stir well and moisten with 2 tablespoonsful tomato sauce and enough consommé to obtain a well-reduced sauce. Pour this over the cèpes, which have been placed in a gratin dish. Sprinkle the surface with chopped parsley and breadcrumbs. Bake in a hot oven for about 15 minutes.

Small Cèpe Bouchées.

$\frac{3}{4}$ lb. puff paste (feuilletage), $\frac{1}{2}$ pint of preserved cèpes, 1 shallot, $\frac{1}{2}$ oz. butter, 6 preserved button mushrooms, chopped parsley, 1 tablespoonful of Béchamel sauce, lemon juice, seasoning.

Roll out the puff paste about $\frac{1}{2}$ in. in thickness. Stamp out some rounds (bouchée shapes), place them carefully upon a wetted baking sheet. Brush over with egg yolk, diluted with a little milk, and mark the middle of each by means of a small paste cutter to form the lid. Bake in a hot oven, remove the lids, scoop out the soft portion of the paste, and keep warm till required.

Drain the cèpes and slice them finely; chop likewise the mushrooms, peel, and mince finely the shallots, fry the latter a golden colour in the butter, add the cèpes and mushrooms. Cook over the fire for some minutes, then moisten with the sauce, add a few drops of lemon juice, and a little finely chopped parsley. Season to taste with salt, pepper, and grated nutmeg. Mix the whole, and let it get thoroughly hot, then fill the bouchée cases, replace the lid on each. Dish up on a hot dish with a folded napkin or dish paper, garnish with sprigs of parsley, and serve.

Cèpe Tartlets à la Polonaise.

Line some tartlet moulds with thinly rolled-out paste, and fill with rice or lentils, and bake. When half cooked, take out the rice or lentils and replace with a salpicon of cèpes which have been previously seasoned, and sautéed in butter with finely-chopped onion. Heat up a gill or so of well-reduced Béchamel sauce, add to it 3 yolks of eggs, then whisk up the white of an egg, and mix with the sauce. Cover the tartlets with this preparation, and finish cooking. When of a nice fawn colour, unmould the bouchées, dish up, garnish with parsley, and serve.

Cèpes with Garlic.

Mince or crush very finely 2 small cloves of garlic and fry in a sauté-pan with 2 tablespoonsful of sweet oil (huile de Provence) to a pale colour; then pour off the oil and add about 1 ounce of butter. When hot, put in a pint can of preserved cèpes (previously drained and sliced), sprinkle over with finely-chopped parsley, season with pepper and salt, and toss them quickly in the pan over a brisk fire for about 10 minutes. Dish up neatly, squeeze over a few drops of lemon juice, and serve hot.

CHESTNUTS (Marrons).

THIS is the fruit of a tree of the same name. The kernel is the edible portion, which is surrounded by a thin, tough shell and thick outer rind. It is extremely nutritious, easily digested, and can be used in many ways as an article of food. In this country chestnuts are used as a stuffing for turkeys, and other birds, as pullets, and as an ingredient in soups and sauces; in France and Italy they are largely consumed cooked in various savoury ways, and served as a vegetable course. Chestnuts formed a favourite food amongst the ancients, who ascribed to the tree a Grecian

origin, and named it after the town of Castanea, in Thessaly, from whence Kastanien, which is the German equivalent for chestnuts.

Chestnut Soup.

Slit and boil in water till nearly tender $1\frac{1}{2}$ lbs. of chestnuts. Remove the outer rind, and then peel them and drop them into cold water. Next cook the chestnuts in a quart of well-seasoned meat stock, together with a peeled onion stuck with a clove, a stalk of celery, a small blade of mace, and half a bay-leaf. When the vegetables are tender rub all through a fine sieve, return the purée to the stew-pan, and reheat with $\frac{1}{2}$ pint of milk, previously boiled. Reduce a little, season with salt and pepper, also a good pinch of paprika, and lastly add a little lemon juice. Serve with small fried bread croûtons, which must be handed round separately.

Chestnut Timbales.

Cook a pound of chestnuts as directed in the foregoing recipe, add to the purée obtained half a gill of cream, and a dessertspoonful of chopped parsley. Reheat thoroughly and work in 2 well-beaten eggs, season with salt, white pepper, and a good pinch of Krona pepper. Fill this into 6 or more buttered timbale cups, place them in a pan containing enough water to reach half way up the cups, and cook in a hot oven for about 30 minutes. Unmould the shapes carefully on to a hot dish, pour over some well-seasoned hot tomato sauce, and serve.

NOTE.—If liked, some thinly-cut slices of bacon may be served round this dish; this is a great improvement.

Chestnut Croquettes.

Slit and boil in water for half an hour 1 lb. of Spanish chestnuts; then drain, and cook them in the oven for another half-hour. Remove both the shell

and skin, and rub the nuts through a sieve or chop them finely. Heat up in a stew-pan 1 gill of milk or cream, add the chestnut purée, also 1 oz. of butter. Season with salt, pepper, and a grate of nutmeg. Heat up thoroughly, and add the finely-grated rind of half a lemon, then stir in the yolks of 3 eggs, and spread on to a dish to get cool. Make up the mixture into cork or ball shapes of even size, egg and crumb them carefully, then fry in deep fat to a golden colour. Drain, dish up, and garnish with quarters of lemon and parsley.

Chestnut and Lentil Cutlets.

Chestnuts and lentils make an excellent combination. Mix 1 pint of lentil purée with $\frac{1}{2}$ pint of chestnut purée cooked as above directed. Stir in a small onion, previously minced finely, and fried to a golden colour in an ounce of butter. Now add a few chopped, peeled mushrooms, and a teaspoonful of finely-chopped parsley; season to taste with salt and paprika or Krona pepper; reheat, and stir in 2 egg yolks. When the mixture is cold, shape into even-sized cutlets, egg and crumb them carefully, insert a small piece of macaroni in each cutlet, and fry to a golden colour in hot fat. Drain, dish up, and garnish with crisp parsley.

CHICORY (Chicorée).

THIS plant is also called succory, or wild endive, and belongs to the dandelion family. Both in this country and on the continent the young root is cooked and served as a vegetable, while the leaves are used as a salad, like those of endive. Chicory is found growing wild on the borders of our cornfields, but the plant is cultivated in all parts of Europe, from Italy to Russia. The roots of chicory are also roasted and ground and mixed with coffee. In former years nearly

all the coffee sold was more or less blended with chicory, especially so in Germany, where it is still largely used. Coffee is sometimes sold as mixtures of coffee, or as French coffee, which contains a large percentage of chicory.

Chicory à la Crème.

Pick and wash thoroughly 4 or 5 heads of chicory. Remove the outside leaves and trim the ends. In washing, examine well the inside of the leaves, as



CHICORY.

sometimes insects are secreted. When drained, cook in boiling, salted water. Then drain again on a sieve and let some cold water run over. Press well to extract all the water, then chop finely. Put the chicory in a saucepan with 1 to 1½ oz. of butter, season with salt and pepper and grated nutmeg, stir over a quick fire with a wooden spoon to reduce the purée. Then add 3 tablespoonsful of cream

sauce and a pinch of castor sugar. Dish up, surround with croûtons of fried bread, and pour over a little Béchamel sauce, to which a squeeze of lemon has been added.

Chicory Cream Soup.

After having prepared the chicory as in the preceding recipe, place in a casserole with a pint of white stock quite boiling, and let it boil for about 20 minutes. Then rub through a sieve. Reheat, skim well, and finish with a gill of cream. Season with salt and a pinch of castor sugar. Serve separately some small fried bread croûtons.

Chicory Salad.

The white leaves of the chicory are generally used for salads. Wash thoroughly after having pulled them off the stalk. Drain well in a salad basket, which must be vigorously shaken for the purpose of draining. Arrange in a salad bowl, season with salt, pepper, oil, and vinegar, and mix well, adding a crust of bread which has been rubbed over with a clove of cut garlic. It is this which gives this salad a pronounced and much-liked taste. The salad must not be seasoned until the moment it is served.

CHINESE POTATOES.

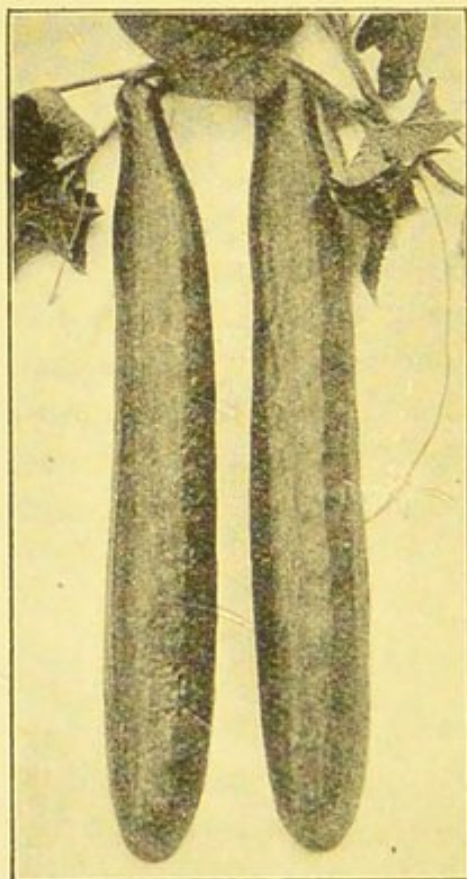
THIS tuber, which by nature and colour resembles the ordinary potato, is a native of China. Its shape is like a large cucumber, its characteristic being its great length, but because of its brittle nature it is difficult to take out of the ground without breaking. Some measure as much as 3 feet. The Chinese potato is little known in Europe. The cost of transport and culture prevent it becoming popular. In China it is used as we use the potato. It forms the staple food of the Chinese peasants. It is very nourishing on account of the large amount of gluten the vegetable contains. The best and the easiest way to prepare the Chinese potato is to bake it under hot cinders, but it can be prepared in various other ways. It can be fried, sautéed, or made into a purée, just like ordinary potatoes.

CRESS (Cresson).

THIS plant, originally from Persia, has also purifying properties. Its peculiar and piquant taste makes it a useful auxiliary in green salads. It is served by itself in England at breakfast or tea, and in this case it is sandwiched between bread and butter, simply sprinkled with salt. (*See also WATERCRESS.*)

CUCUMBER (Concombre).

CUCUMBER is largely used in this country for salads and pickles, but in the East it is consumed as a staple article of food. It is abundant in tropical and warm countries, and particularly so in Hindostan. It is cultivated on floating weeds in the lakes of Persia, China, and Cashmere. Its antiquity in the East is very great, and the Israelites, we are told, longed for it in the desert. It has been common in England for about 500 years, and is now largely "forced" in frames in most market gardens. The Germans pickle the cucumber in brine until it undergoes a vinous fermentation. The Dutch treat it similarly with hot pepper, and it is thus imported into all parts of Europe.



CUCUMBERS.

Cucumber à la Poulette.

Peel 3 medium-sized cucumbers, cut into pieces about $1\frac{1}{2}$ in. long, place them in an earthen pan for 2 hours, adding salt to season, a little castor sugar, and a few drops of vinegar. At the end of this time drain the pieces of cucumber, put them in a stewpan with 3 oz. of butter, 1 pint of white stock, a whole large peeled and sliced onion or a bouquet of green onions. Braise the cucumbers for $\frac{1}{2}$ hour, then drain on a sieve. Heat up a gill of Béchamel or Allemande sauce in a stewpan, put in the cucumber,

add some finely-chopped parsley, season with pepper and nutmeg, and add a few drops of lemon juice. Dish up and serve hot.

Braised Cucumber with Beef Marrow.

Peel and prepare a cucumber the same as for stuffing; place in the cavity of each piece a long piece of marrow fat and cover with a little forcemeat or bacon. Braise till tender, glaze the surface, dish up, garnish with thin lemon slices, and sprinkle with parsley.

Stuffed Cucumber.

Choose the best green cucumbers, and as far as possible the same size. Peel and cut them into pieces about 1 in. in length, then with a column cutter take out the core and pips of each. Blanch in salted water for a few minutes. Drain on a sieve, and when cold arrange the pieces of cucumber upright in a sauté-pan previously lined with thin slices of bacon. Prepare a stuffing of finely-chopped veal or chicken, season well, mix with chopped mushrooms, parsley, and shallots tossed in butter, then by the means of a forcing-bag fill the cucumbers with this stuffing. Moisten with a gill of white stock, add 1 oz. of butter, a bouquet-garni, and 2 peeled and sliced onions. Season with salt, pepper, and a pinch of castor sugar. Braise for about 20 minutes, then drain, dish up, sauce over with *Madère* or *Italienne* sauce and serve hot.

Stuffed Cucumber Soup.

After having prepared, stuffed, and braised the cucumbers as directed in the previous recipe, drain them and let get cold. Then divide each piece crossways into three parts, and place them in a little consommé. When serving, reheat carefully the

cucumbers, and put them into a hot soup tureen. Pour over some clear soup, to which add a handful of cooked peas, and also, if liked, some cooked asparagus points.

Cucumbers à la Maître d'Hôtel.

Peel thinly 2 cucumbers; cut them into rounds about $\frac{1}{4}$ in. thick; put them in a basin, with 2 table-spoonsful of vinegar and a small quantity of salt. Let them remain for a few hours; then take them up, put the pieces in a stew-pan, with an ounce of butter, season with pepper, grated nutmeg, and a pinch of sugar. Cook over a steady fire until they are tender; pour off a little of the butter, add 2 table-spoonsful of white sauce; simmer again for a few minutes. Dish up the cucumbers; bind the sauce with 2 yolks of eggs, stir in a little cream, the juice of half a small lemon, and a dessertspoonful of chopped parsley. Pour the sauce over the dish, garnish with croûtons of bread or fleurons, and serve.

Stuffed Cucumbers à la Demi-Glace.

Remove the rind of 2 large cucumbers, cut them into pieces 3 in. in length; stamp out carefully the centre of each by means of a round cutter. Fill them with a stuffing made of cooked beef or veal and ham, finely minced, breadcrumbs, and an egg; season with salt, pepper, chopped parsley, basil, and thyme. Wrap each in a thin slice of bacon, tie with string, and cook gently in a stew-pan, with a little stock, until quite tender. Take up, drain on a cloth, and trim the ends. Prepare a border of mashed potatoes on a round dish; arrange the pieces *en couronne* on a border, or else in the centre, in the form of a pyramid. Sauce over with a reduced demi-glace or other brown sauce, into which a little chopped and blanched parsley and chervil has been incorporated.

Fried Cucumber.

Peel 2 cucumbers, cut them into sections about $1\frac{1}{2}$ in. in length, and divide each piece in two. Take out the centre part of each, sprinkle over with salt, and let stand for about 1 hour. Wash well, then cook with 2 oz. of butter, a little stock, a teaspoonful of castor sugar, vinegar, cayenne, and a peeled onion. A $\frac{1}{4}$ hour of cooking is sufficient. Drain the cucumbers on a cloth, and when ready to serve dip each in frying batter and fry in hot fat to a golden brown. Take up, drain, sprinkle with salt, dish up, garnish with parsley, and serve with tomato sauce, separately.

Cucumber Cream Soup.

Peel 3 or 4 cucumbers, cut them into small pieces, and take out the seedy part. Blanch, cool, and drain; then put them in a stew-pan with 4 oz. of butter, moisten with a quart of white stock, and boil up. Skim and add the crumby part of 2 French rolls previously soaked in milk. Boil whilst stirring, then let it simmer for $\frac{1}{2}$ hour. Pass the soup through a fine sieve, return to the stew-pan, and season with salt, pepper, and nutmeg. Just before serving add a gill of cream and 2 oz. of butter. If liked, 2 to 3 dozen ball shapes, cut from the cucumber cooked in salted water, may be added to the soup when serving.

Cucumber Croustades.

Cut half a loaf of bread into the shape of a croustade, about 3 in. high, fry it, and set on a dish. Peel 2 large cucumbers, cut each into pieces about 2 in. long, split them, scoop out the centre parts, place them in a stew-pan with 1 oz. of butter, and season with pepper, salt, grated nutmeg, and a teaspoonful of castor sugar. Moisten with white stock, sufficient to cover, and let it simmer gently for $\frac{1}{2}$ hour. Dress the cucumber in the croustade, add 2 tablespoonsful of Béchamel sauce, the juice of half a lemon, and a

little cream ; boil up, bind with a yolk of egg, and strain over the dish, sprinkle with chopped parsley, and serve.

Cucumber à la Tomate.

Peel thinly 1 large or 2 medium-sized cucumbers, cut them into 1-in. thick slices or cubes, and with a small pastry cutter cut out the centre portion of each. Place them in a pie-dish, and marinade them with oil, vinegar, salt, and pepper. Mix a jar of potted meat with a little cream or fresh butter. Fill the cavities of the cucumber shapes with this. Dish up on a folded napkin, put a slice of ripe tomato on top of each, and garnish with a hard-boiled yolk of egg rubbed through a sieve and placed in the centre of the tomato. Garnish the dish with sprigs of fresh parsley, and serve.

Cold Stuffed Cucumber à la Reine.

1 good-sized cucumber, 3 oz. cooked chicken or veal, 6 small mushrooms, 1 oz. cooked ham, $\frac{1}{2}$ gill white sauce, $\frac{1}{2}$ gill aspic and $\frac{1}{2}$ gill fresh cream.

Cut the cucumber into 1-in. thick slices, peel thinly, and stamp out the inside by means of a pastry cutter. Blanch the pieces in salted water and drain on a cloth. Pound the meat, mushrooms, and ham together in a mortar, when fine rub through a sieve. Put the purée in a stew-pan, season with pepper, a little salt, and a pinch of grated nutmeg, warm up the sauce and aspic together, stir over the ice till it begins to set, then add the cream previously whipped. Stamp out some rounds of brown bread a little larger than the cucumber shapes, spread over with some of the above-prepared purée, place a round of cucumber on each and fill up the centre of each with the purée (pile up high). Decorate tastefully with some creamed butter and lobster butter, dish up, garnish with sprigs of fresh parsley, and serve.

Cucumber Salad.

Cucumber salad is frequently served as hors-d'œuvre. In England and America it is served with boiled salmon or turbot. To prepare, peel a cucumber, cut it into very thin slices, sprinkle with salt, and let stand for $\frac{1}{2}$ hour. Then drain, season with pepper, oil, and vinegar. Serve in a shallow dish, and sprinkle over some finely-chopped parsley.

Ribbon Cucumber Salad.

Cut a green cucumber into rather thick slices. Peel them with a sharp knife, cut the cucumber into spirals until the centre containing the seed is reached. The cucumber thus cut resembles a large ribbon which may be rolled out and cut into short strips and seasoned as usual.

DANDELION (Dent-de-Lion).

THIS plant, when young, constitutes one of our best salads. It grows wild in the fields, but it is easily cultivated. The dandelion or pissenlit can be cooked in the same manner as chicory or spinach.

Dandelion Soup.

3 dozen dandelion stems, a little salad oil, 2 cloves of garlic, 2 quarts of stock, 3 yolks of eggs, chicory, toasted bread.

Cut up and blanch the dandelion stems. Toss them with the garlic in oil in an earthenware pan till they become a pale colour. Put some chicory in a stewpan, add the stock, let it soak for a while. Cook for 1 hour, bind the soup with the yolks of eggs, season, and serve in a tureen with sippets of toasted bread.

Dandelion Salad.

Take the required quantity of young dandelion petals, rinse them in cold water and drain carefully in a cloth, then season with salt, oil, and vinegar. Pile up high in a salad bowl, and garnish with a border composed of seasoned watercress and small cress.

ENDIVE.

THE leaves of this plant are much used as a salad ; sometimes also in stews and soups, and they may be boiled and eaten with meat like other green vegetables. It is a very wholesome article of food, and especially valuable because it may be grown for winter use when lettuce and other salad vegetables are scarce or unobtainable. Endive is said to be a native of China and Japan, and was brought to Europe early in the sixteenth century ; it has long been naturalised in this country, but is cultivated much more extensively on the continent, especially in Belgium. There are several varieties of this plant ; the cut-leaved, or curled variety is usually prepared for salads in this country, but the dwarf white Batavia, commonly known as Belgian endive, is more delicate and agreeable in flavour.

Endive au Gratin.

Belgian endive can be braised, like celery, but the best way to cook it is au gratin. Trim and wash the endive (6 or more heads), then blanch in salted and acidulated water, and drain. Butter a gratin dish, and pour a little white sauce in it, then place in the endive, season, moisten with a little veal stock, and cover with enough white sauce to coat. Sprinkle over some grated Gruyère and Parmesan cheese, bake in the oven until quite cooked, then serve.

Braised Endive.

Trim and wash about 4 large heads of endive, blanch them in slightly salted water, and drain them on a sieve. Cut each head in 2 or 3 portions, 4-in. lengths, tie up each with thin twine. Range them in a well-buttered sauté-pan, season with salt, pepper, and nutmeg, and moisten with $\frac{1}{2}$ pint of rich stock. Cut a few thinly-cut slices of streaky bacon into strips, fry them a little, and put these on top of

the endive. Cover the pan and put it in a hot oven to cook the contents for about 30 minutes. When done, take up, drain the endive, and reduce the liquor or stock, adding to it a little brown or Espagnole sauce, and a small piece of meat glaze. Dress the endive on a vegetable dish, strain over some of the sauce, and serve hot.

Endive Salad.

Pick and wash the endive, then cut in pieces of about 1 in., season with salt, pepper, mustard, oil, vinegar, and finely-chopped herbs.

Finocchio.

This is a delicious vegetable, but unfortunately little known in this country, it is always obtainable at Italian greengrocers. Braise in good stock, like celery, and serve with a very rich brown meat glaze poured around it.

Green Corn.

Remove the husks and silky threads of each corn, and cook from ten to twenty minutes in boiling water (slightly salted). Drain well and dish up. Serve with a light white sauce or else with vinaigrette.

KOHL-RABI.

THIS is the name of a cabbage species, the stem of which swells out close to the ground, presenting the appearance of a large turnip. On this the leaves grow in clusters. When young it is very palatable, and extremely wholesome and nutritious. There are three varieties, white, green, and purple. It is also called turnip cabbage, its name being derived from two German words which signify cabbage turnip. Kohl-Rabi are prepared and cooked in the same way as turnips and carrots, and the recipes given for these

may be adapted for cooking this vegetable, which so far is but little known in this country, and is rather difficult to procure on that account.

LAVER (Seaweed).

LAVER is of great benefit as an article of food in invalid dietary. It is cooked the same way as spinach. Purple laver (*porphyra vulgaris*) is best, on account of its gelatinous nature. It is highly nutritious, and most palatable if served with lemon-juice. The green laver (*ulva latissima*) and the sea lettuce (*ulva lactuca*) are prepared and eaten in the same way, and are most efficacious in the treatment of scrofulous disease. For the most part, the lavers are of a pale-green colour, but the *porphyra* and *bangia* are exceptions, both these being of a deep purple. Purple laver is found at all seasons and all localities.

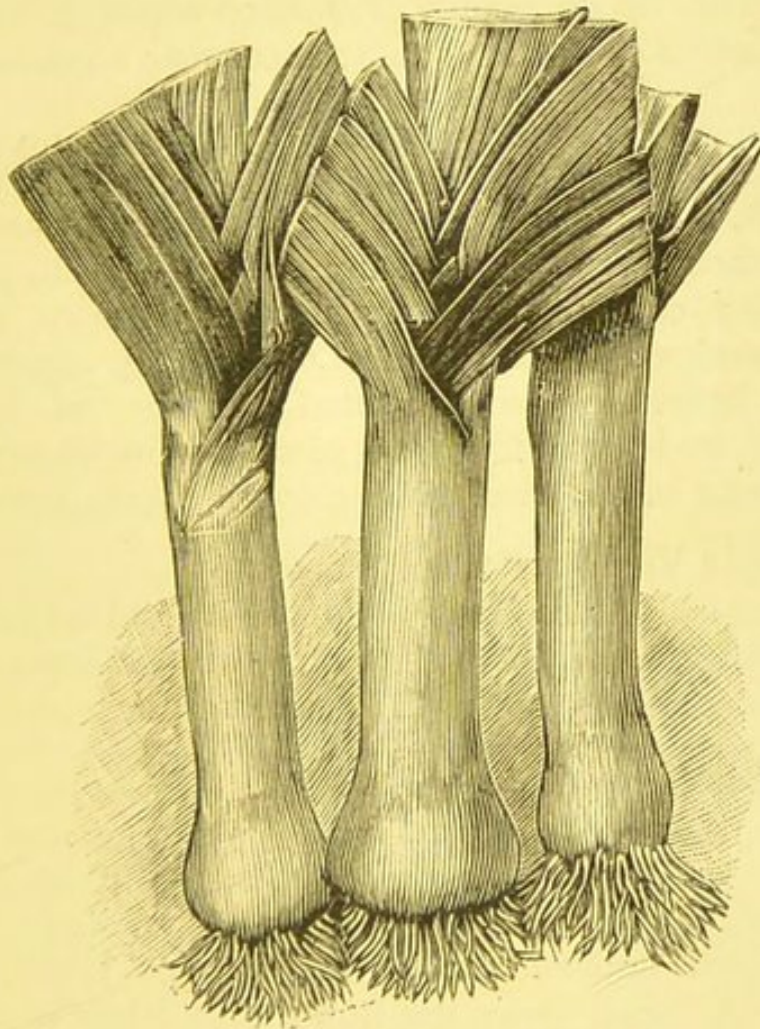
LEEKs (Poireaux).

THE leek is a vegetable akin to the onion tribe, but much milder in flavour. It is known to botanists by the name of *Allium Porrum*. The date of the introduction of the leek into England is disputed, as also its origin. Some writers assert that it was brought from Switzerland; but it is most probably of Eastern origin, as it was first cultivated in Egypt, in the time of the Pharaohs, and is still cultivated extensively in the East. The Romans used it largely in flavouring their dishes. It is grown in large quantities throughout Great Britain, and in Scotland it forms, in connection with a boiled fowl, the favourite dish "Cock-a-leekie." It is the national symbol of the Welsh, and on St. David's Day they wear it in their hats in honour of the saint who is supposed

to have introduced it into Wales. Leeks can be prepared and cooked in a variety of styles—boiled, stewed, braised, fried, and baked. They make a most acceptable winter vegetable, as well as an excellent soup.

Leek Soup.

Place in a fire-proof earthenware pot (*marmite*) an old hen, previously drawn and disjointed, and fill up with cold water; boil up and drain, then add some soup, vegetables, and seasoning. When the bird is



LEEKS.

cooked, take up and remove the meat from the bones, and cut it in even-sized pieces. Take 2 or 3 young leeks, wash and drain, cut off the white part of each and divide in 1-in. pieces, blend and cook the leeks in the

strained chicken stock. When cooked, add the pieces of chicken to the soup, also a handful of rice previously cooked in white stock, season to taste, and serve hot.

Braised Leeks.

Take the white part of a bunch of young leeks, and pull off the outside leaves. Wash and drain well. Put them in a stew- or braise-pan with a pint of good stock, 1 oz. of butter, two small braised onions stuck with 2 cloves, and a bouquet-garni, and when cooked, drain, dish up on a slice of toasted bread, then pour over a white or brown sauce, according to taste, and serve.

Leeks au Gratin.

Wash, trim, and cook the leeks in salted water or stock, then drain them. Butter a gratin dish, put in the leeks, covering each layer with white or brown sauce, and season to taste. Coat the top layer with sauce, besprinkle with grated cheese and bread-crumbs, and put a few tiny pieces of butter on top. Then bake in the oven till the top is nicely browned.

Leeks à la Vinaigrette.

Young leeks boiled or braised, as directed for braised leeks, can also be eaten the same way as asparagus, with some vinaigrette or mayonnaise sauce.

Leeks à la Ravigote.

Take 6 young leeks and cut away the root and leaves. Cut in two, lengthways, and put them into a stewpan. Cover with slices of bacon, moisten with white stock, and add a sprig of parsley. When they are boiled, drain away the liquor and allow them to cool. Serve in a vegetable dish covered with the following sauce: Mix in a small bowl a teaspoonful of tarragon mustard and two of vinegar. Add gradually some oil, and finally 2 chopped shallots, salt and pepper, and chopped parsley.

Leek Fritters.

6 large young leeks, $\frac{1}{2}$ blade of mace, a sprig of thyme, 1 egg, breadcrumbs, frying fat, 1 gill milk, $\frac{1}{2}$ pint stock, $\frac{1}{2}$ bay-leaf, salt and pepper, a gill of well-reduced white sauce, parsley.

Wash and trim the leeks, cut the white parts into pieces about 3 inches in length, put them in a stew-pan or sauté-pan with the milk, mace, thyme, and bay-leaf; add the stock, and boil till tender. Take up the pieces of leek, drain on a cloth, dip each piece separately into thick white sauce so as to completely cover it, and place on a wire rack to set. Beat up the egg, dip each piece into this, and roll in breadcrumbs; when set repeat the crumbing. Drop each piece into very hot fat, and fry a golden colour; drain, sprinkle with salt and cayenne pepper. Serve on a hot dish with a folded napkin or lace paper, garnish with fried parsley, and serve. The cooked pieces of leek may, if liked, be dipped into frying batter, and be fried thus instead of egging and crumbing.

Leek Omelet.

6 eggs, $1\frac{1}{2}$ oz. of butter, 1 tablespoonful grated cheese, salt and cayenne, 1 tablespoonful of milk or cream, 2 leeks, well washed, trimmed and stewed in brown sauce.

Break the eggs into a basin, add the cheese, sufficient salt and cayenne to taste, and the milk or cream; beat well to amalgamate the yolks and whites of eggs and other ingredients. Cut the cooked leeks into slices, and keep hot in a small stew-pan with just enough sauce to moisten. Melt the butter in an omelet pan; when thoroughly warm (not too hot) pour in the egg mixture, and stir over a bright fire until the eggs begin to set. Shape quickly into the form of a cushion, place the stewed leeks in the centre, and fold in the ends. Allow the omelet to take colour, then turn on a hot dish, make a slit along the centre of the omelet, pour a little brown sauce round the base of the dish, and serve quickly.

LENTIL (Lentille).

LENTILS are the seed of a plant of the same name. They have a somewhat peculiar flavour, which is not always liked by everybody. Hence they are not so popular a food in Europe as their highly nutritious qualities would warrant. In the East, especially in Egypt, they form a staple article of food. Lentils were well known in the ancient world, and are mentioned in the Scriptures as early as in the days of Jacob, where it is stated that Esau coming in from the hunt, hungry and faint, met his brother Jacob carrying a dish of lentils. The weary hunter, whose appetite was excited seeing such a savoury dish, sold his birthright for the object of his desire. The Romans did not form a high opinion of them, and their name; derived from *lentus*, slow, was given them because they were supposed to make men indolent. For all that, they are a favourite dish in Germany, and lately have become more popular in this country.

Lentils à la Maître d'Hôtel.

Soak a pint of lentils several hours before cooking. Drain and cook them in salted water, with 2 small peeled onions stuck with 2 cloves, 1 carrot, a bouquet of celery and parsley. When tender, drain, take out the vegetables, and put the lentils in a stew-pan with 2 oz. of butter; add also some chopped parsley, and season with very little salt and pepper. Reheat and serve in a vegetable dish.

Savoury Lentils.

Soak a pint of lentils for 2 hours in tepid water; drain and put them in a stew-pan with 2 oz. of butter for 10 minutes, and add about a quart of stock, season with salt and pepper, and boil them for 2 hours. Drain them on a sieve, put them in a

stew-pan with 2 oz. of butter and half a chopped onion previously fried. Moisten with Béchamel sauce and a tablespoonful of cream, and cook for a few minutes longer, stirring the lentils from time to time. Dish up, sprinkle with chopped parsley, and serve hot.

Lentils à la Bretonne.

Cook the lentils as stated in the preceding recipe, and drain. Put them in a stew-pan with 2 oz. of butter, a tablespoonful of flour, and a finely-chopped onion. Stir on the fire until the onion commences to brown, then moisten the roux with about $\frac{1}{2}$ pint of water. Boil up whilst stirring and cook the sauce for at least 15 minutes. Now add the lentils. Cook for a quarter of an hour, season to taste, dish up, and serve hot.

Lentil Purée à la Condé.

Cook the lentils as directed in the previous recipe. When tender, drain, take out the bouquet of parsley and the carrots. Pound the lentils with the onion and celery, and pass it through a hair sieve. If the purée is too thick, add a little milk. This purée is often used as a garnish for entrées.

French Lentil Soup.

Prepare a purée as stated in the last recipe, add enough stock to give it the consistency of soup. Let it simmer slowly for 20 minutes, stir and skim from time to time, and finally add 1 oz. of fresh butter and a little cream. Serve fried bread croûtons separately. Cooked rice or vermicelli may also be added to the soup.

Lentil Soup (another way).

$\frac{1}{2}$ lb. red lentils, 1 onion, 1 stick of celery, 2 oz. dripping, butter or 3 slices bacon, salt and pepper, 1 small carrot, and 1 turnip.

Soak the lentils over-night in cold water; melt the dripping in a stew-pan; wash and drain the lentils,

then put them in the stew-pan with the sliced onion and vegetables cut into pieces ; stir them over the fire for 5 minutes ; then add a quart of cold water, the bacon previously cut into fine strips, also salt, and pepper to taste. Let this come to the boil, then skim it, and let simmer gently until the lentils are done. Pass the soup through a wire sieve and heat it up again ; skim and serve.

Lentil and Asparagus Soup.

$\frac{1}{2}$ pint of lentils, 1 quart of stock, 20 green asparagus heads, 2 yolks of eggs, 1 gill of cream.

Boil the lentils in salted water. When cooked, pass them through a fine sieve, and add the purée to the stock. Boil the asparagus separately and add the water, in which the asparagus was cooked, to the soup. Bind the soup with the yolks of eggs and the cream, pour it into the soup tureen over the asparagus heads, and serve hot.

Lentil Rissoles.

$\frac{1}{2}$ pint cooked lentils, 1 oz. butter, white sauce, oil for frying, 1 egg, 9 oz. breadcrumbs, $\frac{1}{2}$ lb. short crust paste, seasoning to taste.

Cook the lentils in seasoned stock till soft enough to mash, and pass them through a sieve. Add the butter, season with pepper and grated nutmeg to taste. Roll out the paste thinly, and cut into rounds with a 3-in. paste-cutter. On each round place a dessertspoonful of the lentil mixture, wet the edge, fold, and press together. Brush over with egg and cover with breadcrumbs, then fry in very hot oil to a golden colour. Take up and drain the rissoles. Serve hot, garnished with fried parsley.

Lentil Rissoles (*another way*).

Rub $\frac{1}{2}$ pint of cooked lentils through a sieve. Melt $\frac{1}{2}$ oz. of butter in a saucepan, and fry in it to a golden brown a dessertspoonful of finely-chopped

onion, then add the lentil purée. Season to taste with salt and pepper and a grate of nutmeg. Roll out finely some rough puff or short crust paste, and cut into rounds with a 3-in. paste cutter. In the centre of each round of paste put a heaped-up teaspoonful of lentil mixture. Wet half the edge, fold over, and press lightly together. Brush over carefully with beaten egg, dip in breadcrumbs or finely crushed vermicelli, and fry in deep fat to a golden brown. Drain, dish up, garnish with parsley, and serve.

Lentil Omelet.

4 eggs, 1 gill of boiled lentils, 1 oz butter, seasoning.

Break the eggs into a basin, season with salt and pepper, beat up well, then add the cooked lentils, previously drained and tossed in butter. Add also a few drops of lemon juice. Melt the butter in an omelet pan. When hot, pour in the mixture, and cook, *i.e.*, fry the omelet in the usual manner. Shape it neatly, dish up, and serve with tomato sauce poured round the omelet, and garnish with a little crisp parsley.

Lentil Tartlets with Eggs.

4 oz. cooked lentils, 2 oz. white breadcrumbs, $\frac{1}{2}$ gill milk, 1 oz. butter, 3 tablespoonsful Panurette, 4 to 5 eggs, pepper, and nutmeg.

Fry the lentils in butter and pound till smooth, add to it the white breadcrumbs, season with a good pinch of pepper and a grate of nutmeg; mix well, moisten with the milk, and work into a paste of moderate consistency. Butter some tartlet moulds or plain patty tins, sprinkle them with Panurette, and line each thickly with the prepared mixture. Break carefully an egg into each of the moulds, put one or two tiny bits of butter on top of each egg,

sprinkle over a small pinch of cayenne or paprika, and bake in the oven for about 10 minutes. Unmould carefully, dish up, and serve hot.

Lentil Salad.

It is not generally known that lentils make an excellent salad. Wash the lentils and allow them to steep in water for at least 6 hours. Then boil them in salted water with a sprig of parsley and 2 peeled onions. When they are tender, drain, let cool, and season with salt, pepper, oil, vinegar, and finely-chopped parsley. Dish up in a salad bowl, and garnish tastefully with sections of hard-boiled eggs.

Dutch Lentil Salad.

Mix the required quantity of cooked lentils with a small proportion of filleted anchovies, cut into fine strips, and a similar quantity of slices of hard-boiled eggs cut into shreds. Blend all carefully with finely-chopped herbs, salt, pepper, and mayonnaise. Dish up, garnish neatly, and serve.

Lentil Croquettes.

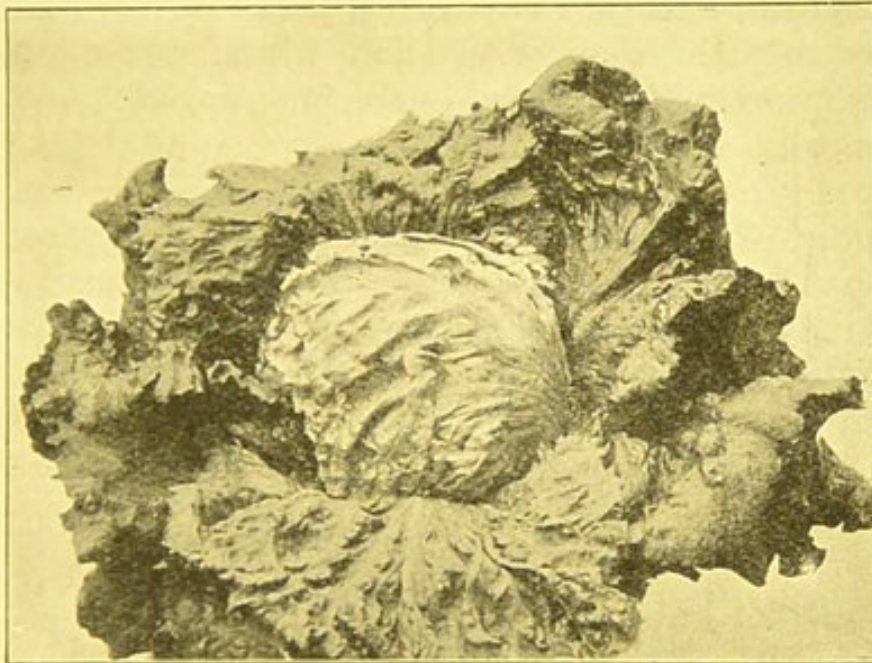
Prepare a lentil purée as described in the foregoing recipe, mix this with half the quantity of cooked rice, then spread this on a plate and let cool. Shape on a pastry board with the help of breadcrumbs into even-sized croquettes, round, cork or oblong shapes. Dip them in egg, and crumb carefully. Shape again and fry in hot fat to a nice pale brown colour. Drain, dish up, garnish with parsley, and serve with Tomato or Piquante sauce.

NOTE.—If liked, some finely-chopped ham or fried bacon may be mixed with the lentils and rice.

LETTUCE (Laitue).

LETTUCE is known as the Queen of Salads ; it is easy of digestion and exceedingly wholesome. There are three varieties of lettuce : the cabbage lettuce, curly

lettuce (*frisée*), and the coss or romaine lettuce. Eaten raw as salad it is considered a cooling, antiscorbutic, and slightly laxative article of diet. Taken at supper time, it is said to promote sleep, and a medicinal extract is made from its leaves, which is sometimes given to produce sleep in patients whose constitution will not bear the administration of



CABBAGE LETTUCE

opium. The lettuce is not known to grow wild anywhere, but it is now cultivated in all countries where the climate will admit; in our country it has been cultivated from a very remote age. There are several excellent ways of cooking lettuce as vegetable, as the following recipes will show.

Lettuce Soup.

Trim 6 to 8 cabbage lettuces, cut each in two, wash, drain, and place in a saucepan with two peeled onions stuck with 2 cloves and a bouquet-garni. Add a quart of stock and 1 oz. of butter, also a teacupful of rice, and seasoning. When the lettuces are cooked, drain, and

pound with the rice ; then rub through a sieve, adding a little stock at the same time. Boil the soup and skim, adding at the last a gill of cream and a pinch of castor sugar. Serve fried bread croûtons with this soup.

Braised Lettuce.

Wash, trim, and blanch about 6 lettuces, drain them on a cloth, and tie each with a small piece of twine, range them in a pan, add about a pint of stock, and braise them with 2 oz. of butter in the oven. When done take them up carefully, drain, and trim into shape. Reduce the stock to a half glaze, put in the lettuces, and place in the oven for 10 minutes (cover the pan with buttered paper). Glaze each head with the reduced stock, or else a little dissolved meat glaze. Dish up in a circle upon croûtons of fried bread about the size of the lettuces. Have ready some thinly-cut slices of fried bacon, garnish the dish with these, and serve hot.

Garbure of Lettuce.

Braise the lettuces and drain them. Prepare some thin slices of grilled bread and place in the bottom of a deep dish. Arrange the lettuces on the bread, then again with lettuce after, alternately, until the dish is full, making sure that the lettuce forms the last layer. Pour over some rich stock or gravy, and brown in the oven.

Lettuce à la Crème.

After having braised 6 lettuces, drain, press, and chop them finely. Melt 2 oz. of butter in a stew-pan, stir in 1 oz. of flour, and stir till a light brown ; then moisten with a gill of cream. Add the chopped lettuces to this, and cook slowly for about 10 minutes. Season and serve in a vegetable dish. Surround the lettuce with croûtons of fried bread.

Stuffed Lettuces.

Blanch some firm cabbage lettuces, previously trimmed and washed, in salted water, for about 5 minutes; then drain, let cool, and press well; split down the middle, and introduce in the centre a stuffing of pounded sausage meat, to which some chopped mushrooms have been added. Shape the stuffed lettuces neatly to give each its natural shape, and tie each with thin string. Then arrange in a sauté-pan lined with slices of bacon, a sliced carrot, 2 peeled and sliced onions, 2 cloves, and a bouquet-garni. Moisten with stock, and season with salt and pepper; cover with slices of bacon, and braise for about 30 minutes or longer. When the lettuces are cooked, place them in a vegetable dish. Pour over some *Madère* sauce with an addition of lettuce stock previously skimmed and reduced, and serve hot.

Fried Lettuce Hearts.

Trim the lettuces, preserving only the heart and the white leaves. Cook as stated for braised lettuces. Drain and press in a cloth to extract the water. Shape each lettuce neatly. When cold, brush over with beaten egg, then roll them in breadcrumbs. Fry in deep fat to a golden colour, drain, dish up, and serve hot.

Braised Lettuce with Green Peas.

Wash, trim, and blanch 6 or 8 firm cabbage lettuces, braise them in some well-flavoured stock, take up, drain, trim again, and put into shape. Reduce the stock to a glaze, put in the lettuces, and finish in a moderate oven for 10 minutes (cover with buttered paper or stew-pan lid). Glaze each head with the reduced stock, or else a little dissolved meat glaze, dish upon croûtons of bread about the size of the lettuces, dress in a circle. Have ready some

green peas cooked in salted water, strain, and put in the centre of the dish. Place a piece of fresh butter on top, and serve.

Braised Lettuce (*another way*).

Another way of cooking lettuces and peas, is to shred the lettuces and cook them with the peas in salted water; they are drained, then tossed in a sauté-pan over the fire for several minutes, using fresh butter for sautéing. A dessertspoonful of flour is then sprinkled in and stirred, moisten with a little stock, and finish with 2 pats of fresh butter. Season to taste, dish up, and serve.

Lettuce Timbales.

Eight firm cabbage lettuces, 3 eggs, $\frac{1}{2}$ gill rich gravy, $\frac{1}{2}$ gill Madeira sauce, 2 oz. butter, $\frac{3}{4}$ oz. flour, $\frac{1}{2}$ gill double cream, salt, pepper, and nutmeg.

Trim and wash the lettuces, boil fast till tender in slightly-salted water, drain, squeeze out the moisture, and chop them very finely. Melt $1\frac{1}{2}$ oz. of butter in a stew-pan, add the flour, stir for a few minutes to cook the flour, then add the minced lettuces, moisten with the gravy, stir with a wooden spoon till the whole simmers; cook for a few minutes, remove the pan from the fire, and let cool a little; next add by degrees the yolks of 3 eggs and the whites of 2, also the cream. Season to taste with salt, pepper, and grated nutmeg. Fill up some well-buttered plain dariole or timbale moulds, stand them in a sauté-pan half filled with boiling water, and poach in the oven for 30 to 35 minutes. Unmould on a hot dish, and serve with Madeira sauce. This makes an excellent vegetable entrêmet, and as a garnish it is particularly adapted for such dishes as braised fillet of beef, fricandeau of veal, sweetbreads, braised lamb, neck or leg, or with almost any kind of remove or relevé.

Shredded Lettuce and Peas.

An excellent way of cooking lettuce and green peas is to shred the lettuces and cook them with the peas in slightly-salted water ; when drained toss them in a sauté-pan over the fire with a little fresh butter. Add a teaspoonful of flour, moisten with a little stock, and finish with 2 pats of fresh butter. Season to taste. Dish up, and serve hot.

Lettuce Salad.

Take 2 firm lettuces, remove the outer green leaves, core, wash and drain in a wire basket, then split and cut the leaves into quarters and put them in a bowl. Have some tomatoes, cut them in thin slices, and place over the lettuce. Season as follows : Mix one pinch of salt and one half-pinch of pepper in 2 table-spoonful of vinegar, add $1\frac{1}{2}$ table-spoonful of oil pour over the salad, and serve.

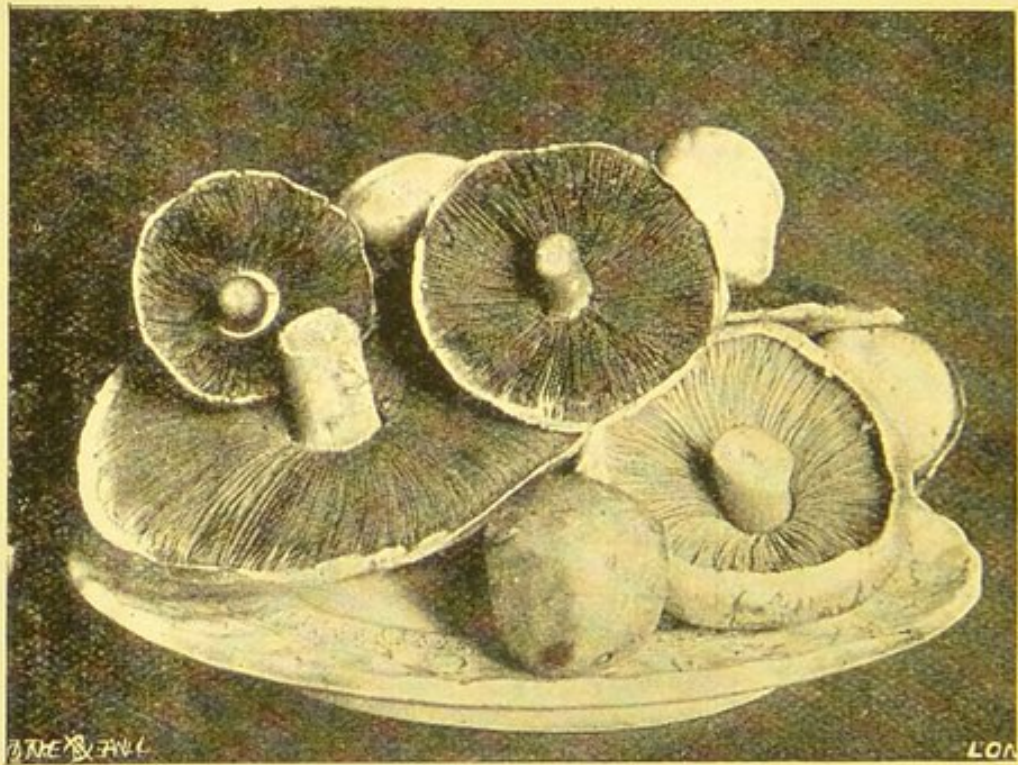
MOREL (Morille).

MOREL or, as the Germans call it, Morchel, is one of the fungi found in Switzerland, Germany, and also in this country, which may be used as food with safety. It is very scarce, but may be found in woods and orchards, where it is gathered for the markets. It has a hollow stalk, an inch or two high, with a yellowish or greyish ribbed head, two or three inches deep, and is said to possess great stimulating properties. It is brought into England dried, and, after being soaked, is used for flavouring soups, sauces, gravies, and stews.

MUSHROOMS (Champignons).

THE edible varieties of these fungi are used in England principally as a flavouring for various kinds of made dishes, or in sauces. They are also

grilled and used as a garnish ; they can be pickled, or dried and powdered for future use. In Russia, Poland, and some parts of Germany, where many species grow wild, they are used more extensively as an article of food. There are twenty-nine varieties of the edible mushroom, and one of the most beautiful of the British varieties is the red-fleshed mushroom, generally abundant in all woody places ; it is known by its brown warty top, white gills, and perfect



MUSHROOMS

ring encircling the bulbous stem ; it frequently attains a large size. The most popular species is the meadow mushroom, found all over the world. There is also the cèpe and the morille species of mushroom known as boletus. Besides the edible mushrooms, there are unfortunately several varieties which are poisonous ; these are called toadstools in this country, and are known principally by their fœtid odour, and the excessively acrid taste of their milk, which

generally changes colour when the stem is broken. One of these, the *clathrus cancellatus*, is said to produce cancer, and should not be touched.

Creamed Mushrooms.

Peel and wash a pound of white fresh mushrooms, cut off the stalks, drain and dry them. Heat up 2 oz. of butter in a sauté- or stew-pan, put in the mushrooms, season with salt and pepper, and cook over a moderate fire for about 10 minutes. Then add $\frac{1}{2}$ pint of cream, let mushrooms and cream cook together for about 5 minutes and thicken with 1 oz. of butter kneaded with $\frac{1}{2}$ oz. of flour. Dish up and serve hot.

Mushrooms on Toast.

After having peeled, washed, and drained some fresh mushrooms, toss them in butter in a frying-pan over a quick fire, and when done place them on toasted bread with some thinly-cut rashers of fried bacon. Dish up and serve.

Mushroom Sautés.

After peeling and washing some fresh mushrooms toss them for about 10 minutes over a brisk fire in a frying-pan with a little butter. Add, while cooking, a little claret. Season to taste, dish up serve.

Broiled Mushrooms.

Peel and wash thoroughly some large fresh mushrooms, season with salt and pepper, brush over with oil and broil over a brisk fire for about 8 minutes. Press on buttered toast, dish up, and serve.

Mushrooms with Cream.

Wash and peel $\frac{1}{2}$ lb. of fresh cup mushrooms, and cook them gently in $\frac{1}{2}$ pint of seasoned water, with salt and pepper, for about 20 minutes; then pour off the liquid, which will be required for the sauce.

Melt 1 oz. of butter in a stew-pan, stir in 1 oz. of flour, cook whilst stirring for a few minutes, but do not let it get brown ; then by degrees add the liquid from the mushrooms and $\frac{1}{2}$ gill of cream. Season to taste, boil up, and add the mushrooms ; let this simmer for 10 minutes. Dish up neatly, garnish with buttered toast, cut into triangular shapes, and serve.

Grilled Mushrooms à la Maître d'Hôtel.

Mushrooms for grilling must be of a large and even size. After having washed them and cut off the stalks, dip them in olive oil, season with salt and pepper, then grill for 8 to 10 minutes over a bright fire, turning them when cooked one side. Arrange in a vegetable dish, the hollow side upwards, then place in the centre of each large mushroom a small pat of maître d'hôtel butter or parsley butter, and serve hot.

Mushroom Croûtes.

Cut some slices of white bread, stamp out rounds or oblongs with a fancy or plain cutter, fry them in butter to a golden colour, and drain. Have ready a pint of button mushrooms, peeled and fried in butter ; also a mixture of finely-chopped beef and ham, moistened with a rich brown sauce. When quite hot, spread the mixture over the croûtes, place a mushroom on each ; season with pepper, salt, cayenne, and a little lemon juice. Place them in a hot oven for a few minutes, dish up, garnish with fried parsley, and serve.

Deville'd Mushrooms in Cases.

Wipe and peel 6 cup mushrooms, cut them into small dice, and toss in butter. Butter some soufflé paper cases, lay a thin slice of lemon in each, three parts fill with mushrooms, and season to taste. Spread a layer of potted devilled meat, mixed with a yolk of egg, over the mushrooms ; brush over with

oiled butter, and bake for 15 minutes. Just before dishing up put a tablespoonful of stiff mayonnaise sauce on top of each case, sprinkle with cayenne, and serve quickly.

Savoury Mushrooms.

Select a dozen even-sized cup mushrooms, peel, wash, and drain them; put them in a basin on the side of the stove, season with 2 tablespoonsful of olive oil, salt, pepper, and a little lemon juice. After they have been standing for an hour, broil them in a sauté-pan with a little butter, or grill them over the fire. When done, dish up on pieces of toasted bread. Prepare a sauce consisting of oiled butter, chopped parsley, and chives, pour over the mushrooms, dish up, and garnish to taste.

Mushroom Bouchées.

Peel and wash small button mushrooms, cut them into slices, drain, and fry them lightly in butter. Season to taste, and moisten with Madeira sauce. Simmer for a few minutes, and fill into bouchée cases, or, if preferred, some light puff paste shells. Place a glazed button mushroom on top of each patty to form the lid. Dish up, and serve hot.

Mushrooms with Eggs.

Allow 1 large mushroom to each egg. Trim the mushrooms and cut them small; place them in a small stew-pan with $\frac{1}{2}$ oz. of butter to each mushroom and a seasoning of pepper and salt, and allow them to gently stew for 20 minutes. Break the eggs into a basin and whip them; add a tablespoonful of milk to each egg, and pour the mixture over the mushrooms in the stew-pan. Stir them gently with a wooden spoon until the mixture is lightly set, and serve it heaped on slices of hot buttered toast.

Mushroom Omelet.

Prepare the mushrooms and eggs exactly as in the preceding recipe, but do not mix them. Melt $\frac{1}{2}$ oz. of butter in a small frying-pan or omelet-pan, and when it is quite hot pour in the beaten egg and milk. It is well for a novice in omelet-making not to exceed 4 eggs, because of the difficulty of shaping a large omelet. Stir the mixture at first, and when it begins to set pour the stewed mushrooms over one-half of the upper side of the omelet. Raise the other half from the pan and fold it over, jam-turnover fashion, and if it is not nicely coloured, brown it with a salamander and serve it as quickly and as hot as possible.

Mushrooms au Gratin.

Trim 12 large mushrooms by peeling them and removing the stalks. Spread each one with a mixture made from 4 chopped mushrooms, 1 oz. of minced ham, 4 chopped shallots, a teaspoonful of chopped parsley, and a pinch of sweet herbs with pepper and salt to taste. Before putting the mixture on the mushrooms set it in a moderate heat in a small stew-pan for about five minutes, and then stir in 1 oz. of butter and the beaten yolks of two eggs. Sprinkle breadcrumbs over the heaped-up mixture on the mushrooms, and bake them in a covered tin for a quarter of an hour, and serve with brown sauce round them.

Mushroom Rolls.

Scoop out the crumb from small dinner rolls, cut in half, and fill the cavities with mushroom mixture as follows: Clean $\frac{1}{4}$ lb. of button mushrooms, cut them small, and stew them in a small stew-pan with 1 oz. of butter. Season with pepper and salt, and when the mushrooms are tender stir in 1 oz. of flour mixed to a smooth paste with a gill of cream. Bring the mixture to the boil for a minute or two, and use it just before it is cold.

Scalloped Mushrooms.

1 lb. of fresh, dry mushrooms, 1 shallot, 2 oz. cooked ham, $2\frac{1}{2}$ oz. butter, 2 tablespoonsful cream, $\frac{1}{2}$ gill tomato sauce, 2 tablespoonsful sherry, bread-crumbs, and parsley.

Wipe the mushrooms with a damp cloth, remove the stems and peel them, then mince the mushrooms rather finely; peel and chop the shallot, melt half the butter, fry in it the shallot, add the ham, previously chopped; now add the sauce, the wine, the cream, and a couple of tablespoonfuls of breadcrumbs, and season to taste. When thoroughly hot, fill several well-buttered shells, cover with breadcrumbs, and sprinkle with parsley. Divide the remainder of the butter into little bits and place on top of the filled shells. Bake in a very hot oven for a few minutes so as to brown the surface. Dish up, garnish with parsley, and serve.

Stewed Mushrooms.

$\frac{1}{2}$ lb. fresh mushrooms, 1 oz. butter, 1 teaspoonful chopped parsley, $\frac{1}{2}$ gill of tomato or brown sauce, seasoning.

Wipe and peel the mushrooms, remove the stalks, and fry them with the butter over a quick fire for a few minutes. Season with pepper and salt, add the sauce, and simmer gently for another 15 minutes. Dish up, sprinkle over with the parsley, and serve hot.

Stuffed Mushrooms.

Peel a dozen large fresh button or small cup mushrooms, and remove the stalks. Prepare a stuffing, consisting of 10 preserved mushrooms, chopped fine, fried in 2 oz. of butter, and 2 shallots, chopped fine, a dessertspoonful of chopped parsley, and a tablespoonful of chopped ham; season to taste, mix well. Fill the mushrooms with this, place them, stuffed sides up, on a buttered sauté-pan, sprinkle the surface with soft breadcrumbs and grated cheese, add a few drops of oiled butter, bake for 10 minutes in a quick oven, dish up, and serve.

To Preserve Mushrooms.

Small button mushrooms are best for preserving. Wash the mushrooms and cut off part of the stems. Put the mushrooms into preserving jars, shaking the jars to cause the mushrooms to be packed closely into the jars. Put on the covers, and place the jars on a towel, laid on a rack in a steaming-pan ; pour in boiling water to half cover the jars ; cover the pan and let boil $1\frac{1}{2}$ hours after boiling begins. Add a dessertspoonful of salt to a quart of boiling water, and use this as is needed to fill the jars to overflow ; adjust the rubbers and covers, and let boil for another 15 minutes.

OKRA (Gumbo).

THIS plant is a native of the West Indies, but it is largely grown in India and America. On account of its mucilaginous and aromatic properties, the plant, or, rather, the pods, are largely used for making soup, notably the favourite gumbo soup, which is made from the green pods. When quite young okra or gumbo pods are often pickled and preserved in tins.

Boiled Okra.

Select young and tender pods, cut off the sharp ends, and put into a saucepan of boiling water with a little salt. When tender drain off the water, add 1 oz. of butter, seasoning of salt and pepper ; stir until thoroughly heated, dish up, and serve.

Stewed Okra.

Wash 1 quart of okra, and cut into slices crosswise. Put into a saucepan, add 2 pints of water, and season with salt, cover the pan, and cook slowly for 30 minutes, or until the okra is perfectly tender. Then add 1 oz. of butter, 1 tablespoonful of vinegar, and season with pepper, dish up, and serve. This is a very nice accompaniment to nut dishes.

Stewed Okra with Tomatoes.

Prepare and boil 8 or 10 okra pods, and put them to drain. Mince finely half a small onion or 3 shallots, fry lightly in 1 oz. of butter and add 4 ripe tomatoes, peeled and cut into slices. Simmer for a few minutes, then add the okra pods, season to taste with salt and paprika pepper, and continue to cook for another 15 minutes. Dish up on slices of buttered toast.

Okra Omelet.

Beat up 5 eggs, add 1 tablespoonful of milk, a few drops of onion juice, a dessertspoonful chopped parsley, season with salt, pepper, and paprika. Stir this over the fire in an omelet-pan containing 1 oz. of melted butter. When sufficiently cooked, put a gill of chopped and cooked okra in the centre, then shape the omelet, allow it to set and brown, turn out on a hot dish, and serve at once.

Okra Succotash.

Peel 4 large tomatoes, cut into squares, and put into a saucepan. Wash and slice one quart okra, and add it to the tomatoes, season with salt and pepper, cover, and simmer gently for 15 minutes. Then add $\frac{1}{2}$ pint of cooked beans, 1 oz. of butter, and cook 20 minutes longer. Then add $\frac{1}{2}$ pint of preserved American corn, allow to boil up, and serve.

Okra with Rice.

Wash and cut into slices 1 quart of okra; peel 6 tomatoes, and cut into squares. Put the okra and tomatoes into a stew-pan, add 1 pint of water, and season with salt, add also 2 large green peppers, and a large onion sliced very thinly. Cover the pan, and simmer for 45 minutes. While this is cooking, wash and boil 4 oz. of rice. Drain it well. When ready to serve, arrange the rice in a pyramid on a hot dish; pour around the okra. This is nice served with eggs.

Okra Salad.

Select young and tender okra pods ; wash, drain, and boil until tender ; drain, and set aside to cool. Cut them in slices. Rub over the inside of the salad bowl with the cut side of a clove of garlic, or put in the centre of the bowl a slice of bread rubbed with the garlic. Put the okra into the bowl, also a green, sweet pepper chopped fine, and a little grated horse-radish. Sprinkle over a little salt, toss about to distribute the salt, then add 2 teaspoonsful of olive oil ; gently toss and mix, then add 1 tablespoonful of tarragon vinegar. Serve each portion on a heart leaf of tender lettuce. Slices of fresh tomato or cubes of tomato jelly are an effective garnish for okra salad.

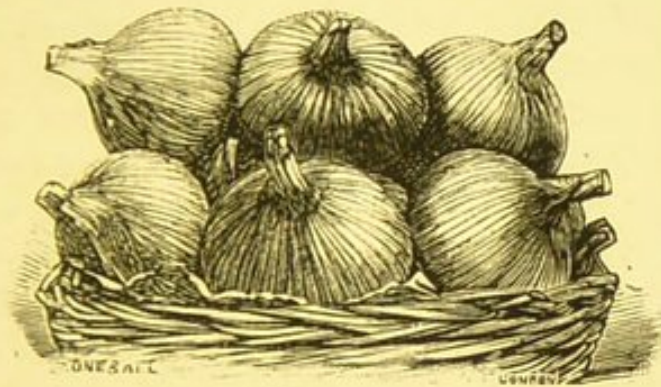
Okra Soufflé.

Wash and boil 1 lb. of okra, drain, and cut into small pieces. Melt $1\frac{1}{2}$ oz. of butter in a saucepan, stir in 1 oz. of flour, cook a little, and moisten with a gill of milk, season with salt, pepper, nutmeg, and paprika. Cook for 5 minutes, then remove from the fire, whilst stirring. When cool, stir in the yolks of 3 eggs, the okra, 1 tablespoonful of grated cheese, and the whites of 2 eggs stiffly whisked. Butter a large soufflé dish, sprinkle the inside with grated cheese, and pour in the mixture. Cover the top with grated cheese, and bake in a hot oven for about 20 minutes. Serve at once.

ONIONS (Oignons).

FEW people realise the wonderful medicinal properties possessed by the onion. Did they do so this common and often despised vegetable would figure more prominently in our daily menus. The onion is, perhaps, the greatest foe to disease germs known. A string of onions hung up is a far more effective disinfectant than carbolic. In olden times it was asserted that a raw onion eaten daily would cure a

tumour in any part of the body. Be that as it may, however, it is quite certain that onions either boiled or raw are a wonderful remedy in skin diseases. A raw onion is also said to act beneficially upon the teeth by killing what is known as the toothache germ. Persons suffering from heart troubles are wise to eat freely of this vegetable, since it promotes pure blood, without which the heart cannot do its work properly.



ONIONS.

Onions eaten the last thing at night are a certain antidote for sleeplessness. They may be taken in the form of onion porridge, or merely boiled in milk,

with a little butter, pepper, and salt. Spring onions are worth their weight in gold so far as their medicinal qualities are concerned. All the onion tribe, however, are of the same nature, including leeks, shallots, garlic, and chives.

Spanish Onions.

These onions are remarkable for their size and have a less pronounced taste than the ordinary onions. Spanish onions possess demulcent properties, and when boiled in milk form an old-fashioned remedy for colds, called onion porridge, but it is doubtful whether the indigenous onion is not more suited for this purpose. Spanish onions grow to a large size, and have been known to weigh as much as 2½ lbs. Large quantities are grown in Portugal, but attempts to acclimatize them in England have proved a failure, as they soon degenerate when grown in this country.

Spanish onions, besides being served as a vegetable, boiled, baked, stewed, or farced, are used in salads, and they form an appropriate garniture for a number of dishes. (See recipes given for cooking onions.)

Stuffed Onions.

Choose onions of the same size, peel and blanch for 10 minutes. Then drain and take out the centre by means of a column cutter, and fill with a veal stuffing seasoned with fine herbs and a pinch of cayenne pepper. Place the onions thus stuffed in a vegetable saucepan, season with salt and pepper, a pinch of sugar. Cover the onions with slices of bacon, moisten with stock, and let simmer until quite cooked. Skim the fat from the stock, reduce with a little sherry or Madère, and add a few tablespoonsful of Espagnole sauce. Pour this sauce over the onions, previously dressed in a vegetable dish, and send to table.

Stuffed Baked Onions.

Peel and blanch 3 or 4 large onions, and boil them in salted water or stock till tender; drain them and scoop out as much of the inside as possible without breaking the outer skin. Chop the extracted portion finely, mix this in a basin with 1 or 2 eggs (according to the size of the onions used), a dinner-roll freed from crust and previously soaked in milk, and about an ounce of butter. Some pieces of ham or tongue, if handy, may be chopped small and added. Stuff the onions with this, place them in a greased baking-tin or sauté-pan, and bake in a quick oven. Dish up, pour over some well-reduced brown sauce, and serve hot.

Braised Spanish Onion.

4 Spanish onions, 2 sheep's kidneys, about a pint of brown gravy, salt and pepper.

Wipe and skin the kidneys, cut them into small pieces, and season with salt and pepper. Peel the

onions, scoop out the centre ($1\frac{1}{4}$ inches across), fill with the kidney. Carefully place them in a saucepan, pour over the brown gravy, and simmer slowly for about 2 hours. Place on a hot dish, pour over the gravy, and serve hot.

Stuffed Onions as Garniture.

Peel 8 or 10 medium-sized onions, parboil them in salted water with a small piece of butter. Drain on a cloth and cool. Carefully scoop out the centre part of each onion, and chop very fine, with about half its quantity of mushrooms. Put it in a stew-pan with a handful of breadcrumbs, season with pepper, salt, and a little grated nutmeg, moisten with a little Espagnole sauce, mix well, and stuff the centre of the onions with sauce. Place them on a buttered sauté-pan, sprinkle the top with fresh breadcrumbs, put a small bit of butter on each one, and bake in a moderate oven a golden colour. They will take about 20 minutes to bake.

Onion Fritters.

Peel and cut in rounds four or five onions. Divide into rings. Season and roll them in flour, shake them in a colander or strainer. Plunge at once in hot fat, and fry them to a golden colour. Drain, dish up on a folded serviette, and garnish with fried parsley, and serve.

Glazed Onions.

After having peeled the required quantity of small onions, blanch them for a few minutes in salted water, and drain them. Next place them in a stew-pan with a large piece of butter, season with salt, pepper, a good pinch of castor sugar, and just enough rich stock to cover. Boil up quickly over the fire, then place the pan in the oven to reduce the stock until they are nicely glazed. These onions are used as garnish for various meat and poultry dishes.

Onion Purée à la Soubise.

Peel 4 to 6 large onions, cut in rounds, and put in a saucepan with 1 oz. of butter, add salt, pepper to taste, 1 oz. of rice, and enough white stock to cover. Cover with a piece of buttered paper. Put the pan on a quick fire to set it cooking, then allow to simmer in the oven for about an hour. Stir the contents of the pan from time to time. When the onions and rice are cooked, pass through a fine sieve. Return the purée to a saucepan, and reduce well, stirring with a spoon until the desired consistency is obtained. At the last, stir in a tablespoonful of good white sauce, and a small piece of fresh butter. This purée is largely employed for garnish with cutlets and all other entrées named "à la Soubise."

Soubise Sauce.

Braise some finely-chopped, peeled, and blanched onions until they are nearly a purée, then pass through a fine sieve with the liquor in which the onions were cooked, make a light white roux with butter and flour, and incorporate this with the onion purée; add a little meat glaze and cream, for the sauce must be thick enough to mask the cooked meat for which it is destined.

Onion Purée à la Provençale.

Proceed the same as directed for *Purée à la Soubise*, only when it is reduced, add a liaison of 2 yolks of eggs to give the desired consistency to the purée. It is used to spread over par-cooked cutlets, fillets, tournedos, etc.

White Onion Sauce.

Peel and chop the onions finely, and boil them in sufficient milk to cover until cooked. Season with salt, pepper, and grated nutmeg. Drain the onions on

a sieve when cooked, and thicken the stock with a white roux, cornflour, or some arrowroot, and make into a fairly thick sauce, to which add the cooked onions. This sauce is usually served with boiled or roast rabbit, or with boiled mutton.

Brown Onion Sauce.

3 onions peeled and finely chopped, 2 oz. of butter or dripping, $\frac{1}{2}$ pint of brown stock, 1 tablespoonful of flour.

Put the onions in a stew-pan with dripping and fry until they are a nice brown; add the stock, let it boil up, mix the flour with a little water, and add to the sauce; simmer slowly until the onions are cooked. Season with salt and pepper before serving.

Onion Soup à la Bourgeoise.

Peel 6 onions and cut them into thin slices, then toss in 2 oz. of butter in a stew-pan until of a nice light-brown colour, and sprinkle over a tablespoonful of flour. Moisten the onions with about a quart of stock or milk and water, and boil for 20 minutes. Season with salt and pepper, and pour the soup into a tureen containing a handful of thinly-cut slices of grilled or toasted bread.

Onion and Cheese Soup.

This soup is prepared like the preceding one, and just at the moment of serving stir in 2 or 3 table-spoonful of grated Gruyère cheese, or the cheese can be served separately, to be handed to each guest, when the soup is served. Another way is to sprinkle a layer of grated Gruyère cheese on to thinly-cut slices of toasted bread. These are browned in the oven, and then put into the soup.

Pickled Onions.

Choose small onions and skin them carefully. Put them into a bowl with a handful of white salt and let them remain in it for three or four days, stirring them up from time to time. Take them out

of this brine, wash, then boil them for 5 minutes in slightly salt water. Take them out, freshen them with cold water, and drain on a cloth. Then put them into bottles. Boil some white vinegar for several minutes with some peppercorns, cloves, and mace. Let the vinegar cool, and pour it over the onions. Cover the bottles with skin, or cork them tightly.

PARSLEY (Persil).

PARSLEY is said to be a native of Sardinia, whence it was brought into this country more than three hundred years ago; this was the common, plain-leaved parsley. Fool's parsley, or the lesser hemlock, so common in our fields and hedges, has often been mistaken for the common parsley with serious consequences, because the fool's parsley is a deadly poison. It belongs to a totally different order of plants; its leaves are darker, and when bruised, emit an unpleasant odour. The curly-leaved parsley is now most generally used; it cannot be mistaken for hemlock, and its superior flavour and more elegant appearance cause it to be preferred to the single-leaved variety. The leaves of parsley are used for garnishing a variety of cold as well as hot dishes, and when chopped, to flavour white and brown sauce, soups and forcemeat.

Hamburg parsley is cultivated for its roots, which grow as large as small parsnips. These, when boiled, form a very palatable and wholesome vegetable.

PARSNIP (Panais).

THIS useful vegetable belongs to the natural order Umbelliferæ. In a wild state the flavour of its roots is harsh and unpalatable, but when carefully cultivated they form a highly nutritious and agreeable vegetable, being fleshy, sweet, and mucilaginous. It is said that in times of scarcity, when wheat has been dear and difficult to procure, a very excellent

bread has been made from the roots of parsnips, ground to powder. The parsnip is rich in nutritious properties, water, starch, fibre, sugar, and albumen being its component parts. It pays for care bestowed upon its cultivation, and is very hardy, both in its wild and cultivated state. Domestic animals will readily feed and fatten upon it. There is a plant called silver weed, the flavour of which is similar to that of the parsnip; it grows in many parts of Scotland, and is often eaten there. Parsnips, after being washed, scraped, or peeled, are generally boiled in salted water. They are then prepared for table in many ways, with white sauce, parsley sauce, à la maître d'hôtel, à la poulette, fried, egged and crumbed, or coated with batter; or made into a purée. In addition to these, the recipes given for turnips and carrots may also be adopted for cooking parsnips.

Stewed Parsnips.

Wash, peel and cut 3 parsnips into slices, then boil them till they are nearly done, drain them and let them cool. Melt 2 or 3 oz. of bacon fat in a stew-pan; when hot fry the parsnip to a light brown colour. Next add a tablespoonful of flour and moisten with sufficient brown stock just to cover the parsnips. Season with salt and pepper and 1 or 2 tablespoonful of tomato sauce. Bring to the boil, and let the parsnips simmer slowly for another 20 minutes. Dish up, and serve with the prepared sauce.

Parsnips Fried in Butter.

Wash and peel 2 or 3 parsnips and cut out with a vegetable cutter into cubes or small balls. Put them into plenty of boiling, salted water, and let them cook for about 10 minutes (they should be rather under-done); then drain them well and toss them in a sauté- or frying-pan with 2 oz. of butter, season with salt and pepper, and fry or toss till they are a light-brown colour. Dish up and serve.

Mashed Parsnips.

Wash, peel, and slice 3 medium-sized parsnips, boil them till quite tender in salted water, drain and rub them through a fine sieve. Put the purée in a stew-pan with about 2 oz. of butter, season with salt and pepper to taste, and let it cook slowly for about 20 minutes. Lastly, add two tablespoonsful of cream or milk, stir for a few minutes. Dish up, and serve.

Parsnip Salad.

Plainly-boiled parsnips, when cold, make an excellent salad. Slice the parsnips, not too thinly, and season with salt and pepper, and mix with vinaigrette salad dressing. Dish up and serve.

PATIENCE.

THIS is a vegetable cooked and served in the same way as spinach. It has a specially mild flavour, with a slight acidity, not unlike sorrel. It is easily cultivated and very productive, but not so much used now as in olden times.

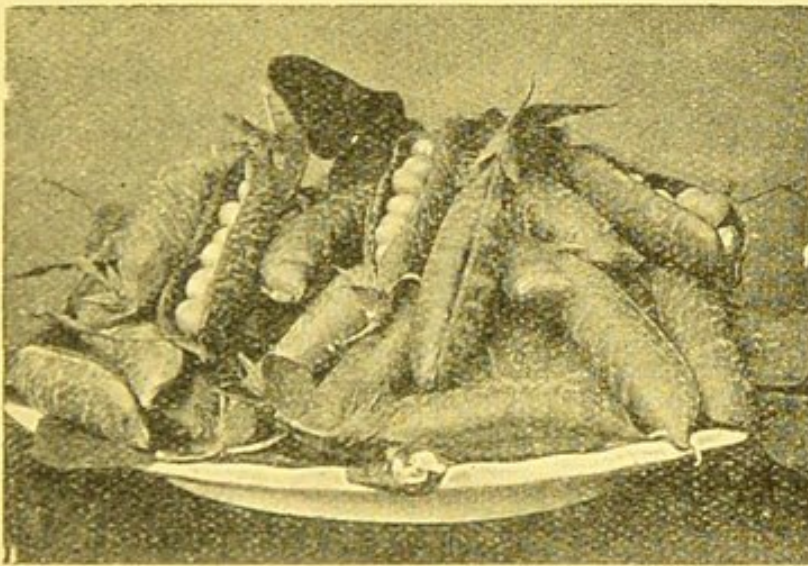
PEAS (Petits Pois).

PEAS are known as the most common, as well as the most favourite of vegetables, not only in the United Kingdom, but also in nearly every country of the world. They are, perhaps, the oldest known vegetable, for they existed in pre-historic times, peas having been found in the Swiss lake dwellings of the bronze period. They were certainly known before the Christian era, as Theophrastus spoke of *pisum sativum*, the garden pea; and as the word "pisum," or its equivalent, occurs in the Albanian tongue, as well as in Latin, it is supposed that the Aryans knew it well, and that it was brought by them into Greece and Italy, in which countries it is largely cultivated up to the present day. There is a Russian variety,

which is sent dried into this country, similar to that grown in France, and preserved in tins for export. The three principal kinds of pea are the common pea, the garden pea, and the sugar pea.

How to Cook Green Peas.

Shell the peas, put them into a saucepan with boiling water to which salt and a small quantity of moist sugar have been added ; there should only be just enough water to well cover the peas. Let them boil quickly ; the stew-pan should not be covered ; when done drain on a colander or sieve, put them on a hot vegetable dish, place a few small pieces of



butter on top, and serve. A few sprigs of green mint added to the water will improve the flavour of the peas.

Buttered Green Peas.

Put a quart of green peas into a saucepan with 1 oz. of butter, a little salt, and a small quantity of water, cover, and boil over a quick fire until tender. Knead 1 oz. of butter with $\frac{1}{2}$ oz. of flour, put it in with the peas, stir them till thickened, then put in 2 oz. of

butter in little pieces, $\frac{1}{2}$ teaspoonful of castor sugar, and a grate of nutmeg. Put the peas on to a hot dish, garnish with sippets of fried bread, and serve.

Savoury Peas with Bacon.

Boil till tender 1 pint of green peas, fresh or dried ; if the latter are used, they should be allowed to soak for several hours before cooking them. When cooked drain the peas and keep hot. Next mince coarsely 2 rashers of bacon, and fry for 5 minutes in a little butter. Add a small onion (peeled and finely-minced) and the peas ; moisten with 3 tablespoonsful of good white sauce, and season with salt, pepper, and a pinch of castor sugar. Let all simmer for a few minutes longer, turn out on a hot dish, garnish round the dish with fried bread croûtons, sprinkle over a little chopped parsley, and serve.

Green Pea Soup.

Half a peck of green peas, 1 small onion, a small lettuce, a handful of spinach, 1 quart of veal stock, 1 oz. of butter, $\frac{1}{2}$ oz. cornflour, pepper and salt, $\frac{1}{2}$ gill cream, 1 teaspoonful of lemon juice.

Wash about one-third of the pods, shell the remainder, and put all into a stew-pan, and cook in stock, adding the peeled onion (whole), the lettuce, and the spinach. When tender pass the whole, including the pulp of the pea-pods, through a fine hair sieve. Mix the cornflour smooth with a little milk, reheat the soup, add the cornflour and the butter, reheat a second time, then add the cream and seasoning to taste. Lastly add the lemon juice. If found too thick add a little more stock.

NOTE.—If liked, a handful of cooked peas, boiled separately, may be added to the soup.

Green Peas à la Nantaise.

Put a quart of young green peas (shelled) in a stew-pan with 2 small peeled spring or button onions,

and a cabbage lettuce tied up with string. Moisten with a gill of water and add $\frac{1}{2}$ oz. of butter. Cover the pan and cook quickly until the peas are tender. Take out the onion and lettuce, cut the latter into very fine shreds and return to the peas after draining off the water. Season with salt and pepper and half a teaspoonful of castor sugar. Add a tablespoonful of butter mixed with a dessertspoonful of cornflour to the peas, shake the pan well, and reheat the peas, which are then ready for serving.

Green Peas with Ham.

3 pints of green peas, a small spring onion, a sprig of green mint and parsley, $\frac{1}{2}$ teaspoonful of castor sugar, salt, and 1 pint of water, 4 oz. of lean ham, 1 oz. of butter, 1 dessertspoonful of flour, fleurons (small half-moons of puff pastry).

Put the peas into a pint of cold water with the onion, mint, parsley, and a little salt; cover them, and let them cook gently for from 20 to 30 minutes; then take out the herbs, pour off a little of the liquor, and boil down the rest. Fry the chopped ham in the butter and sprinkle in the flour; add this to the peas. Toss them all well together over the fire, season to taste, and add the sugar. Dish up, garnish with fleurons. Serve hot.

Purée of Peas for Garnish.

Boil a quart of shelled peas in salted water with a bouquet of parsley, 2 small peeled onions, and a small lettuce. When the peas are cooked, drain and pass through a fine sieve. Then put the purée in a saucepan, season with salt, pepper, and a pinch of castor sugar, and add a tablespoonful of white sauce and $\frac{1}{2}$ oz. of butter. Stir well, and use as required.

Pea Soup à la Saint Germain.

After having cooked the peas as in the preceding recipe, drain and pound in a mortar with the lettuce,

the onions and a little cooked spinach. Dilute the purée with some stock, and pass through a sieve. Put the purée in a stew-pan, boil for 20 minutes and skim, and stir in $\frac{1}{2}$ oz. of fresh butter. Serve fried bread croûtons separately. To preserve the green colour of peas they should be cooked in a copper stew-pan.

Peas à la Bonne Femme.

Shell and cook in salted water 1 quart of green peas and drain them. Peel and mince finely half a small onion, fry it to a pale golden colour in 1 oz. of butter ; to this add 2 oz. of cooked lean ham cut into small dice ; dredge with a teaspoonful of flour, stir over the fire for a few seconds, and add the cooked peas. Season with a pinch of castor sugar, grated nutmeg, salt and pepper ; moisten with 2 tablespoonsful of good stock, simmer gently for 10 minutes, stirring occasionally. Dish up and serve hot.

Green Peas as Garnish.

Put about a pint of shelled peas in a stew-pan with a pint of boiling water, add a sprig of green mint, a teaspoonful of salt, and half a teaspoonful of moist sugar, and boil until tender. Strain the water from the peas, add $\frac{1}{2}$ oz. of fresh butter, a good pinch of castor sugar, and a pinch of pepper ; toss over the fire for a few minutes, remove the mint, and use as required.

Green Pea Salad.

1 pint cooked green peas. a firm head of lettuce,
2 or 3 oz. of cold fowl, free from skin and bone, salad
dressing.

Have the peas ready, and drain them on a sieve to cool. Wash and well drain the lettuce, pull the leaves apart, and break them into convenient pieces, and arrange them in a salad bowl. Chop the fowl rather coarsely, spread this over the top of the lettuce, and then arrange the peas neatly on top. Prepare

a plain salad dressing, using tarragon vinegar, salt, pepper, oil, and chopped parsley for the purpose ; pour over the salad and serve. A sprig of mint boiled with the peas is a decided improvement to the flavour of this salad. In place of cold fowl, cold lean lamb or veal may be used, or if preferred the meat can be left out altogether. Instead of plain salad dressing mayonnaise or mayonnaise cream is frequently used, and is found an improvement by many.

Bottled Peas.

Take the required number of wide-mouthed glass bottles, and fill them with fresh gathered young peas (shelled) ; add a good teaspoonful of salt and $\frac{1}{2}$ gill of water, and cover them lightly with capsules or corks. Put the bottles into a stock pot, lined with hay or straw ; fill up with water, and boil fast for half an hour, and then withdraw them from the fire ; when the bottles are cold ascertain whether any of them leak. The peas are to be kept in a cool place ; a dry cellar is best adapted for this purpose.

Another Way of Preserving Peas.

Take any quantity of peas and shell them, then put them into a deep jar with a layer of peas and a layer of salt alternately, then cover the jar with a piece of muslin to keep out the dust. Peas thus treated will keep good for a long time. They should be put into cold water to soak for 24 hours before using ; no salt is required in the cooking.

DRIED PEAS.

DRIED peas, green or yellow, are very useful in the winter, when other vegetables are both scarce and dear.

Stewed Dried Peas.

Soak a pint of split peas over night in water, with a tiny piece of soda. Drain them the following morning,

wash in cold water, and cook them in salted water, using only just enough water to keep them from burning. Mince finely a medium-sized onion, fry a golden colour in 2 oz. of butter, stir in a tablespoonful of flour, let it get brown, then moisten with a little liquor from the peas and a little stock. Add a tablespoonful of vinegar to the peas. Cook for another 10 minutes, then dish up and serve.

Boiled Dried Peas.

Soak the peas, after washing in cold water, for 12 hours. Next day drain the water from the peas and put them into boiling water containing a little salt and soda in it. When boiling, draw the pan to the side of the fire, and let them simmer for 2 hours, if they boil too fast they will go to a pulp; drain them and put in a clean saucepan with 1 oz. of butter, season with pepper and salt, reheat and scatter some finely-chopped parsley over just before serving.

Peas Pudding.

Soak a pint of split peas in water for several hours. Drain off the peas and put them into a pudding cloth tied up with string; place this in a saucepan of cold water and boil for about three-quarters of an hour. Rub the cooked peas through a fine wire sieve, beat up an egg with about a tablespoonful of milk, and mix this with the peas, season to taste with salt and pepper, put the mixture in a floured cloth. Put it in a saucepan of boiling water and cook for another hour. Untie the cloth and turn the pudding into a hot dish, serve hot.

NOTE :—Peas pudding is usually served with boiled pork. It is much improved if cooked in the second stage in pork stock, or in water in which bacon has been boiled.

Pea Soup.

$\frac{1}{2}$ lb. split peas, 1 onion, $\frac{1}{2}$ stick of celery, 1 carrot, 2 or 3 thin slices of bacon cut in small dice, 1 oz. butter or dripping, 1 quart of stock, pepper and salt.

Soak the peas in cold water for several hours, melt the butter or dripping in a stew-pan; drain the peas and put them in the stew-pan, with the onion and vegetables cut in slices; stir over the fire for 5 minutes, taking care that they do not brown; then add the stock, and season with salt and pepper. Boil up gently and skim well; let it simmer slowly until the peas are done. Pass the soup through a wire sieve, and add the bacon previously fried. Reheat it, add a little dried mint, and serve.

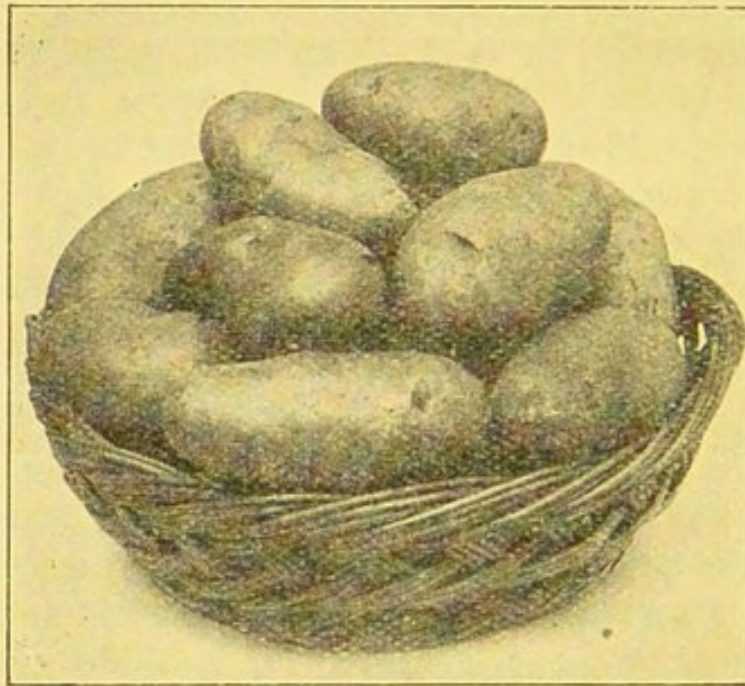
Baked Peas (*Bohemian style.*)

Soak 1 lb. of dried peas for several hours, drain them, and cook till tender in stock. Peel and chop finely a large onion, and fry it to a pale brown in 1 oz. of butter. Butter a gratin dish, sprinkle over with fried breadcrumbs, and put in a layer of cooked peas, then spread over the onion purée, and range the remainder of peas on top. Pour over enough good white sauce to cover the surface, besprinkle with breadcrumbs, and a little grated cheese, and put here and there a few tiny bits of butter. Bake in a sharp oven for a few minutes to brown the top, and serve.

POTATOES (*Pommes de Terre*).

THIS vegetable is universally eaten throughout the civilised world; indeed, it ranks second to bread only as a staple article of food. Besides being cooked as a vegetable, a "flour" or "fécule" is made from potatoes, which is now largely used in cooking. In Saxony a kind of cheese is made of cold boiled potatoes mixed with sour milk. There are many varieties of the potato, such as "Dimbers," "Flowerballs," "Giant Seedlings," "Champions,"

“Kidneys,” etc., etc. Some of them are mealy, some waxy, and some watery; others are close in texture; some are white, others yellow or red. The latter colour in some cases extends not only to the



POTATOES.

skin but also to the interior of the potato; they all possess more or less nutritive qualities.

At least 250 ways of cooking potatoes are known, as is proved by a book entitled “Potato Cooking,” by A. Suzanne and C. Herman Senn, published at 1s. 6*d.* A selection of the most popular recipes are given herewith.

Boiled Potatoes.

In choosing potatoes for boiling, it is well to get them as near as possible the same size. This is important, if the potatoes are all to be cooked at the same time, as naturally the smaller ones would get cooked first. Peel the potatoes thinly, and wash them in plenty of cold water. Put them in a saucepan of cold water, to which a little salt has been

added ; allow them to come to the boil, and then cook more slowly until done. Drain off all the water from the potatoes by turning the saucepan upside-down, and using the lid to prevent their coming out. Cover them with a napkin, and put the lid on, allow them to dry over a very slow fire, and then serve in a vegetable dish. It is usual to serve some fresh butter in a glass dish with plain boiled potatoes.

Boiled Potatoes (*another way*).

Wash the potatoes, peel them very thinly, and again wash them well. Put them into a saucepan, just cover them with cold water, and boil very gently till tender. Add salt to taste about 10 minutes before they are done. Drain away the water, dry the potatoes by putting the pan near the fire, thus allowing the steam to escape. Shake the pan occasionally so that the potatoes may become quite dry and floury, then dish up and serve.

Salted Potatoes.

Prepare a strong brine, clean and brush, without breaking, the skin of about a pound of medium-sized potatoes. Heat up the brine and drop in the potatoes when boiling. When done, take up the potatoes and serve in their jackets with small pats of fresh butter.

New Potatoes.

When potatoes are quite new, they should not be peeled. The skin is removed by scraping the potatoes lightly with the blade of the knife. When the potatoes are getting old it is better to steam them, and remove the skins after they are cooked. They can either be served with a sauce, butter, or else cream. A sprig of green mint is generally added to the water, when boiling new potatoes.

Steamed Potatoes.

For the purpose of steaming a utensil called a "steamer" is employed; its construction is very simple, and it well answers the purpose. It consists of a kind of boiler made of cast iron, provided with a large handle; into this part of the steamer boiling water is poured. Fitting into the top of this boiler is placed another very similar, the difference being that it is perforated with numerous holes. The steamer is placed over a good fire, the steam collects and passes through the little holes into the upper part of the steamer containing the potatoes which cook in the steam. For steaming, potatoes can be left in their skins or else peeled, the same as for boiling. They are first sprinkled with salt, before cooking.

Potatoes in their Jackets.

This refers to potatoes cooked in their skins; whether they are steamed, baked in hot ashes, or in the oven. They are served, and eaten with fresh butter and a little salt. When potatoes are cooked in their jackets in the oven, it is important that the skins should be pricked, otherwise very mealy potatoes are liable to burst. It often happens when they are shaken about when hot, or even sometimes when they are quite lightly pressed with the hand. The steam collects under the skin and the hot potato pulp bursts out.

Browned Potatoes.

Wash and peel neatly 2 lb. of medium-sized potatoes. When drained, arrange them on a baking-tin, season with salt, and add 2 oz. of dissolved butter or beef dripping. Bake in a moderately heated oven until done. Shake the pan occasionally so as to get the potatoes nicely browned. To serve, drain them from fat and dish up on a hot vegetable dish.

Baked Potatoes.

Choose large potatoes of equal size ; wash them well with a brush, and bake in the oven for an hour or more. When potatoes are baked after being peeled they require some fat, or else they should be baked under a joint of meat. They require turning from time to time.

Baked Potatoes (*another way*).

Wash and peel the potatoes, drain well, and put them under the meat which is being baked, having plenty of dripping to baste them ; allow to bake along with the meat, season with salt, and serve them with roast meat.

Fried Potatoes.

Cut some cold peeled potatoes into slices, put them in a frying-pan containing very hot dripping or lard and butter, allow the potatoes to fry a golden brown on both sides, being careful not to break the slices in turning them. Season with salt, dish up, and serve.

Fried Potatoes (*another way*).

Wash and peel the potatoes, cut them into slices about $\frac{1}{8}$ -in. thick, then cut these into narrow strips, wash and drain them on a cloth. Have ready the frying fat in a deep pan ; when smoking hot, put in the potatoes, shake them well whilst frying ; allow them to get a light brown colour, then take them out and drain them on paper or cloth, sprinkle with salt, and serve on a hot dish.

Potato Matches.

Wash and peel some large potatoes, and slice them lengthwise and cut each slice into little strips the width and length of an ordinary match. Roll them in flour and fry in hot clarified butter or lard. When fried, drain and sprinkle over with vanilla sugar.

In order to quite complete the illusion the ends of the potato matches are dipped in chocolate fondant. Dish them up, done up in small bundles.

Potato Chips.

Wash and peel some potatoes thinly, cut them crossways into thin slices, wash them again, and drain them on a cloth. Have ready a sufficiency of fat in a deep frying-pan, let it get thoroughly hot, a bluish flame arising from it will indicate the proper heat, when the potatoes must be plunged in. Use a frying basket for this purpose. Shake the basket for a few minutes, and let the potatoes acquire a golden colour. Then take them up, allow the fat to drain off by shaking the basket lightly, season with fine salt, and put them on to paper to drain them thoroughly. Dish up and serve hot.

Saratoga Chips.

Wash and peel 6 or more potatoes of even size, cut them into thin slices with a Saratoga chip machine. Soak them in ice water for 2 or 3 hours. Drain them on a colander, dry on a cloth, then plunge into clean hot lard and fry until crisp. Take out, shake well, and drain on a cloth, besprinkle with fine salt, dish up and serve hot. The most perfect Saratoga chips are made from the white variety potatoes.

Fried Potato Marbles.

Boil and mash 8 mealy potatoes. Season with salt and pepper, and a teaspoonful of chopped parsley. Stir in 1 oz. of butter, $\frac{1}{4}$ gill of cream, and 2 yolks of eggs. Add all the ingredients to the hot mashed potatoes, and mix in a saucepan. Stir over the fire until the mixture leaves the sides of the pan, then set aside until cold. Shake each into very small ball or marble shapes, dip each in beaten egg, and roll in breadcrumbs. Fry to a golden brown in hot fat. Drain, dish up, and garnish with fried parsley.

Ribbon Potatoes.

Wash and peel thinly the required number of kidney potatoes (medium size), cut them by means of a spiral cutter (generally known as a potato ribbon cutter). Put them to soak in cold water for 2 hours, then drain well on a cloth. Place them in a large frying basket, and plunge into hot clarified beef fat, which should be kept at the same degree of heat. When done and nicely coloured, take up, drain, season with salt, and dish up.

Potatoes à la Julienne.

Wash and peel some potatoes, cut them into small shreds, similar to julienne strips; wash well, and dry on a cloth; throw them, a few at a time, into plenty of clear boiling fat; shake the potatoes about in the fat until they are crisp and of a deep yellow colour. Drain on a cloth, sprinkle slightly with salt, and serve on a folded napkin. In order to move the potatoes well in the fat so that they may be equal in colour, it is best to use a frying basket into which the potatoes are placed for frying.

Mashed Potatoes.

Wash and peel thinly the potatoes, put them in a saucepan of cold water sufficient to cover them, add a little salt, and boil till they are tender; when cooked, drained and dried, mash them with a fork or rub through a sieve. Return to the stew-pan and add butter, salt, and pepper, allowing 1 oz. of butter to every pound of potatoes. Beat up well over the fire until thoroughly hot, and work in a little milk or cream.

Potato Purée with Poached Eggs.

Prepare a potato purée enriched with cream and butter and nicely seasoned, dress it neatly on a deep dish. Poach 6 small fresh eggs and place on the top

of the purée. Between each egg and the next insert a croûton of fried bread or a slice of tongue, cut into the shape of a half-moon, and serve.

Mashed Potatoes à la Salamander.

Wash 2 lb. of mealy potatoes, and boil them in their jackets, then drain, peel, and mash them. Put them into a stew-pan with 1 oz. of butter, and season with salt and pepper. Moisten with 1 gill of fresh cream and stir them over the fire for some minutes; add more cream and so continue to stir, till quite creamy. Dish up the potato purée, smooth over the surface, and brown the top with a hot salamander. Serve hot.

Potato Snow.

Wash, peel, and boil 2 lbs. potatoes and mash them. Season and mix with 1 gill of cream. Rub them through a colander or coarse sieve into a deep dish that they may fall lightly and in good shape. Bake in a hot oven for a few minutes and serve hot.

Vermicelli Potatoes.

Cook some potatoes, then drain and dry them, and pass them through a wire sieve, putting the dish on which the purée is to be served underneath the sieve. Once passed through the sieve on to the dish, they must not be touched, but served just as they are. Only the edge of the dish is wiped. Before serving place the dish in a hot oven for a few minutes.

Scalloped Potato Mash.

To 1½ lb. hot mashed potatoes add 1 oz. of butter, 2 tablespoonsful of cream, a tablespoonful of parsley, and 2 yolks of eggs, and season with pepper and salt. Butter a fireproof baking dish, dust it with fine breadcrumbs, and fill with the potato mixture, smooth over with a knife, and brush over with oiled butter.

besprinkle with breadcrumbs and grated cheese. Bake in a quick oven to a golden brown. Dish up and serve hot.

Potatoes with Spinach.

Make a rich potato purée, adding to it quarter of the same quantity of spinach, previously cooked, passed through a sieve, and seasoned. Mix the purée and spinach well together, and put them in a well-buttered fireproof china dish. Sprinkle over the top some fresh breadcrumbs and melted butter, and bake in a moderate oven till nicely browned. Serve hot.

French Potato Fritters.

Take some potato purée prepared in the same way as for croquettes. Peel and chop 2 shallots finely and fry them in butter; when of a pale colour, add some finely chopped fresh mushrooms and a little chopped parsley. Fry all the ingredients for a few minutes. Season with a good pinch of cayenne and grated nutmeg. Shape the mixture into croquettes, small corks, or balls. Roll them first in flour, then dip in beaten-up egg, then roll them in breadcrumbs made from fresh bread. Fry the fritters in hot lard. Drain them and dish them up in pyramidal form. Garnish with some fried parsley and serve hot.

Baked Potato Balls.

Shape some well-seasoned mashed potatoes into balls of even size. Butter a baking-sheet and place on it the potato balls. Brush them over with beaten egg, and bake quickly in a hot oven. Dish up and serve.

Potato Croquettes.

2 lb. mealy potatoes, 1 oz. butter, 2 tablespoonsful cream, 2 eggs, 1 teaspoonful chopped parsley, salt, pepper, nutmeg, breadcrumbs, frying fat.

Wash the potatoes, peel them thinly, and boil till tender. Drain and mash them whilst hot, *i.e.*, rub

them through a fine sieve. Melt the butter in a stew-pan, put in the mashed potatoes, add the cream, parsley, and seasoning, stir well over the fire for a few minutes. Heat up the yolks of 2 eggs with a tablespoonful of milk, stir this into the potato mixture, continue to stir over the fire until the mixture is set, then set aside to cool. Divide into equal portions, and shape into croquettes. Brush over with beaten egg, cover with breadcrumbs, shape again, and fry to a golden brown in very hot fat (clarified dripping, or lard). When done, take up, drain carefully, dish up, garnish with parsley, and serve hot.

Potato Croquettes à la Rouennaise.

These are mashed potatoes, prepared the same as for croquettes, and made in the size and shape of small eggs or large olives, then dipped in frying batter and fried in hot fat. Drain them and season with salt, and serve on a folded napkin.

Potato Boulettes.

Mix 2 yolks of eggs with 1 lb. of potato purée, also 2 tablespoonsful of cream, $\frac{1}{2}$ oz. of butter, and season to taste. Heat up in a stew-pan. When cold shape into small balls, dip in the beaten whites of the eggs, then in fine breadcrumbs, and fry in hot fat.

Duchess Potatoes.

2 lb. potatoes, 3 yolks of eggs, 2 oz. clarified butter, 1 tablespoonful cream, pepper, salt, and nutmeg.

Wash, peel, and boil the potatoes till tender, drain off the water, and dry them, then rub them quickly through a wire sieve. While they are warm mix them with the yolks of eggs, butter and cream, season with salt, pepper, and grated nutmeg. When well mixed lay this on a floured board and divide into 12 pieces of equal size. Shape each piece into a

square, mark with a knife, put them on a buttered baking sheet, egg over the surface, bake in a quick oven, dish up, and serve.

Potatoes with Beetroot.

Cut some cold, mealy potatoes into slices and fry them in butter or olive oil, add a little cooked beetroot sliced thinly, and a small chopped onion ; add equal parts of gravy, white wine and vinegar, and simmer for 15 minutes ; season with salt and pepper. Dress the potatoes in the middle of a dish with the slices of beetroot arranged round it as garnish and serve.

Crumbed Potatoes.

Wash and peel thinly 1 lb. or more new potatoes of even size, boil them carefully till tender, but not overdone. Drain them, cut them into halves, and place them on a dish ; season with pepper and salt, pour over them some melted butter, and dip each in brown breadcrumbs. Melt some butter in a baking-tin ; when hot put in the potatoes, and bake them in a quick oven for about 15 minutes. When done, dish up in the form of a pyramid on a round dish and serve hot.

Glazed Potatoes.

Wash and scrape, or peel some very small new potatoes all of about the same size. Lay them in a baking-pan, sprinkle with butter or beef dripping and bake till brown in the oven. When done, drain and brush over with melted meat glaze, season, and dish up. Serve up hot.

Frizzled Potatoes.

Wash and peel some small-sized potatoes, boil them in salted water and drain. Heat up some lard or beef dripping in a shallow stew-pan, put in the potatoes and shake them about over a clear fire until the potatoes are quite brown. Drain them and season with some fine salt. Dish up and serve hot.

Potato Puffs.

Prepare the potatoes as directed for mashed potatoes. Shape into balls about the size of an egg, and place them on a buttered baking sheet. Brush them over with beaten egg and bake in a hot oven. Dish up and garnish with fried parsley.

Stewed Potatoes.

Boil 8 to 10 large-sized potatoes in their jackets ; when cold, peel and cut them into slices. Put them in a stew-pan with 2 oz. of butter, a pinch of savoury mixed herbs, and $\frac{1}{2}$ gill of milk ; season with salt and pepper, grated nutmeg, a little chopped parsley, and finely-chopped shallot. Let all simmer gently for 10 minutes, stirring from time to time to prevent burning. When ready for dishing up add the juice of half a lemon and serve hot.

Fricasséed Potatoes.

Wash and peel 8 to 10 large kidney potatoes, scoop out by means of a vegetable scoop as many small balls as possible. Parboil them in salted water, drain and put them in a stew-pan with 1 oz. of butter, and about 1 gill of Béchamel sauce ; shake the pan over the fire, and let the contents get hot. Season with pepper and grated nutmeg, and dish up. Sprinkle over a little dissolved meat glaze, and serve.

Parsley Potatoes.

Peel some potatoes in the shape and size of a large nut. Either steam or boil them. When cooked, well drain and put them in a saucepan with a good-sized piece of butter. Roll the potatoes in the butter, then sprinkle them over with some well-washed and finely chopped parsley, salt and pepper, and then a little lemon juice. Potatoes thus prepared are often served with meat.

Potatoes in Cream Sauce.

Cut 8 raw potatoes previously washed and peeled into dice shapes. Blanch and drain them, then put them into a stew-pan with a gill of cream and a gill of white sauce. Simmer slowly until the potatoes are cooked. Season with salt and add 1 oz. of fresh butter just before serving.

Stewed Potatoes en Casserole.

Cut some peeled raw potatoes into cubes about $\frac{1}{2}$ in. thick. Put them into a casserole with enough stock to well cover them and cook till tender. Add a little fresh cream and re-heat. Season with salt and pepper, and a grate of nutmeg. Serve in a deep vegetable dish or in the earthenware casserole in which the potatoes are cooked.

Curried Potatoes.

Cut up into cubes 12 cold boiled potatoes, slice a large onion, and fry it in a sauté-pan with 1 oz. of butter. Add the potatoes, toss them and season with salt, dredge well with curry powder, moisten with a little stock, and the juice of half a lemon. Shake the pan well over the fire, and let stew for about 15 minutes. Dish up and serve hot.

Potato Fritters with Cheese.

Boil 6 good-sized potatoes, and rub through a sieve ; mix with a gill of milk, a little cream, 3 yolks of eggs, a handful of breadcrumbs, a tablespoonful of grated Cheddar cheese, a little flour, a small piece of butter, and season with salt, pepper, and grated nutmeg. Mix thoroughly. Drop the mixture by means of a spoon into hot fat, and fry to a rich brown colour ; drain on a cloth, or shake well in a frying basket ; dish up on a paper or napkin, garnish with fried parsley, and serve.

Potato Rissoles.

Wash, peel and boil 10 potatoes, drain, and rub them through a wire sieve. Place them in a basin, season with salt, pepper, and grated nutmeg, and add 2 yolks of eggs, a tablespoonful of cream, and a dessert-spoonful of chopped parsley. Beat up till smooth. Make up into rissole shapes, egg and crumb them, and fry in hot fat. Drain on a cloth, dish up on a folded napkin or paper, garnish with fried parsley, and serve.

Potato Fritters with Ham.

Cut some lean cooked ham into thin slices ; stamp these out into rounds about $1\frac{1}{2}$ in. in diameter. Spread over both sides with a layer of prepared mashed potatoes, dip them in egg and breadcrumbs or frying batter ; fry them in hot fat or butter to a light brown colour ; drain on a cloth, dish up, and serve hot.

Italian Potato Savoury.

Wash, peel, and boil 2 lb. of potatoes, and pass them through a sieve. Sift 4 oz. of flour into a basin, add the potato purée, and mix with 1 oz. of butter, 1 oz. of grated cheese, and seasoning. Shape into balls, and lay them on a sieve to dry. Have ready some salted, boiling water, drop in the potato shapes, a few at a time, and boil for 15 minutes. When done, remove, drain, dish up, sprinkle with grated cheese, pour over some oiled butter and a few fried bread-crumbs, bake for 10 minutes, and serve.

Surprise Potatoes.

Select 8 medium-sized potatoes, wash and drain them. Bake them in their jackets in a quick oven. Cut off a piece of each lengthwise to form the cover, and scoop out the soft part of the inside. Rub about three parts of this through a fine sieve, and mix with a pat of butter and some double cream ; season with salt, pepper, and nutmeg. Refill the potatoes, place

on the cover, and bake slowly for another ten minutes. If liked, a teaspoonful of game or other purée may be put in the centre of the potatoes.

Potato Pancakes with Cheese.

Grate 6 large, raw, peeled potatoes, moisten with a gill of milk, mix with 3 yolks of raw eggs, $\frac{1}{2}$ oz. of butter, and 1 oz. of breadcrumbs; season with salt and pepper. Add a handful of grated cheese and a little flour; make into a smooth batter. Fry in small quantities in an omelet-pan, with rather more butter than is generally used for pancakes. When fried, sprinkle with grated Swiss or Cheddar cheese, fold them, and dish up on a folded napkin or dish paper.

Stuffed Savoury Potatoes.

Wash and peel 8 to 10 medium-sized round potatoes, scoop out the centre of each, taking care not to break them. Next prepare a stuffing with a mixture of breadcrumbs, chopped parsley, thyme, chives, and shallot; season it with salt and pepper, moisten with a tablespoonful of cream and a yolk of egg. Fill the potatoes with this, place them in a buttered sauté-pan, brush over with oiled butter, and bake in a moderately heated oven for about 20 minutes.

Stuffed Potatoes with Fish.

Choose some even-sized, red-skinned kidney potatoes, boil them in their jackets, peel, and let them get cold. Shred some cold fish, pound it in a mortar with a piece of butter, a tablespoonful of cream, and a yolk of egg. Season with pepper and salt, add a little chopped parsley, and mix thoroughly. Cut the cold potatoes in halves lengthways, scoop out carefully a portion of each half, fill them with the prepared stuffing, and place two halves together. Dip them in frying batter and fry in hot fat, drain on a cloth, dish up, garnish with crisp parsley, and serve hot.

Potato Scallops.

Wash, peel, and boil 12 potatoes, drain and rub through a wire sieve; put them into a stew-pan. Stir in 1 oz. of butter, 2 tablespoonsful of cream, a tablespoonful of chopped parsley, and 3 yolks of eggs; season with pepper and salt. Butter some scallop shells, dust them with fine breadcrumbs, fill the shells with the potato mixture, smooth the top with a knife, brush over with oiled butter, cover with white breadcrumbs and grated cheese. Bake in a quick oven a delicate brown, and dish up the shells. A Piquante or Poivrade sauce should be served separately with this dish.

German Potato Salad.

Boil the potatoes in their skins. When cold, peel them, and cut into thin slices. Put into a salad bowl, add some finely-minced onion, season with salt and pepper, and mix with French salad dressing. Line a salad bowl with lettuce leaves and range the potato salad upon it. Besprinkle with chopped parsley and serve.

Dutch Potato Salad.

Slice some cold boiled potatoes. Put them in a salad bowl, add some minced onion, shredded lettuce and chopped parsley. Season with salt and paprika. Cut a piece of bacon into shreds, fry it to a golden colour, add some cider vinegar and pour it while hot over the salad. Thoroughly mix the salad and range it in a bowl. Sprinkle with chopped chives and serve.

Swiss Potato Salad.

1½ lb. small, firm potatoes, boiled in the skins,
¼ lb. lean bacon, half small onion, salt, pepper,
vinegar to taste, 1 tablespoonful mayonnaise, parsley.

Peel the potatoes and slice them while hot, cut the bacon into dice and fry a nice brown in a frying pan;

drain the bacon and put it in a basin with the potatoes and the onion finely chopped. Season with salt and pepper, mix the mayonnaise sauce with about 2 table-spoonsful of French wine vinegar, and pour this over the potatoes. Mingle the whole carefully, so as not to break the potato slices. Dish up in a salad bowl. Sprinkle over with chopped parsley and serve.

Boston Potato Salad.

Boil 1 lb. of new potatoes in their skins. When done peel them at once while hot, and slice in thin round slices; slice 1 onion in thin, round slices over the potatoes, sprinkle generously with salt and pepper; add 1 tablespoonful made mustard, $\frac{1}{2}$ tablespoonful celery seed, and $\frac{1}{2}$ tablespoonful sugar. Beat 2 eggs until light, pour 2 table-spoonsful fresh butter (melted) over the eggs, stir well, add 1 gill of vinegar, pour over the seasoned potatoes; then add 3 table-spoonsful hot water, and if necessary add a little more vinegar, salt, or pepper. Two chopped, hard-boiled eggs added improves the salad. Line a salad dish with crisp lettuce leaves, pour in salad and decorate the top with grated hard-boiled eggs.

Potato Salad with Tongue.

Cut a boiled beetroot into slices, put it into a bowl, season with salt and vinegar, and let it remain for a few hours. Steam in their skins 6 large kidney potatoes, peel and slice them, and while they are still warm pour over them the beetroot juice. Season them with olive oil, pepper, salt, and chopped chervil and chives. Dress neatly in a salad bowl, garnish with slices of cooked ox-tongue, and cresses.

Potatoes tossed in Butter.

When sautéing potatoes in butter, very mealy ones should not be used, as they are more liable to break during the process of cooking. After having well

washed the potatoes, boil them in salted water. Then drain and peel them, and cut them into thin slices. Melt some clarified butter in a frying-pan or sauté-pan. When hot put in the potatoes, season them with pepper and salt, and toss them in the pan over a clear fire until they are a nice colour. Dish up the potatoes and sprinkle over a little chopped parsley. Dish up and serve quickly.

Sautéed Potatoes.

Boil the potatoes in their jackets; when done, drain them and let them get cold, then remove the skins and cut into slices. Put them in a frying pan with clarified butter and toss them over the fire till nicely browned. Sprinkle over some chopped parsley, and serve on a hot dish.

Potato Kromeskis.

Cook about a dozen new potatoes and when cold cut them into small dice. Cut in similar manner one dozen small white mushrooms and chop finely 4 oz. cooked lean ham. Mix these ingredients together with some well reduced Béchamel or Allemande sauce. Season with salt, pepper, a pinch of cayenne, and a little grated nutmeg; put this mixture to cool on ice. When cold, divide into small proportions, roll each separately in a piece of thin pancake. Dip each kromeski in frying batter, and fry in very hot fat, moving the kromeskis constantly with a skimmer. When crisp and of a golden brown, drain, dish up, and garnish with fried parsley.

Baked Potato Quenelles.

Bake 8 potatoes in the oven, remove the pulp and rub it through a wire sieve. Put the purée in a stew-pan with 1 oz. of butter and a little cream, season with salt and pepper, and add the yolks of 3 eggs and the whites of 2 whisked to a stiff froth. Shape the purée with a teaspoonful the same as for

quenelles, place them on a buttered baking tin, brush them over with beaten egg mixed with melted butter, and bake them in a hot oven to a nice brown colour. Dish up and serve hot.

Potatoes à la Minute.

Wash and peel some potatoes, cut them into slices of about $\frac{1}{4}$ in. in thickness, put into salted boiling water and if of good quality they will be done in a few minutes. Strain off the water, place the potatoes in a hot dish, put a few small pieces of fresh butter on top, and serve immediately.

Rissolé Potatoes.

Wash and wipe about 2 lb. of very small potatoes. Boil them in water in their jackets; next peel them carefully, place them in a frying basket and plunge them into a pan of hot fat and fry till they are of a golden colour. Take up, drain them and season with salt. Dish up and serve hot.

Potatoes à la Poulette.

Wash and scrape or peel some new potatoes, boil them quickly in salted water, to which the juice of a lemon is added. When done, drain them and put them into a stew-pan with some butter kneaded with a small quantity of flour; moisten with milk or white stock and let simmer. Lastly add the beaten yolks of 2 eggs, season to taste, dish up, and serve hot.

Potatoes à la Hollandaise.

Choose small Dutch potatoes, well wash, peel, and boil them till tender in salted water for about $\frac{1}{2}$ hour. Then drain and put them in a vegetable dish. Serve them with a little fresh melted butter poured over.

Anna Potatoes.

Wash, peel, and trim 8 to 10 long-shaped potatoes; slice them as thinly as possible. Wash, drain, and dry the slices on a cloth, then season them with salt

and pepper. Range the potatoes in a well-buttered "Anna" pan or mould, using a liberal supply of oiled butter between each layer. Cook them in a fairly hot oven from 25 to 30 minutes. Pour off the butter, and turn out the potato shape on to a hot dish and serve.

Potatoes à la Béchamel.

These are simply plain potatoes boiled or steamed, dished up hot, and sauced over with Béchamel sauce, and sent to table.

New Potatoes à la Hollandaise.

Wash, scrape, and boil about two dozen or more even-sized new potatoes; drain, dry, and put them into a vegetable dish. Melt 2 oz. of butter in a stew-pan; add a tablespoonful of Béchamel sauce. Work up well; mix with 1 yolk of egg the juice of half a lemon; season with a little white pepper, grated nutmeg, and salt; stir a little longer over the fire, but do not let it boil. Pour over the potatoes and serve.

New Potatoes (*German style*).

Wash, peel, and cut into quarters two dozen new potatoes, then put them in a stew-pan, season with salt and pepper, and moisten them with a little white stock. Add a small bunch of parsley and a small peeled onion. Boil up and allow the potatoes to simmer in the broth till they are cooked. Remove the parsley and onion, then add a small piece of butter, and the juice of a lemon. Shake the potatoes in the stew-pan, until the butter is melted, then sprinkle over a little chopped parsley, and send to table in a hot dish.

Potatoes à la Viennoise.

Cut some washed and peeled potatoes into fairly large dice shapes, parboil them in salted water,

drain and stew them in seasoned beef broth, flavoured with onions and a clove. Dish up, sprinkle over with finely-chopped chives or parsley, and serve.

Potatoes à la Comtesse.

Slice thinly some raw potatoes, range them neatly in a well-buttered timbale mould, moisten each layer with very little seasoned Velouté sauce, and bake in a hot oven for about 30 minutes. Turn out on a hot dish and serve.

Potatoes à la Colbert.

These are cold boiled potatoes cut into squares, seasoned with pepper and salt, tossed in butter, and stewed in rich brown sauce; a little fresh butter and chopped parsley are also added at the last.

Potatoes à la Créole.

Wash, scrape, and blanch in salted water, containing also a little lemon juice, two dozen new kidney potatoes. Drain, and cut them into fairly thick slices. Cook these for about 15 minutes in a little rich veal stock, season with salt, pepper, and nutmeg. Butter a fireproof vegetable dish, put in the potatoes in layers with Béchamel sauce, enriched with cream between each. Cover the last top layer with sauce, besprinkle with grated Parmesan and oiled butter and a few fresh breadcrumbs, and bake in a fairly hot oven for about 15 minutes.

Potatoes à la Flamande.

These are plain boiled kidney potatoes, dished up with finely-chopped onion fried in butter and chopped parsley put over the potatoes.

Potatoes à la Hongroise.

This dish is composed of plain boiled or steamed small potatoes, dished up, seasoned with salt, pepper, and paprika, and sauced over with oiled butter and a few drops of lemon juice.

Potatoes à la Jackson.

These are mashed potatoes finished with cream and carefully seasoned. Dish up and garnish the purée with fillets of Gorgona anchovies and serve.

Potatoes à la Noisette.

Wash and peel some potatoes, cut them into rather large dice or cube shapes, parboil them in salted water, and fry them to a nut-brown colour in butter. Drain them carefully and dish up.

Mirette Potatoes.

Wash and peel 6 potatoes, cut them into small even-sized dice, blanch and drain them. Fry them a golden colour in clarified butter in a sauté-pan. Pour off the butter, and add a tablespoonful of liquefied meat glaze. Season with a little salt, pepper, and a pinch of paprika. Have 2 finely-shredded truffles, and mix these with the potatoes. Range the whole in a buttered dish, sprinkle over with grated Parmesan cheese and a few drops of oiled butter, and bake in a sharp oven for about 10 minutes. Serve hot.

Potato and Beetroot Pie.

Pound a small cooked beetroot in a mortar, season with salt and pepper, add some melted butter, mix it with thrice the quantity of mashed potatoes, put it into a buttered pie dish. Pour over some white sauce, besprinkle with breadcrumbs, and oiled butter, and bake for $\frac{1}{2}$ hour. Dish up and serve hot.

Devonshire Potato Pie.

Line the inside of a buttered pie-dish with mashed potatoes and put here and there a small piece of fresh butter. Season with salt and pepper, and put in a layer of peeled and sliced fresh button mushrooms, flavour with lemon juice; pour over all $1\frac{1}{2}$

gills of clotted cream, then fill up with mashed potatoes, smooth over the top, brush it with yolk of egg, and bake till nicely browned in a hot oven.

Potato and Bacon Pie.

Slice some washed and peeled potatoes, mix them with a fourth part of bacon, cut up small, season with salt, pepper, and nutmeg, moisten with a gill of cream, and 2 eggs beaten together; bake in a moderately hot oven for about an hour, and serve hot.

French Potato Omelet.

Prepare a well-seasoned potato purée, about $\frac{1}{2}$ lb., enriched with a little butter and cream. Break 4 or 5 eggs in an earthenware pan, season with salt, pepper, grated nutmeg, and parsley which has been well washed, dried, and chopped. Beat up the eggs, etc., and add them gradually to the purée. Melt 2 oz. of butter in an omelet pan; when quite hot pour in the mixture, and stir it with a spoon until the omelet commences to thicken. Roll the omelet into shape and allow to brown, then turn it out on a hot dish.

Potato Omelet a la Régence.

Cut about 1 lb. of cold boiled, new kidney potatoes into thin slices. Heat up 1 gill of cream in a stew-pan, put in the potatoes, season with salt and pepper, and a grate of nutmeg; simmer for 10 minutes. Sprinkle in 2 tablespoonsful of fresh breadcrumbs, and $\frac{1}{2}$ oz. of oiled butter, stir in 3 beaten eggs. Finish cooking in an omelet pan containing 1 oz. of melted butter, giving it the shape of an omelet. Turn out on to a hot dish, and serve.

Soufflé or Puff Potatoes.

Wash and peel thinly 8 or more sound, medium-sized Dutch potatoes; cut them lengthwise into $\frac{1}{4}$ -in. thick slices. In cutting the slices, hold the knife somewhat slanting. Put the slices on a cloth, and

cover up till wanted. Have a pan half filled with suitable frying fat to get moderately hot (not as hot as in the case of ordinary frying). Plunge the potato slices (6 or 8 at a time) into the fat for about 5 minutes. Take up and drain them. Now let the fat get thoroughly hot (smoking hot). Place the potatoes in a frying basket, and plunge them into the fat. Move the basket to and fro in the pan, and fry until the potato slices swell and acquire a golden colour. Then take them up, drain them and sprinkle with a little fine salt. Dish up immediately on a hot dish with a folded napkin or fancy dish paper, and send to table at once. Where it is possible to have two pans of fat the frying operation can be more quickly and more successfully performed.

Potato Soup.

2 lb. potatoes, 1 leek, 1 onion, 2 oz. butter or dripping, 1 tablespoonful crushed tapioca, half a stick celery or 1 teaspoonful celery seed, $\frac{1}{2}$ pint milk, salt, pepper, and nutmeg, 2 quarts of stock or water.

Wash, peel, and slice the potatoes ; wash and clean the celery and leek ; peel the onion, and cut all into slices or small pieces. Put the dripping, or butter, into a stew-pan, add the vegetables, and cook them over the fire for a few minutes. Next add the stock or water ; season with pepper, salt, and a little grated nutmeg ; boil up, and let all simmer until done. Pass the soup through a colander or sieve ; return it to the stew-pan, add the milk and the crushed tapioca. Stir till it boils, and let all simmer for about 20 minutes longer. If found too thick add a little more stock or milk. Serve hot.

Potato Soup with Green Peas.

Prepare a potato soup as directed in the previous recipe. Then add the yolks of 4 eggs diluted with a little cream, and last of all a handful of cooked

green peas, also a little chervil, blanched and cut in thin strips. Croûtons of bread fried in butter are served with this soup.

Potato Soup with Niokis.

Prepare a potato soup as last directed, omitting the green peas; then pour the soup into a tureen over two dozen small niokis. These niokis are made with cheese choux paste made into finger shapes, and then cut into 2-in. pieces, poached in salted water, and drained.

Potatoes with Cabbage.

This is a convenient way of using up cold potatoes with other cold vegetables. Potatoes and cabbage left over from the day before can be made into a tasty dish by all being chopped up together and then fried with butter or good dripping. Season with salt and pepper and fry whilst stirring constantly with a wooden spoon. Dish up neatly and serve hot.

Potatoes au Gratin.

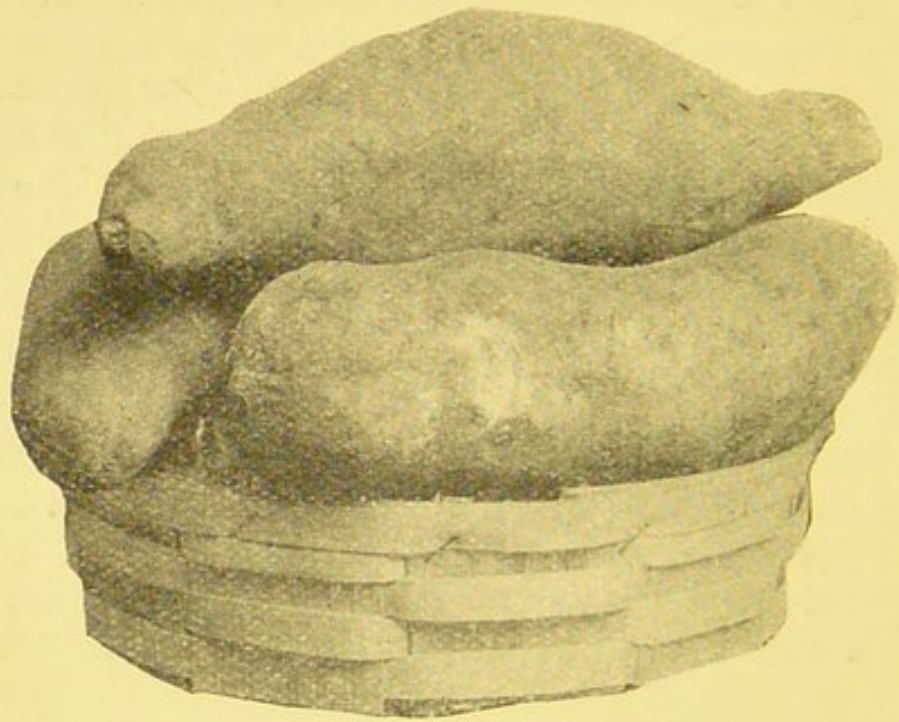
Cut some cold boiled potatoes into dice. To each pound add about a gill of white sauce. Season to taste with salt, pepper, and nutmeg. Add also 1 oz. of grated cheese and mix carefully. Put the potatoes into a buttered gratin dish, sprinkle over with bread-crumbs and oiled butter, and bake in a sharp oven for about 20 minutes.

SWEET POTATOES.

SWEET potatoes (*Convolvulus Batatas*) are as yet but little known in this country and consequently the various ways in which they can be cooked are still less known. This vegetable is a native of the West Indies and other tropical countries, where it forms a popular and much appreciated article of food.

Being the first vegetable named "potato" intro-

duced into this country, and alluded to by Shakespeare in the "Merry Wives of Windsor," this work would hardly be complete without having a few recipes to show how sweet potatoes can be cooked.



SWEET POTATOES.

Boiled Sweet Potatoes.

Wash the potatoes and boil them in their jackets in water, the time needed for boiling depends on the size—the treatment being the same as ordinary potatoes. When cooked, drain the potatoes, peel them, and dish up.

Stewed Sweet Potatoes.

Wash, peel, and slice rather thickly 2 lb. of sweet potatoes. Prepare a white sauce (Béchamel or cream sauce), sweeten same to taste with cane sugar ; put in the sliced potatoes and cook till tender in an earthenware pan. Shake or stir occasionally to prevent burning. Before serving, add a little fresh butter.

Baked Sweet Potato Mould.

Wash, peel, and cook the potatoes in water. When done, drain and rub through a sieve or mash them till smooth. Fry to a golden brown a small finely-minced onion in 1 oz. of butter; to this add 2 lb. of potato mash, also enough milk or cream to moisten. Season and press the purée into a buttered plain mould, turn the shape out on to a dish, and bake till brown in the oven.

Broiled Sweet Potatoes.

Wash, peel, and slice the potatoes, blanch the slices, which should be cut rather thick in salted water, then drain them and broil them in butter in a sauté-pan over a quick fire to a nice brown.

Roast Sweet Potatoes.

Cook the potatoes, previously washed and peeled, in a roasting pan or Dutch oven, in a sharp oven, or in front of the fire to a golden brown, basting them freely with dripping or butter.

Fried Sweet Potatoes.

Cut some cold boiled potatoes into slices, put them into a frying basket and plunge into very hot fat (lard or beef fat), and fry till crisp. Take up, drain and season them with fine salt, and serve.

Glazed Sweet Potatoes.

Select rather small potatoes, wash and peel them, cut each in half, and cook till nearly done in salted water, then drain and finish cooking in a pan containing 2 oz. of cane sugar. Glaze them thus in a hot oven, then dish up, and serve.

Sweet Potato Cake.

Wash 1 lb. of sweet potatoes, boil till tender, add to it 1 oz. of oiled butter, 2 beaten eggs, also a pinch of

salt. Mix well and make up into small flat cakes. Egg and crumb them and fry in deep fat or lard. Drain the cakes to free them from fat and besprinkle freely with fine castor sugar mixed with ground cinnamon. Dish up and serve hot.

Scalloped Sweet Potatoes.

Slice thinly 2 lb. of sweet potatoes, previously boiled. Butter a pie-dish or any other baking dish, range the potato slices in this, covering each layer with well-seasoned white sauce. Cover the surface with oiled butter and breadcrumbs, then bake in the oven for about 20 minutes.

Sweet Potato Rissoles.

Proceed the same as for ordinary potato cakes. Stamp out into rounds some thinly rolled-out short crust paste, put about a tablespoonful of potato purée in the centre of each round of paste, wet the edges, fold over and press edges together, then fry in hot fat to a golden colour.

Sweet Potato Pie.

Work 3 beaten eggs into 2 lb. of finely-mashed sweet potatoes, add to it 2 oz. of oiled butter, 2 oz. of castor sugar, half teaspoonful of mixed spice, 1 teaspoonful of ground cinnamon, and the finely-grated rind of half a lemon. When well mixed, stir in $\frac{1}{2}$ gill of cream, and pour into a well-buttered pie-dish. Bake for about 20 minutes in a fairly hot oven, and serve hot.

Sweet Potato Rice.

This dish is produced by pressing freshly-boiled sweet potatoes through a colander on to a hot vegetable dish. The potato grains thus produced resemble rice in appearance, and will be found acceptable served with roast or stewed meat.

PUMPKIN (Potiron).

THIS vegetable is also called *pomion*, and belongs to the gourd family. Pumpkins may be eaten raw, boiled as a vegetable, made into soup, or into pies. The young shoots are cooked like spinach. The pumpkin is of an oval shape, very much like a large vegetable marrow. It is largely consumed by the Italian peasantry, but its origin is not known.

Pumpkin Soup.

3 lb. ripe pumpkins, 1 bay-leaf, 1 onion, 1 quart stock, 2 yolks of eggs, 1 pinch of sugar, 3 oz. butter, $\frac{1}{2}$ lb. stale bread, 1 quart milk, $\frac{1}{2}$ gill cream, salt and pepper, and fried bread croûtons.

Cut the pumpkin into thick slices, remove the pips, put in a stewpan, cover with boiling water, add salt to taste, and boil for 5 minutes. Strain off the water, rub the pumpkin through a fine sieve. Melt the butter in a stew-pan, add the pulp; stir for a few minutes over the fire, then add the stock, which should be previously boiled. Soak the bread in the milk, peel the onion, and cut into slices. Boil up the milk, bread, and onion, and then put with the soup, add the bay-leaf and cook slowly for 20 minutes; stir occasionally, and remove the scum which rises on the top. Take out the bay-leaf, pass all through a sieve. Reheat and serve.

Pumpkin with Cheese.

Peel a small pumpkin, cut it in two and remove the seedy part, steep in salt water for $\frac{1}{2}$ hour, take out, and drain. Cut as many slices as may be required (the remainder will keep in salt water); melt some fresh butter in a stew-pan, put in the slices, season with a little salt, pepper and aromatic spice; fry for a few minutes. Dish up on a buttered gratin dish, sprinkle the top thickly with grated Parmesan cheese, some fresh breadcrumbs, and a few small bits of butter. Bake in a hot oven for 10 minutes, and serve.

Purslane Salad.

Purslane is a kitchen garden annual which has anti-scorbutic properties. There are several varieties of it, the best known being the golden purslane, which, properly dressed, makes a tasty and much-appreciated salad. It is prepared like an ordinary salad, with the addition of pimperl, chervil, and tarragon. The stalks of purslane can be pickled in vinegar, like gherkins.

RADISH (Radis).

SEVERAL varieties of radishes are cultivated for salads, and as such they are highly esteemed. Some of the roots are long and tapering, others globular, the latter being commonly known as turnip radishes. The colour of the ordinary radish is white or red; there is, however, a black radish, which is long, and grows to a larger size than the others; this is but little cultivated in England, as its flavour is considered too pungent for ordinary use; on the continent, however, it is largely consumed by the poorer classes. The black radish is said to be a good remedy for whooping-cough, and in Germany it is used in the following manner: After the top has been cut off, a hole is made in the radish, which is then filled with either treacle or honey; after being allowed to stand a day or two a teaspoonful of the mixture is given two or three times a day. Radishes are generally eaten with salt alone, and are served at breakfast, at tea, and as hors-d'œuvre at dinner. They can be cooked in salted water, and when drained tossed in butter. Young radishes when washed with their leaves can be also boiled in salted water, after which they are drained and chopped finely, and cooked like spinach. The leaves when young are also very good in salad.

Radishes.

Choose small, round, and firm radishes of a light red and white colour. Trim and wash them in

plenty of water (the outer skins should be scraped off and the leaves cut to an inch in length). Dish up in little boats, or glass dishes, with a little cold or iced water.

Radish Salad.

Choose well-grown radishes, cut off the leaves, wash in several waters, and drain. Cut the radishes into thin slices, wash well, drain, and put them with the leaves into a salad bowl. Season like an ordinary salad, with a small sprinkling of chopped tarragon.

Mixed Radish Salad.

This is a delicious hors-d'œuvre. Take a bunch of large red radishes and cut off the leaves and roots. Wash, drain, and slice them and put them into a bowl. Slice also 2 or 3 truffles and stamp as many dice shapes out of them as possible with a paste or column cutter. Cut into short pieces some cooked French beans, and mix the three vegetables, then season with salt, pepper, oil, tarragon vinegar, and chopped chervil.

SALSIFY (Salsifis).

SALSIFY is a plant which belongs to the same class as chicory. Its long, white tapering, fleshy roots are used in the same way as carrots and parsnips in this country, but more extensively in France and Germany. In America it is known by the name of the oyster-plant, as the taste of the roots when cooked somewhat resembles that of the oyster. The cultivation of salsify is similar to that of the carrot. Some claim that the flavour of this root is not unlike asparagus when cooked in the same way. There are many ways of preparing it for table, and it may be stewed, fried in butter, boiled, and served with sauce, scalloped, or made into croquettes. It is also interesting to know that salsify acts as a meteorological and horological flower, much in the same way as the

hawkweed and others; in different states of the weather, and at certain periods of the day, the disc of the flowers opens and shuts.

Stewed Salsify.

Scrape about 20 heads of salsify, cut them into pieces about 2 inches long, sprinkle them with salt, and steep in water and milk. Cut a small onion, half a carrot, half a turnip, and half a head of celery, into small pieces; put these in a stew-pan with $\frac{1}{4}$ lb. of lean bacon cut into pieces. Cook for 20 minutes. Mix 1 oz. of flour with a little milk and stir in, fill up with a quart of stock or water, stir and bring it to boil, put in the salsify, and let them simmer gently till tender. Add a tablespoonful of cream, one of chopped parsley, and a little lemon juice; season with pepper, grated nutmeg, and castor sugar. Reheat and range the salsify neatly on a dish, garnish with button mushrooms, pour over the sauce, and serve hot.

Salsify Fritters.

Prepare the salsify as described in the foregoing recipe. When done drain them on a cloth, put the pieces in a basin with 2 tablespoonsful of oil to 1 of vinegar. Season with pepper and grated nutmeg; allow them to remain in the seasoning for an hour. Take out, drain, and dip them in frying batter; fry them in hot fat. Drain, and dish up on a folded napkin; garnish with fried parsley, and serve.

Baked Salsify.

1 bundle salsify, lemon juice or vinegar, $1\frac{1}{2}$ gills rich white stock, breadcrumbs, a little butter, stock.

Scrape, wash, and cut in short pieces the salsify, and put them into a basin of cold water containing lemon juice or vinegar. Drain the salsify and cook in stock or seasoned water till tender. Heat up the white sauce, put in the salsify, previously drained,

and blend both carefully. Put the salsify on a buttered dish, pour over the sauce, sprinkle over the breadcrumbs, and add a few very small bits of butter. Bake for 10 minutes in a sharp oven, and serve.

Salsify à la Crème.

Scrape and wash the salsify, and cut each in two or three portions, and put them in a basin containing some acidulated water, to prevent their going black. Then put the salsify in a stew-pan containing boiling salted water, and a spoonful of vinegar or lemon juice. When cooked, drain the salsify, dish up, and serve with cream sauce.

Salsify with Cheese.

The salsify being cooked and drained, place a layer of it in a shallow dish, sprinkle with grated cheese, half Gruyère, and half Parmesan, then a layer of Béchamel sauce, again a layer of salsify, then more cheese and sauce, and sprinkle with breadcrumbs. Place in a quick oven to get hot through and brown.

Salsify Cream Soup.

Scrape and wash a bundle of salsify, cut it up small, and place in a stew-pan with 3 oz. of butter, and a finely-minced onion, and stir for a few minutes. Then moisten with about a quart of white stock, add also 1 oz. of rice and a bouquet-garni. When the salsify is cooked, drain and pound with the rice, and pass all through a fine sieve; then put the purée with the stock, stir over the fire, boil up the soup, season with salt, pepper, and nutmeg; at the last add $\frac{1}{2}$ gill of cream and a liaison of 2 yolks of eggs, but do not let the soup boil again.

Salsify Salad.

When salsify is prepared for cooking as a vegetable, the leaves may be used as a salad. Pick them carefully, putting aside all yellow leaves, and after washing in plenty of water let them steep in water for

half an hour. Then drain them, and after dressing the salad as usual, add a few slices of pickled beetroot as garnish.

SCORZONERA (Spanish Salsify).

THE scorzonera, or Spanish salsify, differs from the salsify so called, on account of its exterior colour, which is black, but the flesh is perfectly white, and has a fine texture. After having scraped them, throw them into a basin of cold water, with a little vinegar, to prevent them from turning black. Then boil in salted water and vinegar, to which a teaspoonful of flour has been added. When they are tender, drain, and serve with white sauce. For salad cut the cooked scorzonera into short pieces and season them in a salad bowl with oil, vinegar, salt, pepper, chervil, and pimpernel, or with mayonnaise.

SEAKALE (Chou de Mer).

As a vegetable, seakale is considered a great delicacy, because it partakes of the flavour of the cauliflower, as well as of the asparagus, to which family it belongs. Although it was of no great repute until the year 1794, it is now largely cultivated in this country; it grows in any kind of rich soil. The plant grows wild on the sea shore. Forced seakale is excellent in mid-winter.

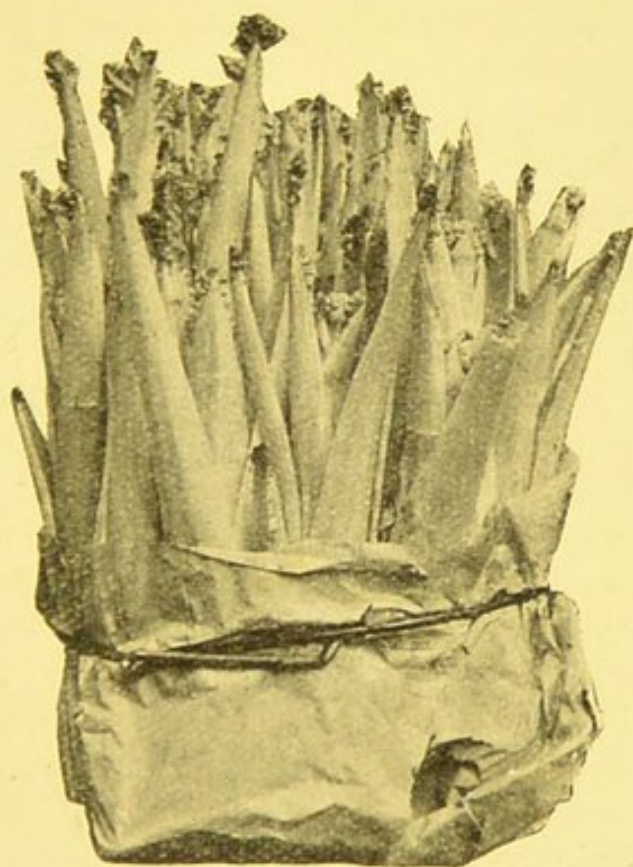
Boiled Seakale.

Seakale is usually boiled in salted water, and served with a white or Hollandaise sauce; it is sometimes made into a purée for soups. Wash and trim a basket of seakale. Cut off the black part of the root and tie up the stalks in bundles. Put them in a stew-pan containing boiling, salted water, and let boil for about 30 minutes, or until quite tender to the touch. Drain, remove the string, dish on a

thick piece of toasted bread, to absorb the moisture. Pour over the sauce, and serve.

Seakale à la Crème.

Wash and trim a basket of seakale and tie up in bundles, then place in slightly-salted boiling water, and allow to boil from 15 to 20 minutes, or until quite tender. Next drain the seakale well, remove the string, and range the seakale neatly on slices of toast placed in a vegetable dish. Pour over a



SEAKALE.

nicely prepared white sauce (Béchamel), enriched with a little double cream, and send to table hot.

[For other ways of cooking seakale adopt those recipes given for celery and asparagus.]

Seakale Salad.

Select a basket of very young and tender seakale, wash and trim it; then cut it into short pieces, omitting the root part; put the pieces in a basin and season

with salt, cover with cream and enough tarragon vinegar to flavour; cover the basin with a cloth, and allow to stand for about 6 hours. Shred finely a well-washed and drained cabbage lettuce and mix this with the seasoned seakale. Dish up neatly in a salad bowl, garnish with slices of pickled beetroot and hard-boiled egg, and serve. Cooked seakale can also be served as salad. Cut it into short pieces, season with salt, pepper, oil, and vinegar, or lemon juice. Mix carefully, dish up, garnish to taste, and serve.

SPINACH (*Épinard*).

AN annual plant cultivated for the sake of its succulent leaves, which are softer and more digestible than those of cabbage. Spinach has been grown in England since 1568, but it was probably introduced earlier; it is supposed to have been originally imported from Western Asia. There are three varieties—the Flanders, the prickly-seeded, and the round-leaved, the latter being the best for summer use. Spinach is prepared and cooked in the same way as other green vegetables, except that the wet leaves are put into the saucepan without any water besides that which adheres to them. The leaves should always be well washed in salted water and carefully picked over, as insects are very apt to be concealed amongst them. Spinach is a most wholesome vegetable. Spinach water is recommended as a drink to improve the complexion.

How to Cook Spinach.

Pick and wash 2 lb. spinach, put it into a small quantity of boiling salted water, and boil until tender. When done strain on a colander, soak in cold water for a few minutes, drain again, and chop up finely. Melt 2 oz. of butter in a stew-pan, add $\frac{1}{2}$ oz. of corn-

flour, put in the chopped spinach, season with pepper and a little grated nutmeg, stir over the fire until thoroughly hot, add a little milk, if too thick, dish up on a round dish and ornament a little, put a few pieces of toasted bread round the dish, and serve.

Creamed Spinach.

Cook about 2 lb. of trimmed and washed spinach in the usual way, drain it well, and rub through a fine sieve, or chop it very finely. Melt 2 oz. of butter in a stew-pan, put in the spinach, and stir it till quite hot; mix in 3 tablespoonsful of Béchamel sauce and 3 tablespoonsful of cream; cook gently for another 15 minutes, and use as directed. The seasoning should consist of very little salt, pepper, and a grate of nutmeg.

Spinach Pudding.

Rasp the crust from 2 French dinner rolls, cut the rolls into slices, and soak them in milk (pour over enough hot milk to just cover the bread). When sufficiently soaked squeeze the bread, and stir it in a basin into a fine pulp with 1 oz. of melted butter. Pick and wash 2 lb. of spinach, and cook it with very little water in a stew-pan, then chop it finely. Peel and chop a small onion, fry it to a light brown in about $\frac{1}{2}$ oz. butter, to this add the chopped spinach and the soaked bread. Now stir in the yolks of 2 eggs, and season to taste with salt, pepper and grated nutmeg. Lastly, whisk up the white of 1 egg, and stir lightly into the spinach mixture with 2 tablespoonsful of the prepared breadcrumbs. Line a plain pudding mould, previously buttered and breaded, with very thinly-cut slices of bacon, fill it up with the above, cover with a buttered paper, and cook in a fairly hot oven for about an hour. Turn out on to a hot dish, pour round a little hot gravy, and serve.

Stuffed Spinach with Marrow.

About 2 lb. spinach (large leaves), $\frac{1}{2}$ lb. sausage meat (or 6 oz. veal and 4 oz. pork finely chopped and seasoned), $1\frac{1}{2}$ oz. butter, half a lemon, 1 gill gravy, 1 tablespoonful meat glaze, 2 tablespoonsful chopped parsley, 8 to 10 small slices of beef marrow, seasoning, fleurons of puff paste.

Wash the spinach, remove the stems and any withered leaves, then blanch and afterwards drain the spinach. Prepare the forcemeat (if that be used in place of sausage meat), and make up either into small ball shapes, adding 1 or 2 yolks of eggs and a teaspoonful of chopped parsley. Lay out on a board 5 or 6 spinach leaves, and make up into ball shapes with the sausage or forcemeat, being careful that the latter are well wrapped up in the spinach. Range the shapes thus obtained in a buttered sauté-pan, season with salt and pepper, moisten with the gravy, and place a few tiny bits of butter on top. Cook this in the oven (covered) for about 30 minutes. Blanch the beef marrow and drain on a cloth, then put on a baking-tin and reheat in the oven. Melt the meat glaze and remainder of butter together, add 1 teaspoonful parsley and lemon juice; with this glaze the slices of marrow. Dish up the spinach in a suitable vegetable dish, place a slice of marrow on each shape of spinach. Pour the remainder of gravy and glaze round the base of the dish. Garnish with fleurons, and serve hot.

Spinach à la Française.

Pick, wash, and cook 2 lb. of spinach in a very little salted water; then drain, refresh in cold water, and press well, chop finely or pass through a hair sieve, put in a saucepan with 2 oz. of butter, season with salt, pepper, nutmeg, and a pinch of sugar, then cook over a quick fire, stirring constantly for a few minutes, add a tablespoonful of flour, and moisten

with $\frac{1}{2}$ gill of gravy. Dish up, surround with a border of puff-paste fleurons or croûtons of fried bread, and serve.

Spinach Soup.

2 lb. spinach, 1 oz. butter, 1 small onion, $\frac{1}{2}$ oz. cornflour, 1 pint stock, $\frac{1}{2}$ pint milk, a little cream, salt and pepper.

Pick and wash the spinach, cook it with very little water and half a teaspoonful of salt till quite tender; then rub it through a fine sieve. Peel and mince finely the onion, melt the butter in a stew-pan, fry in it the onion to a very pale brown; put in the cornflour, and stir till smooth without burning. Next add the spinach, and stir over the fire for a few minutes. Moisten with the stock, boil up whilst stirring, add the milk, and season to taste. Cook for another 10 minutes. Remove the scum, season to taste with salt and pepper, and a grate of nutmeg. Lastly, add a little cream and serve hot.

Spinach with Cream.

Proceed as directed in the previous recipe, but substitute the cream for gravy. It is the same for *Spinach au Velouté*. Only in this case, no flour or cream is added. This is being replaced by a few tablespoonsful of white cream sauce.

Curried Spinach.

Pick and wash 2 lb. of spinach, and cook it with very little water till tender; drain it in a colander so as to extract the water, then rub it through a fine sieve. Fry a level dessertspoonful of curry powder in 1 oz. of butter, add a dessertspoonful of finely-minced onions, and stir in the spinach purée. Sprinkle a dessertspoonful of flour over the spinach, and incorporate this with 2 tablespoonsful of cream. Let the whole cook slowly for about 15 minutes; if too thick at the end of this time add a little gravy.

Dish up on toasted and buttered bread, and cut into portions; garnish the dish with picked crayfish or prawns, and send to table with some boiled rice as for an ordinary curry. Some cooks prefer to mix a handful of picked shrimps with the spinach before it is dressed.

Spinach Ravioles.

Prepare the spinach as stated in the previous recipe, but make it thicker by adding less sauce. Bind with 3 yolks of eggs, and let it get cold. Make a ravioli paste with 1 lb. of flour, a pinch of salt, 2 oz. butter, 2 yolks of eggs, and a little water. Let it rest for 20 minutes, then roll out very thinly. Then with a small spoon take a portion of spinach the size of a nut, and arrange equal distances on the paste. Moisten the intervals with a brush dipped in a beaten egg, then cover it all with a thin piece of paste like the first. Press lightly with the thumb between each portion of spinach to solder the paste, cut out the ravioles with a round-fluted pastry cutter, and arrange them in order on a floured piece of paper. Have a saucepan half full of boiling, salted water, plunge in the ravioles, and boil carefully for 5 minutes. Drain and arrange in layers in a buttered gratin dish, sprinkle each layer with grated Parmesan, pour over some tomato sauce, and bake in the oven for about 15 minutes. The dish is then ready to serve.

Spinach Soufflés.

1 lb. spinach purée (cooked spinach rubbed through a fine sieve), 2 oz. butter, 1 tablespoonful flour, $\frac{1}{2}$ gill cream, 1 oz. grated Parmesan cheese, cayenne or paprika pepper, salt, and nutmeg.

Melt 1 oz. of the butter in a small stew-pan, stir in the flour, cook it whilst stirring, but do not let it take colour; add a little stock or water, and work vigorously with a wooden spoon over the fire till it resembles a smooth paste; next add the cream,

work again, and, lastly, put in the spinach purée. Season to taste with the above-named condiments, which must be used in small quantities only, in due proportions. When thoroughly mixed stir in half the grated cheese. Have ready some china soufflé cases, well buttered, sprinkle the inside with grated cheese, and fill them with the mixture. Cover the top with grated cheese, mix with an equal quantity of fresh breadcrumbs, place a few tiny bits of butter on top of each, and bake in a very hot oven for 8 minutes. Dish up, and serve at once.

Spinach Timbale.

Pick and wash 2 lb. of spinach, and cook it with very little water, then drain and pass it through a fine sieve; press out the water, and put it in a stew-pan containing 2 oz. of butter kneaded with $1\frac{1}{2}$ oz. of flour. Season with salt, pepper, and a little grated nutmeg. Then add a little milk and 1 tablespoonful of Parmesan cheese. Stir well till slightly reduced. Lastly, add the yolks of 6 eggs. Mix thoroughly, re-heat, and put into a well-buttered plain mould. Cover the mould with a buttered paper, place it in a stew-pan half filled with boiling water, and cook it very gently for about an hour or longer, and turn out when set on to a hot dish. Garnish the top of the timbale with rings of hard-boiled white of egg. Pour a little brown sauce round the base of the dish, and serve.

Spinach Gondolas.

$1\frac{1}{2}$ lb. spinach, 2 oz. butter, 1 large finely-chopped shallot, 1 tablespoonful flour, $\frac{1}{2}$ gill cream, nutmeg, short crust or rough puff paste, 1 hard-boiled egg.

Pick, wash, blanch, cook, and drain the spinach, and rub it through a fine sieve. Fry the shallot lightly in the butter, stir in and cook the flour, add the spinach, a pinch of nutmeg, salt and pepper, and stir till hot, then add the cream, and keep hot. Line

12 boat-shaped tins with thinly-rolled-out paste, fill them with rice, bake to a golden colour, take out the rice, and fill with the prepared spinach. Put a slice of hard-boiled egg on top of each. Then dish up and serve hot.

SORREL (Oseille).

A PLANT belonging to the genus *Oxalis*, several species of which grow wild in England. The leaves are all more or less acidulous from the presence of oxalic acid; they are sometimes used in place of rennet. Sorrel is employed a good deal for culinary purposes, its leaves making a pleasant salad. The roots resemble rhubarb, and possess properties useful for medicine and dyeing; they are considered anti-scorbutic, and when dried and boiled, yield a brilliant colour; when powdered, they are used as an excellent dentifrice. Where it has once grown, sorrel is very difficult to eradicate, and after a year's growth its roots can hardly ever be destroyed. Unless this is done thoroughly, every portion will retain its power of putting forth fresh buds and shoots.

Sorrel Purée.

Pick the stalks from 2 lb. of sorrel, and wash the leaves in several waters; then put them in a saucepan with a little chervil, a few lettuce leaves, and 1 oz. of butter. Season with salt, pepper, and nutmeg, stir over the fire with a wooden spoon, and cook till tender. Then pass through a fine sieve. Reheat the purée, and stir in 3 yolks of eggs and $\frac{1}{2}$ gill of cream. Finally, season with a pinch of sugar. Sorrel purée is served with fricandeau and other veal entrées, such as tendons, grenadins, etc. If the purée is too liquid, thicken with a little roux.

Sorrel Soup (*Chiffonnade*).

Take off the stalks from the leaves of about $\frac{1}{2}$ lb. of sorrel, previously washed and drained. Cut the

leaves in fine shreds. Wash and dress a few lettuce leaves and cut them in the same way, and fry all in a stew-pan with about an ounce of butter. Add 3 pints of white stock, let it simmer for about 20 minutes. Just before serving season with salt, pepper, and a pinch of castor sugar, and bind the soup with 4 yolks of eggs mixed with 1 gill of cream. Stir over the fire, without letting it boil, and turn into a hot soup-tureen containing a handful of fried bread croûtons, cut in thin finger shape; add also a little chervil, and serve.

Sorrel Soup with Vermicelli.

Wash, peel, and slice 6 potatoes, cook them in 3 pints of seasoned stock, rub through a fine sieve, and return to the stew-pan. Cook 1 oz. of vermicelli in salted water and drain. Wash, drain, and shred finely $\frac{1}{2}$ lb. of sorrel. Melt 2 oz. of butter in a stew-pan and put in the sorrel; fry for a few minutes, then add this to the soup, boil up, stir in 8 egg yolks, and a gill of cream. Season with salt and pepper. Lastly, add the cooked vermicelli and serve.

Sorrel Salad.

Pick and wash well some young leaves of sorrel; drain them thoroughly and put in a salad bowl. Season with salt and pepper, mix with fried slices of bacon, cut into fine strips, and serve. Boiled pickled pork can be used in place of bacon. A little vinaigrette sauce should be poured over the salad just before serving.

SOY-BEANS.

SOY-BEANS, although as yet difficult to obtain in this country, are stated to be one of the best muscle-producing foods grown. The protein and nitrogen amount in the soy-bean is very large. To cook them, soak the beans until the skin comes off easily, and

stir until the skins rise to the surface. Next boil the beans in water, with or without bacon, add some butter, and serve. This makes a dish which is an excellent substitute for meat. The Japanese, who eat little meat, have eaten the soy-bean from time immemorial, and to its effect is largely ascribed their wiry activity and endurance, as distinguished from the comparative weakness and indolence of the more southern rice-eating natives.

STACHUS or STACHYS (Crosnes).

THIS vegetable is a native of Japan, and has recently been imported into the London markets. Its use has not as yet spread very much. The shape is odd, and resembles a little curled root. The Japanese name is "Stachys," but in France it is called after the man who first cultivated it with success, M. Pailleux de Crosnes. The flavour of this vegetable is between the Jerusalem artichoke and the Globe artichoke. It is easy to cultivate, and its principal merit is that it can be gathered at a time when other vegetables are rare.

Stachys Fritters.

After having cooked the stachys in salted water, drain them on a cloth, and dip into frying batter. Then plunge separately in hot frying fat and fry to a golden colour with salt and pepper. Take up, drain, and season. Dish up and garnish with fried parsley. Stachys can also be tossed in butter with fine herbs or cooked, *i.e.* simmered, in a curry sauce.

Stachys à la Maître d'Hôtel.

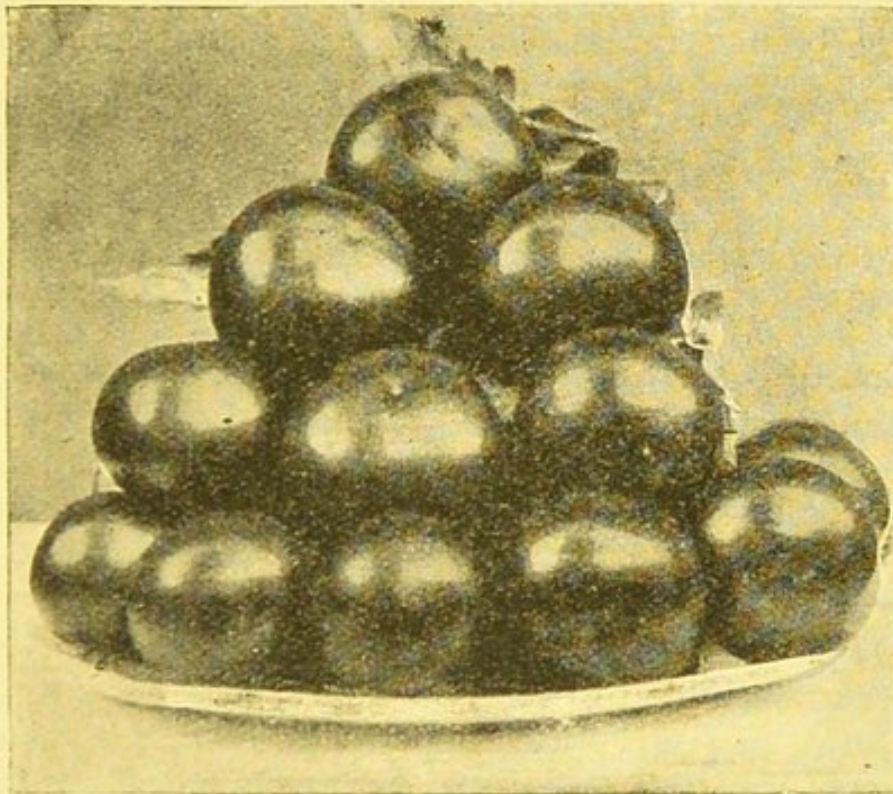
Pick and wash the stachys and boil them in salted water for 15 to 20 minutes. Drain, put them in a stew-pan, and moisten with enough cream sauce to cover, stir gently for about 10 minutes. At the last moment add a little lemon juice, and some blanched and finely-chopped parsley.

Stachys Salad.

Wash $\frac{1}{4}$ pint of stachys, and cook them in salted water for $\frac{1}{4}$ hour, then drain, cool, and season either with oil, vinegar, or with a light mayonnaise.

TOMATOES (Tomates).

THE tomato, or "love apple," is a native of South America. It is a popular vegetable, which charms the eye as well as the palate. It is used to give sauces colour and taste. The tomato was once



TOMATOES.

thought to be poisonous. It was originally called "love apple," and was grown in pots and in gardens as a pretty plant, to satisfy the eye, but not to be eaten. Since then public taste and opinion have entirely changed, and now the tomato, though it has been degraded by being taken from the flower garden to the kitchen garden, has become a vegetable

of great value. Indeed, the tomato, which of late years has been plentiful in our markets, is now one of the most useful and welcome of all vegetables.

Tomato Soup.

1 lb. ripe tomatoes or a tin of "peeled tomatoes,"
1 oz. crushed tapioca, 1 quart of stock, 1 onion,
1 carrot, 1 gill of milk, a little seasoning.

Simmer the tapioca slowly in the stock with the carrot and onion (peeled and sliced) and add the tomatoes (cut up small). Boil the whole to a pulp, and rub it through a sieve, add the milk, and season with salt and pepper and a grate of nutmeg. Reduce it by boiling for another 10 minutes. Serve with fried bread croûtons.

Tomato Soup (*another way*).

3 pints stock, 1 lb. ripe tomatoes, a ham bone or trimmings of ham, 1 small onion, 1 oz. butter, 1 oz. ground tapioca, salt, pepper, 1 blade of mace, toasted bread.

Cut the tomatoes into quarters, peel, and slice the onion, fry them in the butter, and add the tomatoes. Then put in the stock and ham bone or trimmings, and cook for 20 minutes. Remove the scum, add the mace and the necessary seasoning. Continue to cook till the tomatoes are tender, then rub the soup through a fine sieve. Return to the stew-pan, boil up, and sprinkle in the tapioca or sago. Cook for 15 minutes, and serve the soup with dice-shaped pieces of toast, which should be handed round separately.

Baked Tomatoes.

Chop finely 4 oz. of cooked ham, 1 oz. of beef suet or fat bacon, and 3 to 4 mushrooms. Mix these with 1 teaspoonful of chopped parsley, add a grate or two of lemon rind. Fry these ingredients in a little butter, then season, and moisten with a beaten egg. Remove the stalks from 4 large ripe but firm tomatoes, wipe them, and cut each in half. Scoop out some of

the pulp, which may, if liked, be mixed with the stuffing. Put enough of the mixture in each half of tomato so as to completely fill same. Sprinkle the top with breadcrumbs, and place a small piece of butter in the centre of each. Bake in a fairly hot oven for 15 minutes. Dish up and serve hot.

Curried Tomatoes.

Chop half an onion very small, and fry it in butter until cooked; then add a large dessertspoonful of "Empress" curry powder, about 2 slices of minced apple, and a gill of rich gravy. Stir the ingredients all together, and allow them to simmer for 10 minutes. Add six small skinned ripe tomatoes, and, just before serving, a teaspoonful of lemon juice. The sauce for this dish should be thick enough to coat the tomatoes. Serve with plainly boiled rice.

Sautéed Tomatoes.

Wipe 1 lb. small firm, even-sized tomatoes with a cloth and cut into slices. Peel and chop 2 shallots finely. Melt 1½ oz. butter in a sauté or frying-pan; when hot put in the shallots and fry to a golden brown. Be careful not to let them get too brown, else the flavour of the tomatoes will be spoilt. Place in the tomatoes, and fry them over a brisk fire—they will take about 10 minutes to cook. Season with salt and a little mignonette pepper. Dish up on a hot dish, and sprinkle a little finely-chopped parsley over the top.

Tomato Pudding.

Scald and peel 8 to 10 ripe tomatoes, then slice them and range them in a buttered pudding basin with layers of thin slices of bacon and breadcrumbs. Season each layer of tomato with salt, pepper, and grated nutmeg, and sprinkle over a little oiled butter between each layer of breadcrumbs. Continue thus till the basin is filled; cover the top with slices of

bread dipped in butter. Cover with a cloth and boil the pudding for 2 hours. Unmould on to a dish, and pour over a nicely-seasoned tomato sauce.

Tomatoes on Toast.

Cut 6 ripe tomatoes into thick slices, put these in a single layer in a buttered sauté-pan or baking-tin, season with pepper and salt and a little lemon juice ; sprinkle with white breadcrumbs, put a small piece of butter on each of the slices, and bake in a hot oven for 15 minutes. Prepare some neatly shaped pieces of buttered toast, dress the baked tomatoes upon these, dish up, and sauce over with the gravy left in the pan.

Tomato Salad.

6 firm, even-sized tomatoes, 1 tablespoonful vinegar, 2 tablespoonsful salad oil, 1 teaspoonful mixed mustard, 1 teaspoonful chopped chives or parsley, pepper and salt.

Wipe the tomatoes, remove the stems, and scald them in boiling water for one minute, drain on a cloth, carefully remove the skin, and let cool. Then cut them into thin slices, and place in a salad bowl. Prepare the dressing as follows : Put 2 saltspoonsful of salt in a basin, together with 1 saltspoonful of pepper, the mixed mustard, pour in the vinegar and oil, and mix thoroughly with a wooden salad spoon. Just before serving the salad add the chopped chives or parsley to the dressing, and pour it over the tomatoes.

Stuffed Tomatoes à la Tartare.

Select 8 to 10 medium-sized firm tomatoes (scald and peel them if so preferred), scoop out carefully the centre (pulp) part. Shred very finely the white portion of half a stick of celery, half a small cooked beetroot, the white of a hard-boiled egg, and rub the yolk through a coarse sieve. Fill the tomatoes with layers of the above ingredients, and curl the fillet of an anchovy on top of each filled tomato.

Place them on ice for about 2 hours. When required for table put a dessertspoonful of tartare sauce in the centre of each. Dish up on crisp lettuce leaves, garnish tastefully, and serve.

Tomato Soufflés.

1 gill of tomato purée or pulp, a saltspoonful powdered thyme, 1 oz. butter, 1 tablespoonful cream, 1 oz. flour, $\frac{1}{2}$ oz. cheese (grated), 2 eggs, salt and pepper.

Put the tomato purée in a small stew-pan, add the thyme and butter, and let it come to the boil. Mix the flour with the cream and stir into the tomato purée; stir with a wooden spoon over the fire for 5 minutes, then add the cheese and let cool a little. Season with pepper and salt, and work in one by one the yolks of 2 eggs. Whisk the whites of eggs to a stiff froth; mingle carefully with the mixture. Three-parts fill 8 or 9 small paper cases, bake them in a hot oven for about 10 minutes. Dish up tastefully and send to table quickly.

Tomatoes au Gratin.

Scald some tomatoes, peel them, and cut them in halves. Rub a gratin dish with a piece of garlic, butter it well, lay the tomatoes in the dish, sauce over with white or brown sauce, and season with salt and pepper. Strew over them some fresh bread-crumbs, chopped parsley, and chopped mushrooms. Put a small piece of butter here and there, and bake in a brisk oven for about 15 minutes.

Tomato Fritters.

Cut some peeled tomatoes into slices, season with pepper and salt, spread some potted meat, or forcemeat of tongue, ham, beef, or game, on one slice, cover with another. Dip the slices in a light batter, place them gently in a frying basket, and fry in hot fat. Drain, and dish up neatly. Garnish with fried parsley, and serve,

Stuffed Tomatoes.

Take 6 firm, ripe, even-sized tomatoes, cut off the tops ; scoop out the insides, rub the pulp through a fine wire sieve ; with this prepare the stuffing, adding 2 oz. of fresh butter, 3 tablespoonsful of fine white breadcrumbs, 6 finely-chopped preserved mushrooms, and a little chopped parsley or chives. Season with salt and pepper. Stir the mixture over the fire until warm through, then bind with 2 yolks of eggs and a little cream. Fill the tomatoes with the stuffing thus prepared. Place them side by side in a well-buttered sauté-pan. Strew over some breadcrumbs, and bake them in a brisk oven for about 15 minutes. Dish up, sauce round with Piquante sauce, and serve.

Baked Tomatoes à l'Anglaise.

Cut 6 tomatoes into halves, season them with pepper and salt. Place them in a buttered baking tin, sprinkle breadcrumbs over them, put small pieces of butter here and there on them. Bake in a hot oven for about 20 minutes. Dish up, and serve.

Tomatoes à la Réforme.

Cut some bacon, cooked ham, tongue, hard-boiled egg, and truffles, into fine strips about an inch long. Take some ripe, firm, and even-sized tomatoes, remove the stalks, and insert the strips of bacon. Place them side by side in a buttered sauté-pan, bake in a moderate oven till brown. Dish up in the form of a border, and put the strips of truffles, ham, and eggs in the centre, reheat, and sauce over with Poivrade sauce.

Tomatoes à l'Américaine.

Select 8 even-sized ripe but firm tomatoes, hollow out as much as possible of the soft centre portion of

each, remove the seeds, and mix the pulp with an equal quantity of stiff mayonnaise. To this add finely-chopped white celery and ripe pineapple in equal parts. Fill the tomatoes with this mixture, and place them in the ice-box for at least two hours. To serve, put each tomato on a lettuce leaf, dress neatly on a round dish, and garnish with a border composed of small cress or watercress and small radishes.

Tomatoes with Walnuts.

6 ripe tomatoes, 1 oz. of butter, 2 shallots, 2 oz. of peeled and chopped walnuts, 1 dessertspoonful of chopped parsley, 1 oz. of breadcrumbs, 1 oz. of grated cheese, 2 eggs, seasoning, and hot buttered toast.

Scald the tomatoes in boiling water, remove the skin, and place them in a buttered sauté-pan, and bake, then rub them through a wire sieve. Fry the finely-chopped shallots in the butter, add the walnuts, parsley, tomato purée, the breadcrumbs, and the cheese. Stir over a quick fire, and season with salt, pepper, and kroma or cayenne. Add the eggs, well beaten, to the mixture, and stir over the fire till set. Spread this on rounds of hot buttered toast, sprinkle over with grated cheese, dish up, and serve hot.

Tomato Pillau.

Slice 1 or 2 small onions, and fry them in a stew-pan to a golden brown in 2 oz. of butter. Add 1 pint of tomato purée and $\frac{1}{2}$ pint of vegetable stock. Season with salt and pepper, and bring to the boil. Skim, and add $\frac{1}{2}$ lb. of well-washed rice, and cook gently until the liquor is almost absorbed. Melt 2 oz. of fresh butter in a stew-pan, when hot add the rice, and stir over the fire for a few minutes. Cover the pan, and place it on the stove for about 15 minutes. Dish up and serve hot.

Tomatoes with Cheese.

Slice some tomatoes, season them with pepper and salt. Dip the slices into white of egg, and crumb with grated Parmesan cheese. Place the slices on a buttered baking sheet or sauté-pan, cover them with a piece of buttered paper, and bake for 15 minutes. Have ready some macaroni, broken up small, and cooked in seasoned milk. Dress the macaroni in the shape of a border on a dish, and pile up the baked tomatoes in the centre; sprinkle the border with finely-chopped parsley, garnish with small fried bread croûtons, and serve.

Tomato Rice.

Scald, peel, and slice 6 ripe tomatoes. Fry them lightly in a sauté-pan containing $1\frac{1}{2}$ oz. butter, and season to taste. Cook in 1 pint of stock 4 oz. of rice, previously blanched. When done add the tomatoes, and mix in carefully 1 to 2 oz. of grated Parmesan cheese. Put the whole in an earthenware fire-proof dish, season to taste, and bake in the oven for about half an hour.

Stuffed Tomatoes with Celeriac.

Select 6 or more even-sized round tomatoes (not over-ripe), cut out the centre portion of each with a sharp cutter, then dip the tomatoes into boiling water, and skin them carefully. Have ready a delicate, nicely-seasoned ragoût, made of shredded celeriac cooked in salted water with lemon juice, and a few mushrooms, and Velouté or other good white sauce. Fill the tomatoes with this, place them on a buttered baking tin, besprinkle with a little oiled butter, and bake in a fairly hot oven for about 15 minutes. Dish up and serve hot.

Tomato Soufflé Omelet.

Whisk up 4 to 6 fresh eggs in a basin, season with salt and pepper and pour the eggs into a well-buttered

fire-proof soufflé dish. Bake in a fairly hot oven till the omelet is set and of a nice golden brown. Make an incision in the centre of the omelet and fill the cavity with a tomato stew, which is made as follows: Peel 3 or 4 small ripe tomatoes; this is best done by dipping each into hot water for a few seconds. Then cut them into quarters and toss in a little butter over a quick fire. Season with salt and paprika pepper and use as directed. This omelet should be served in the dish or pan in which it is baked.

Tomatoes with Mushrooms.

For this dish the following ingredients are required: 1 lb. tomatoes, 4 oz. Cracknel biscuits, $\frac{1}{2}$ gill cream, 2 oz. butter, 1 teaspoonful chopped parsley, a pinch of castor sugar, 1 dessertspoonful liquefied meat glaze or Lemco, 6 to 8 fresh-cut mushrooms, pepper, and salt.

Boil the tomatoes in slightly salted water; strain off the water and rub the tomatoes through a sieve. Soak the biscuits in tepid water or milk, and then pass through a sieve. Mix them with the tomatoes in a stew-pan, add half the butter, the meat glaze or Lemco, the sugar, and enough salt and pepper to taste. Stir until it boils, then add the cream and keep hot. Wash, clean, and drain the mushrooms; fry them in the remainder of the butter, season with pepper and salt, and sprinkle with a little chopped parsley. Put the tomato purée in a round dish, surrounded with the fried mushrooms, sprinkle over the remainder of the chopped parsley, and serve hot.

To Preserve Tomatoes.

Choose small and perfectly sound tomatoes. Place them in jars and cover them with an equal proportion of vinegar and water. Add a few cloves and a little Demerara sugar. Cover each jar with a

piece of flannel, and then tie over with the usual bladder. These, if kept in a cool but dry place, will keep good for a long time.

TRUFFLES (Truffles).

A VERY curious fungus which grows down in the earth, in clusters of an irregular, globular form, never appearing on the surface. It approaches nearly to the nature of animal food in consequence of the large proportion of nitrogen it contains. There are three varieties: the black, the red, and the white. The former is consumed in large quantities, but the red, also called the musk-scented truffle, is rare; the white, which is not so scarce, is but little esteemed. Truffles are obtained by "truffle hunters," who follow a trained pig, which detects by its scent where the truffle is buried. A similar instinct is found in a particular species of dog, which is used for the same purpose. English truffles are white, while the French are mostly black, but occasionally dark grey and red. A variety of dishes are made with truffles; they are also largely used as garnishes and for sauces. It was once thought that truffles could not be subjected to cultivation, and many fruitless attempts were made to cultivate them, much money and time having been spent without success. Oak plantations are, however, laid out in the south of France upon a considerable scale, expressly for the cultivation of truffles.

Truffles in Crusts.

If fresh truffles are used, wash and scrub them with a hard brush to get them thoroughly clean. Soak 6 large truffles in warm water for 2 hours, peel them thinly with a small sharp knife, and cut them into thin slices. Put them in a sauté-pan, with 1 oz. of fresh butter. Season with salt, pepper, and cayenne. Flavour with half a glass of sherry or Madeira, and

let simmer gently for $\frac{1}{2}$ hour, then moisten with some rich half-glaze. Cut a French roll in two lengthwise, scoop out the soft part, fry them a light colour in clarified butter, and drain, place them on a dish, mask the inside with dissolved meat glaze, put in the truffles and the sauce, dish up, and serve.

Truffles in Crust à l'Italienne.

Cut out a nice croustade of bread, fry it a light colour, place it on a dish. Prepare some sliced truffles, the same as for truffles in crusts, add some white sauce (Suprême or Béchamel); dress them in the croustade. Sprinkle with liquid glaze, and serve.

Truffles à la Métropole.

Line a sauté-pan with a few thin slices of fat bacon, flavour with slices of carrots, turnips, onions, bay-leaf, parsley, cloves, and thyme. Put in some large peeled truffles, moisten with some white stock and a glass of Chablis; cover over and let it simmer gently for $\frac{1}{2}$ hour. Take out the truffles, dish them neatly on a croustade of bread, reduce the liquor, skim off the fat, and strain over the truffles. Season with a little ground mace, pepper and salt, just before serving.

Truffles with Champagne.

1 lb. fresh truffles of medium size, 3 or 4 thin slices of bacon, 2 oz. butter, 1 oz. raw ham, 1 oz. carrot, 1 oz. onion, stuck with 1 clove, 1 bayleaf, 1 sprig of thyme, a glass champagne, a little stock, seasoning.

Wash and brush thoroughly the truffles, wrap up each in a thin piece of bacon, cut into dice the ham, carrot, and onion, fry them together with the herbs in 1 oz. of butter, then add the truffles, cover the stew-pan for a few seconds, moisten with the wine, boil up, skim, and simmer for about 15 minutes. Take up the truffles, remove the bacon. Skim the

stock, strain it, and work in by degrees the remainder of the butter (which has been previously kneaded with a teaspoonful of flour); let this boil up, and add a little stock if needed; season to taste. Dish up the truffles on a croûte of fried bread, and pour the sauce round the base of the dish.

Truffles à la Carême.

Choose 6 large preserved Périgord truffles, let them simmer for 10 minutes in a little white stock and champagne; take out the truffles to get cool. Scoop out the interior, which chop finely with half as many mushrooms, and mix with some forcemeat to form a stuffing; fill the shells of truffles with it, season them with salt and pepper. Egg them all over, and crumb in a mixture of chopped truffles and chopped ham. Place them in a buttered sauté-pan, pour over the stock left, let them simmer gently for half an hour. Dish up the truffles on a croustade of fried bread, or in the centre of a round deep dish, in the form of a pyramid. Reduce the liquor to a glaze, adding a little demi-glace sauce. Sauce over, and serve.

Truffle Soup.

Wash and brush about 1 lb. of fresh truffles and cut them into slices, put them in a basin, pour over a glass of sherry or Marsala, and cover. Peel and chop 3 button onions, fry them a golden brown in 2 oz. of butter. Stir in 1 oz. of flour, then add the truffles, and moisten with 1 quart of rich veal stock. Bring it to the boil, whilst stirring, and add a small bouquet-garni and 1 slice of carrot, and cook slowly for 30 minutes. Strain the soup, pound the truffles in a mortar, and rub through a fine sieve. Put the truffle purée in a stew-pan, with 1 pint of consommé, and boil for 10 minutes. Now add the strained soup and incorporate, when boiling, 2 egg-yolks mixed with $\frac{1}{2}$ gill of cream. Season to taste with salt, pepper, and a grate of nutmeg. The soup is then ready to serve.

Truffle Salad à la Périgord.

Take some very black truffles, wipe, peel, and stew in Madeira wine for 10 minutes. Next cut them into slices and put them into a covered dish. Season with salt, pepper, oil, and vinegar. Immediately before serving stir in a little mayonnaise flavoured with a little French mustard, and a dash of cayenne, and sprinkle a little chopped chervil and chives.

Truffle and Potato Salad.

Cook some fresh truffles for a few minutes in Madeira wine. Cut them into slices and mix with the same quantity of boiled new potatoes. Season like an ordinary salad, and sprinkle over a little chopped chervil, pimpernel, and tarragon.

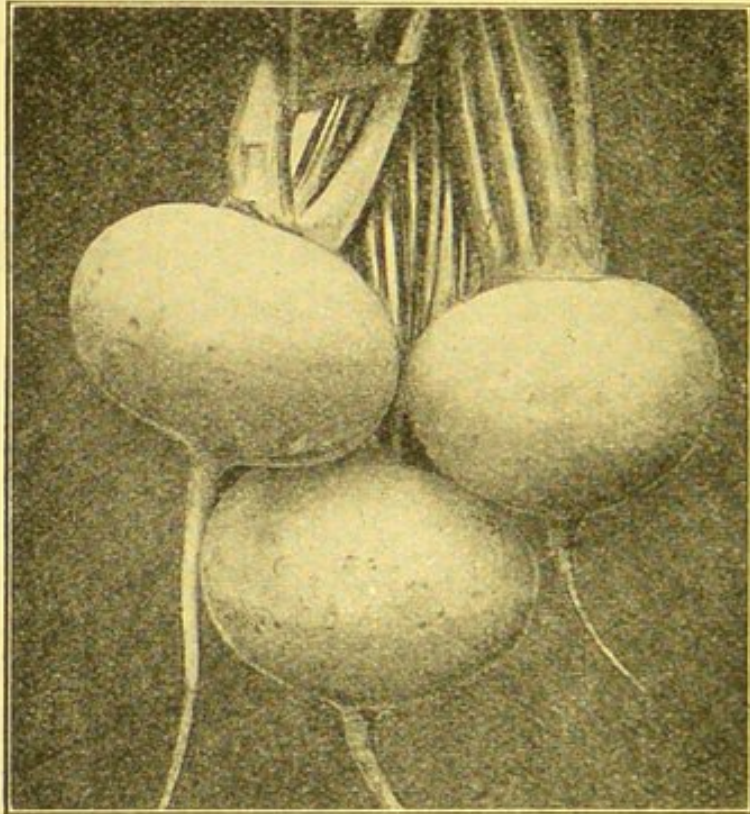
TURNIPS (Navets).

THIS vegetable has a large, white, bulbous root, with green shoots above the ground. Both parts are eaten, but the name refers to the root only. When cooked, turnips are served as a vegetable. They are also largely used for flavouring stocks, soups, stews, and as garnishes. The flavour is rather strong, not assimilating well with every kind of meat. Turnips are supposed to have been introduced into England from Hanover, as late as the reign of King George I. ; they are now extensively grown. There is a variety called the *Navet*, which is grown in France ; it is long in shape, and its flavour is much stronger than the common kind. Another variety of turnip is the Swede ; but this, though the largest of all turnips, is not so well liked, being rather coarse in flavour ; it yields, however, most excellent turnip-tops.

Turnips with Parsley Sauce.

Wash and peel a bunch of turnips ; cut them into quarters or even-sized slices. Put them in a stew-pan, adding enough water and milk (half and half)

to well cover the turnips, season with salt, add also a small bay-leaf and a small blade of mace, and cook till tender, and pour on some of the stock. Heat up a gill of good white sauce, with a tablespoonful of cream ; mix this in with the turnips, add a grate of



TURNIPS.

nutmeg, and a dessertspoonful of finely-chopped parsley. Now heat gently the whole over the fire, so as to get the vegetables thoroughly hot without breaking or mashing. Take out the bay-leaf and mace, dish up neatly, and serve.

Stewed Turnips.

Wash and peel a bunch of small turnips, cut them into quarters or into thick slices. Boil in salted water till tender, then drain, and put them in a stew-pan with white or brown sauce. Season with pepper and nutmeg, stew for about 10 minutes, then dish up, and serve hot.

Creamed Turnips.

Proceed to cook the turnips as directed in the previous recipe. When done mash them up, and re-heat with a cream sauce ; season with pepper and nutmeg to taste, let simmer for a few minutes, and serve.

Boiled Turnips.

Wash and peel the turnips, and if they are large, divide each in quarters and trim each section neatly. After having again washed them, boil till tender in salted water, drain, dish up, pour over some melted butter or white sauce, and serve.

Mashed Turnips.

Wash and peel a bunch of turnips, and cut them into small pieces. Boil them in slightly salted water till tender. Drain and press them through a sieve, or else break up and mash them with a wooden spoon. Season with salt, pepper, and nutmeg ; reheat and add about 1 oz. of fresh butter. Dish up and serve hot.

Turnips à l'Italienne.

Wash a bunch of young turnips, and peel them thinly ; if large, cut them in halves ; cook them for 20 minutes in salted water. Strain off the water, and drain the turnips. Melt 1 oz. of butter in an earthenware casserole, or, failing this, use a pie-dish ; put in the turnips, adding a little white sauce between each layer ; season with salt, pepper, and a little grated nutmeg. Sprinkle a small handful of bread-crumbs over the top, also some grated cheese and a little oiled butter. Bake in the oven for about 30 minutes, and send to table on the same dish.

Glazed Turnips.

Wash and peel a bunch of young turnips and cut them by means of a large vegetable spoon in the

shape of olives or large balls, or with a small knife in crescent shape. Put them in a stew-pan with 1 oz. of butter, season with salt, pepper, and a pinch of castor sugar, and moisten with a little stock. Bring to the boil and simmer gently until cooked. They must have absorbed all their stock and be slightly coloured. Turnips prepared in this way are served as vegetable or a garnish for entrées or removes of roast and braised meats.

Turnip Purée à la Crème.

Peel, slice, and mince a dozen small turnips, blanch and drain them. Place in a saucepan with about 2 oz. of butter; fry for a few minutes without colouring; then add enough white stock to cover and a bouquet of parsley. Cook till quite tender, then drain, and take out the parsley. Pass the turnips through a sieve, reheat the purée in the saucepan with a piece of butter, a pinch of castor sugar; season with salt, pepper, and grated nutmeg. If the purée is too liquid, reduce it. Finally add 2 or 3 tablespoonsful of cream.

Turnip Soup.

Proceed to cook the turnips as stated in the previous recipe, but add rather more stock to the purée to give it the consistency of a soup. Pass it all through a sieve, and reheat the soup; let it simmer slowly for about half an hour. Skim, and add $\frac{1}{2}$ gill of milk or cream, and a piece of fresh butter. Serve the soup with croûtons of fried bread.

Turnips au Gratin.

Peel lightly 8 or 9 medium-sized young turnips, cut them into slices, and wash them and drain thoroughly. Melt 2 oz. butter in a stew-pan, when hot put in the turnips, and stir over a brisk fire, season with pepper and salt, moisten with a little stock, and cook till

tender. Rub through a sieve or drain them. Arrange the slices or the purée in a well-buttered gratin or pie-dish, sauce over with a well-reduced Béchamel sauce, sprinkle the surface with fine breadcrumbs, and add a few tiny bits of butter here and there. Bake in a sharp oven for about 10 minutes, long enough to nicely brown the top.

Turnip-Tops.

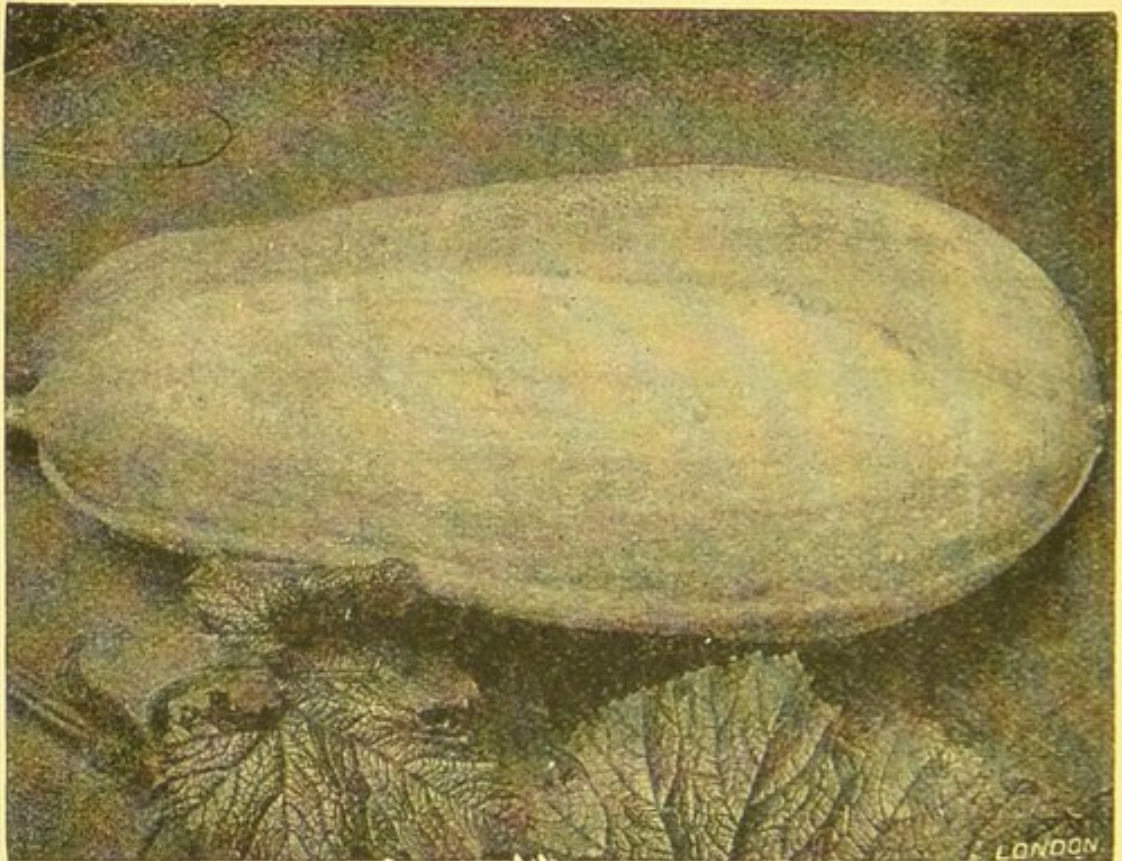
The young leaves of the turnip, used as greens; they are rather pungent and bitter when boiled, but they are helpful to cleanse the blood, and throw out its impurities. The Scotch turnip produces very good leaves, though they are little eaten in that country, but the best are those taken from the Swede. Turnip-tops are in season during the spring months.

VEGETABLE MARROW (Courge).

ALTHOUGH a late summer or early autumn vegetable, vegetable marrow can now be had in May. The use of this vegetable has of late largely increased in this country. When very young it is excellent fried in butter, and may also be pickled. When fully grown, it can be cooked in a variety of ways. The marrow grows best in warm or tropical regions, and is largely cultivated in Persia, whence it was introduced into England. In this country it thrives well in the open air, but requires a warm, rich, and free soil. The true vegetable marrow bears fruit of an elliptical shape, about 9 in. long, pale greenish when young, and pale yellow when matured. There is a variety called the custard marrow, which is justly celebrated as surpassing all other kinds in delicacy of flavour; it is round in shape, not unlike a very large apple, and when cooked, it is said to resemble custard in consistence, hence its name.

Boiled Vegetable Marrow.

Take 2 marrows, cut each in two lengthwise, peel each half thinly, and remove the seeds. Put the marrows in a stew-pan with sufficient slightly-salted water to well cover and allow to boil gently for about $\frac{1}{2}$ hour. To make the sauce, proceed as follows: Put



VEGETABLE MARROW.

1 oz. of butter in a saucepan and stir in a tablespoonful of flour, work it until smooth; moisten with stock, and let boil for a few minutes; season the sauce with salt and pepper. Drain the marrow, place it on a dish, pour over the hot sauce, and serve.

Vegetable Marrow Fritters.

Peel 1 or 2 green marrows, take out the seeds, and stuff them tightly with a salpicon made of equal proportions of cold ham, tongue, beef, or any other kind of cold meat; bind with a little sauce, and season

with salt, pepper, chopped parsley, thyme, and marjoram. Cut the stuffed marrows into slices, about $\frac{1}{2}$ -inch in thickness ; dip these in egg and crumb in finely-crushed water biscuit, or ordinary bread-crumbs ; fry in hot fat or clarified butter, drain on a cloth, dish up on a paper or folded napkin, garnish with fried parsley, and serve.

Baked Vegetable Marrow.

Two medium-sized vegetable marrows, 2 oz. cooked veal, 4 oz. cooked ham, a little grated lemon rind, pepper and salt, egg, breadcrumbs, grated cheese, $\frac{1}{2}$ oz. butter, some well-made gravy or brown sauce.

Peel the marrows, cut each in halves lengthwise, remove the seeds, and parboil in salted water, then drain them carefully. Butter a baking-tin, lay the pieces of marrow carefully in, cut side up. Mince the veal and ham, and mix with 1 oz. breadcrumbs, add the lemon rind and pepper and salt, and moisten with a beaten egg. Fill each piece of marrow with this. Cover with breadcrumbs and grated cheese, place some very small pieces of butter on top, and bake in a hot oven for 30 minutes. Dish up, and serve with gravy or brown sauce.

Savoury Vegetable Marrow.

Peel a marrow, cut it into convenient pieces, place them in a stew-pan with half a sliced onion, spread over with butter, and season with pepper, salt, grated nutmeg, and a pinch of castor sugar. Moisten with a little white stock and white sauce, and cook till tender. Reduce the sauce to a glaze, add a pat of butter, a little lemon juice, sprinkle with chopped parsley, dish up, and serve.

Vegetable Marrow with Cheese.

Peel two green marrows, not too large in size ; cut them lengthwise into quarters, scoop out the seedy parts, place them in a sauté-pan with 1 oz. of butter, season with salt, pepper, and grated nutmeg. Put the pan on the fire for $\frac{1}{4}$ hour, shaking it

from time to time ; moisten with a little cream, and add a tablespoonful of grated Parmesan cheese. Dish up the marrow neatly on an oblong dish ; sprinkle with breadcrumbs and Parmesan cheese ; place in a hot oven for a few minutes, and serve with piquante sauce poured round the dish.

Vegetable Marrow au Gratin.

Peel thinly 2 fair-sized vegetable marrows, cut each in half, remove the seeds, and parboil in slightly salted water. Take up the marrows and drain them on a sieve, then cut them into slices not too small. Have ready an oval baking dish, butter it well, and place in it the sliced marrows. Sprinkle each layer with salt and pepper and a little white sauce, spread a little sauce over the surface, and cover with a few breadcrumbs and some grated cheese, also a few little bits of butter. Bake for about $\frac{1}{2}$ hour in a hot oven and send to table in the baking dish, which must be placed in a larger dish covered with a folded napkin.

Vegetable Marrow au Gratin (*another way*).

Peel the marrows and divide in round pieces of about $1\frac{1}{2}$ inch in diameter. Blanch in salted water for a few minutes, and drain on a sieve. Butter a gratin dish and arrange the marrow in it, season with salt and pepper, sauce over with a little Béchamel sauce, and sprinkle with grated cheese, half Gruyère and half Parmesan. Bake, and brown nicely and serve hot.

Stuffed Vegetable Marrow.

1 medium-sized marrow, 2 tablespoonsful chopped cooked ham, 2 tablespoonsful suet, 2 tablespoonsful breadcrumbs, a dust of sweet herbs, 1 egg, salt and pepper, a little grated lemon rind, 1 dessertspoonful minced parsley, $\frac{1}{2}$ pint stock or gravy.

Peel the marrow and remove seeds from centre, keeping the marrow whole. Boil 20 minutes in salted water ; lift out and drain. Make a forcemeat

from the ham, suet, breadcrumbs, parsley, herbs, lemon-rind, and seasoning, made into a paste with the egg; stuff the marrow with the forcemeat, place in a baking-tin, with a piece of butter on top, pour round the stock or gravy, and bake in a rather slow oven for $\frac{1}{2}$ hour, basting occasionally. Dish up the marrow, sprinkle over a few browned breadcrumbs, insert in each end a few sprigs of parsley, pour the gravy round the base of the dish, and serve.

Vegetable Marrow à la Lyonnaise.

Peel the marrow, cut it in half, and remove the seeds; then cut it into small cubes about 2 in. long. Place them in a basin, with a tablespoonful of salt, cover, and let stand for 20 minutes. Wash well, then drain. Put them in a saucepan with 1 oz. of butter, a pinch of pepper, a teaspoonful of sauce, a bouquet-garni, and a little stock. Braise and drain when cooked. Slice a peeled onion, toss in butter, and when a nice colour pour off the butter and mix with the marrow. Add about a gill of Espagnole sauce, and stew gently for a few minutes; add a little chopped and blanched parsley, and serve in a vegetable dish with a border of fried bread croûtons.

WATERCRESS (Cresson).

WATERCRESS is a wholesome plant with anti-scorbutic properties and an agreeable taste. It grows on the borders of streams, but it is also cultivated in trenches so arranged that water is constantly running through them. Watercress may be prepared as a salad in the usual way, but it should be dressed immediately before serving, otherwise it loses its colour and crispness, and also some of its flavour. It is often used as a garnish for roast chicken, steak, etc. In this case it is simply sprinkled with a little salt and vinegar immediately before serving. It also adds piquancy when mixed with other salads.

Watercress Salad.

Mix together equal quantities of French Orleans vinegar, Tarragon vinegar and Provence oil. Season this with salt or mignonette pepper. Have ready some small cress and water cress, thoroughly washed and trimmed. Pour over the prepared dressing. Drain well, and mix well but lightly, and put into a salad bowl. Garnish with hard-boiled eggs and serve.

Watercress and Potato Salad.

Pick and wash 2 bunches of watercress ; drain well, and season with salt, pepper, paprika, oil, and lemon juice, adding the grated yolk of 1 hard-boiled egg. To this add 6 to 8 cooked new potatoes cut into thin slices. Mix carefully, and dish up neatly in a salad bowl. Garnish with hard-boiled white of egg and slices of pickled beetroot.

Watercress Sauce.

$\frac{1}{2}$ bunch watercress, $\frac{1}{2}$ teaspoonful capers, $1\frac{1}{2}$ oz. butter, 1 gill chicken stock, $\frac{1}{2}$ pint Velouté sauce or Allemande, 1 hard-boiled egg, seasoning.

Wash, pick, and blanch the cress, put them in the mortar with the egg, capers, and butter ; pound until fine, and rub through a sieve. Put the sauce and stock in a stew-pan, let it boil up together, skim, and reduce a little. Whisk in, by degrees, the green purée. Season to taste with pepper and salt, strain through a tammy cloth, return to the stew-pan, and keep hot in a bain-marie, until required for serving. Do not allow the sauce to boil again after it has been strained, or else it will become oily.

YAMS.

THESE tropical vegetables are not much eaten in England, where they are too often confounded with sweet potatoes. They are natives of the warmer regions

of both the Northern and Southern hemispheres, and many of them are of value, as their tubers contain a large amount of starch, though not so much as potatoes. The Chinese yam will grow in Great Britain, but, as its enormous tubers descend to a great depth, its cultivation is not as yet considered to be profitable. Several kinds of yams are cultivated in the West Indies. There is the white yam, the guinea yam, the hard yam, the yellow or affoo yam, the negro yam, the Lucca yam, and the sweet Indian yampee. The white yam, however, far surpasses all of these, both in flavour and keeping qualities. It is sometimes called "flour yam" from its floury nature. The yellow yam ranks next, but it varies in taste, some eating waxy and others floury. The skin, too, is bitter, whereas that of the white yam is delicious when roasted. The white yam approaches very nearly to the potato in taste, but is more nutritious. The majority of people who taste it for the first time prefer it to the potato owing to its superior flavour. Yams are cooked the same as potatoes, but are considered best sliced and fried in butter or lard.

MISCELLANEOUS RECIPES.

Cold Vegetable Timbale (*Indian style*).

Trim a plain, buttered charlotte or timbale mould with thinly-cut slices of cooked carrots, hard-boiled eggs, and asparagus points. Do this as neatly as possible to ensure an effective appearance of the dish. Place the mould on ice till needed. Mix 1 pint of cooked spinach purée with a gill of curry sauce, previously mixed with $\frac{1}{2}$ gill of aspic. Stir in also a tablespoonful of cream, and 2 tablespoonsful of Béchamel sauce. Season to taste with lemon juice, salt and pepper, add about 1 gill of cooked macédoine of vegetables, mix carefully, and fill the prepared mould with this preparation; place it on ice till

set, then unmould on to a dish. Garnish with slices of cucumber and beetroot, small salad, and aspic jelly, and serve.

Jardinière of Vegetables.

Scoop out by means of a vegetable scoop an equal quantity of carrot and turnip and cucumber; cut some French beans into small pieces, also a handful of asparagus tips, cauliflower buds, and green peas. Cook each vegetable separately in salted water, drain, add a small piece of butter, a pinch of castor sugar, season with pepper and grated nutmeg, and toss over the fire for a few minutes. Serve in groups round a dish as garnish, or mix all together, moisten with a little brown sauce, and serve in the centre as above directed.

Stuffed Green Peppers.

Wash about a dozen large green peppers, put them into boiling water, and boil for 5 minutes; take them from the water, and remove the skins by rubbing with a wet cloth. Cut off the stem ends, remove the seeds with a large spoon, and stuff the peppers with any kind of minced cold meat, mixed with an equal quantity of stale bread moistened with cold water, and properly seasoned with salt. Replace the stems, set the peppers in a deep earthenware dish or plate, pour in as much cold gravy as the dish will hold, and bake them in a moderate oven for half an hour. They may be stuffed with sausage meat and bread. Serve on the dish in which they were baked. Cheese may be grated and mixed with breadcrumbs for stuffing peppers; and they should then be fried instead of being baked.

Vegetable Soup.

1 leek. 1 medium sized onion, $\frac{1}{4}$ small cabbage. 2 oz dripping or butter, $1\frac{1}{2}$ lb. potatoes, 1 pint of milk, 1 heaped-up teaspoonful crushed tapioca or sago, salt and pepper.

Wash and trim the leek and the cabbage, peel the onion, cut all into small slices. Wash, peel, and

slice the potatoes. Put all the vegetables in a large saucepan with the dripping or butter, and stir over the fire for some minutes. Moisten with a quart of boiling water, and let simmer for about an hour; season to taste with salt and pepper, and rub through a colander or wire sieve. Put the milk in the saucepan, boil up, and add the soup previously prepared. Let all come to the boil, skim, then stir in the tapioca or sago, and let simmer for another 10 minutes. Stir occasionally. A teaspoonful of celery-seed, or a few outside leaves of fresh celery washed and cut into shreds, can also be added if liked.

Vegetable Salad à la Princesse.

This salad is made exclusively with green vegetables, such as peas, asparagus tops, French beans, capers, and gherkins. The vegetables are mixed and seasoned with salt, pepper, oil, tarragon vinegar, and chopped chervil, and served with a border of jelly, or of hard-boiled eggs cut into quarters. It can also be served in a salad bowl without any garnish.

Frying Batter.

Sift 2 oz. of flour into a basin, add a dessertspoonful of oiled butter, a pinch of salt, the yolk of an egg, and $\frac{1}{2}$ tablespoonful of cream; stir and mix this well with a wooden spoon, and dilute gradually with about $\frac{1}{2}$ gill of lukewarm water, work it well until the paste becomes quite smooth. Allow it to stand for about $\frac{1}{2}$ hour or more, and when you require it for use whisk a white of egg to a stiff froth and mix gently. The batter is then ready for use.

VEGETABLE STOCK AND SAUCES.**Vegetable Stock.**

$\frac{1}{2}$ pint white haricot beans or butter beans, $\frac{1}{4}$ pint German lentils, 2 oz. butter, bouquet-garni (thyme, marjoram, bay-leaf and parsley), 1 piece celery, a clove of garlic, 1 leek, 2 carrots, 1 clove, 1 turnip, 3 quarts water.

Wash and drain the beans and lentils, melt the butter in a saucepan, and when hot put in the beans and lentils and fry a little. Next add the onion and leek previously peeled and trimmed and cut into slices, fry them also a little, then moisten them with 3 pints of water. Boil up and remove the scum, but none of the fat. Prepare the rest of the vegetables and add them with the herbs, 10 to 12 peppercorns and the garlic. Boil gently for $1\frac{1}{2}$ hours, then add another pint of water, season to taste, and cook for another $\frac{1}{2}$ hour. Strain the stock through a fine sieve, let it cool and use as required.

White Sauce.

$\frac{1}{2}$ oz. cornflour, 1 oz. butter, $\frac{1}{2}$ pint milk.

Melt the butter in a saucepan. Stir in the cornflour till smooth. Add the milk, and stir the mixture over the fire till it boils. Cook for 5 minutes. Add salt and pepper to taste, also a little grated nutmeg; if liked. To make a richer sauce add 2 tablespoonsful of thick cream and reheat without letting the sauce boil again. Pour the sauce over the vegetables and serve hot.

Melted Butter Sauce.

$1\frac{1}{2}$ oz. of butter, 1 oz. flour, about $\frac{1}{2}$ pint cold water, or vegetable stock, a pinch of grated nutmeg, salt and pepper.

Put the butter in a saucepan, let it melt, stir in the flour, and add the water gradually; stir, and boil up gently for 10 minutes; add a pinch of salt, and a grate of nutmeg.

NOTE.—This sauce is much improved if made with vegetable liquor, *i.e.*, water in which the

vegetables are cooked ; asparagus, seakale, cauliflower, artichokes, cucumber, or vegetable marrow water will be found best.

Béchamel Sauce (*rich white sauce*).

Melt $1\frac{1}{2}$ oz. of butter in a small stew-pan, stir in 1 oz. of flour (bare weight), and cook for a few minutes without browning, then add half a sliced carrot, half a small onion stuck with a clove, half a bay-leaf, and a small blade of mace, and dilute with 1 gill of good white stock, and $\frac{1}{2}$ pint of milk. Stir till it boils and let simmer gently for about 20 minutes to $\frac{1}{2}$ hour. Strain the sauce and season to taste.

Brown Sauce.

Take $\frac{1}{2}$ pint of stock, 1 small onion, 1 carrot, 1 ripe tomato, 1 oz. of butter or dripping, 1 oz. of flour, 1 dessertspoonful of mushroom ketchup, one teaspoonful of vinegar, salt, and pepper.

Peel and chop the onion, scrape and slice the carrot, and slice the tomato. Melt the butter or dripping in a saucepan ; when hot add the flour and fry a little, then add the vegetables. Stir over the fire until nicely browned, then add the tomato, the vinegar, ketchup, and stock, stir until it boils, skim well, and allow to simmer for about $\frac{1}{2}$ hour. Strain and season to taste.

Curry Sauce.

Peel and slice a small onion, scrape and slice a small carrot, fry both together in $\frac{1}{2}$ oz. of butter ; when the onion has acquired a light brown colour, add one tablespoonful of "Empress" curry powder and stir for a few seconds. Next add a small peeled and chopped apple, moisten with $\frac{1}{2}$ gill of tomato pulp and 1 gill of brown sauce. Allow to boil for a few minutes. Season to taste, and pass it through a fine strainer. Reheat, and stir in last of all a finely-chopped gherkin.

Onion Sauce.

Prepare a pint of white sauce or Béchamel sauce, and add a large, peeled onion, finely-chopped, boiled in salted water, and drained. Season with salt and pepper to taste, and serve hot.

Dutch Sauce (*for Asparagus, Seakale, Celery, Artichokes, Potatoes, etc.*).

$\frac{1}{2}$ oz. Brown & Polson's cornflour, 1 oz. butter, $\frac{1}{2}$ pint milk, 2 yolks of eggs, 1 teaspoonful lemon juice or vinegar, salt and pepper.

Melt the butter in a saucepan. Add the cornflour and stir over the fire till smooth. Add the milk and stir the mixture till it boils. Cook slowly for 5 minutes. Add pepper and salt to taste. Remove the pan to the side of the fire. Stir in the yolks of eggs, previously beaten till smooth. Cook again till the mixture thickens further without boiling. Remove from the fire. Add the lemon juice, or vinegar, and serve at once.

Hollandaise or Dutch Sauce.

2 tablespoonsful vinegar, 1 shallot, peeled and chopped, 1 gill white sauce, 1 teaspoonful lemon juice, 2 oz. butter, 1 bay-leaf, 4 white peppercorns crushed, 2 yolks of eggs, salt.

Put the vinegar (French wine vinegar in preference to malt vinegar) with the shallot, bay-leaf, and peppercorns in a stew-pan, and reduce to half its original quantity; add the white sauce, let it boil; remove the bay-leaf and stir in the yolks of eggs when it begins to thicken. Remove from the fire and strain into another stew-pan. Reheat—taking great care that the sauce does not curdle—and whisk in the butter by degrees; lastly, add the lemon juice and enough salt to taste.

Mousseline Sauce.

$\frac{1}{2}$ gill cream, 3 crushed long peppercorns, salt and pepper, 4 yolks of egg, 1 oz. of butter, lemon juice.

Put the cream, egg-yolks, and the pepper in a stew-

pan, place this in a bain marie half filled with boiling water, beat up with a whisk for a little time; then add, one at a time, little pieces of butter, stir all the time, but do not add any more butter until each piece has been thoroughly worked in and is absorbed in the sauce. The sauce, when finished, will have the appearance of a frothy cream, and should then be passed through a tammy cloth. Just before using finish off with a few drops of lemon juice; a pinch of salt and a grate of nutmeg should be added during the process of whisking. This sauce is excellent served with asparagus, artichokes, seakale, cauliflower, etc.

Mayonnaise Sauce (*for Salads, etc.*).

2 yolks of eggs, 2 saltspoonsful salt, 1 pint salad oil, $\frac{1}{2}$ gill vinegar, $\frac{1}{2}$ teaspoonful castor sugar, 3 table-spoonsful cream.

Put the yolks and salt into a basin, stir with a wooden spoon, and add the oil drop by drop, allowing a teaspoonful of vinegar to be incorporated at intervals. Work up the mixture to a light cream; this must be done in a cool place, else it is apt to curdle. Add the cream and sugar at the last. A tablespoonful of hot water added at the last moment will be found useful if the sauce is to be kept for any length of time. It will keep good for several weeks if kept in a corked bottle.

Egg Sauce (*for Vegetable Marrow, Seakale, etc.*).

Boil an egg for about 10 minutes. Take off the shell and chop rather small. Mix this with about $\frac{1}{2}$ pint of white sauce or Béchamel sauce, reheat, and serve hot.

Lemon Sauce (*for Jerusalem Artichokes, or New Potatoes*).

Prepare a white sauce or Béchamel sauce. After boiling, add a teaspoonful of finely-chopped parsley, the juice of half a lemon, and a grate or two of lemon rind. If piquancy is desired, add a little cayenne, or Paprika pepper.

Parsley Sauce.

Prepare a white sauce and add a dessertspoonful of finely-chopped parsley before boiling.

Celery Sauce.

Boil 1 or 2 sticks of celery in salted water until soft. Take them out of the water, chop finely, reheat, and rub through a sieve; add this to a white sauce. If the sauce is too thick, add a little milk or cream to make a proper consistency, heat up again, and serve.

Tomato Sauce.

Slice 3 or 4 small ripe tomatoes and fry them in a small stew-pan with 2 oz. of raw ham or bacon cut into dice and 1 oz. of butter. Next add a few slices of carrot, onion, and very little celery, a small bay-leaf, and a blade of mace. Then add $\frac{1}{2}$ pint of brown sauce or Béchamel, also a few mushroom trimmings if handy, and cook gently for 20 minutes or longer, adding a little stock, if found too thick. Reheat it, remove the scum, strain the sauce, and season to taste.

Tomato Sauce (another way).

(For Artichokes, Broad Beans, French Beans, Vegetable Marrow, etc.)

1 oz. Brown & Polson's cornflour, 1 lb. fresh tomatoes, or 1 tin preserved tomatoes, 3 shallots, or a small onion, 2 oz. fat bacon, 1 oz. butter, 1 bay-leaf, 1 small bunch of mixed herbs, salt and pepper.

Cut the bacon into small pieces or dice and fry it with the butter. Put in the chopped shallots or onion, bay-leaf, and herbs, and fry gently for 3 minutes. Then add the tomatoes cut into small pieces and simmer till tender. Rub through a fine sieve. Boil up again. Blend the corn flour with a little water and stir to the above. Stir till it boils and cook for ten minutes. Season with salt and pepper, and use as required. If fresh tomatoes are used, it is necessary to add about $\frac{1}{2}$ pint of stock or water with the tomatoes. If preserved ones are used the liquid in the tin must also be added whilst cooking this sauce.

Butter Sauce. (*Asparagus, Spinach, Scarlet Beans, Haricot Beans and French Beans, are often served with a butter sauce as below. Cabbage, Seakale, and Vegetable Marrow are also delicious if served with this sauce.*)

1 oz. Brown & Polson's cornflour, $1\frac{1}{2}$ oz. salt butter, 1 pat of fresh butter, $\frac{1}{2}$ pint vegetable liquor or water.

Melt the salt butter in a stew-pan. Add the cornflour and stir over the fire till smooth. Then add the vegetable liquor or water, stir over the fire till it thickens, and cook for 5 minutes. Season with salt and pepper to taste. Incorporate the fresh butter at the last. If desired richer, add, a few minutes before serving, a tablespoonful of cream and a yolk of egg. The sauce must not be allowed to boil again after either of these has been added.

Cold Cucumber Sauce.

Peel a small, or half a large cucumber, cut it into pieces, and boil till tender in salted water or white stock. Drain well, and rub it through a fine sieve. Put the pulp into a small stew-pan, and let reduce to half its quantity with a gill of Béchamel sauce; season to taste, strain again, and place on the ice. Whip up $\frac{1}{2}$ gill of cream, and add to it 2 to 3 table-spoonful of mayonnaise sauce; into this stir the cold cucumber sauce, which is then ready for serving.

Gratin Sauce.

$\frac{1}{2}$ oz. Brown & Polson's cornflour, 1 oz. butter, $\frac{1}{2}$ pint milk, 2 table-spoonful grated Parmesan cheese, or failing that, ordinary cheese, salt and pepper to taste.

Melt the butter in a saucepan. Add the cornflour and stir till smooth, but do not let it get brown. Add the milk and stir the mixture till it boils. Cook

gently for 5 minutes. Add seasoning as noted, then the grated cheese, stirring well all the while. To make a richer sauce, incorporate one yolk of egg. Add this after the sauce is well boiled. Do not allow the sauce to boil again else it will curdle.

VEGETABLES COOKED IN PAPER BAGS.

COOKING in paper bags has lately been brought into prominence. Although this mode of cooking is best adapted for fish, meat, and poultry, certain vegetables can with advantage be cooked in paper. The following vegetables are recommended to be cooked in paper bags by those who like this mode of cooking: Jerusalem artichokes, broad beans, sprouts, carrots, cauliflower, celeriac, celery, cucumber, endive, chicory, flageolets, seakale, mushrooms, parsnips, potatoes, salsify, tomatoes, vegetable marrow. These must in each case be washed, trimmed, and prepared the same as for an ordinary cooking process, duly seasoned and placed with a little water and in some cases butter as well, in a grease-proof paper bag (sealed up), and put in a moderately-heated oven on an iron or wire grid, not a solid shelf, as is usually found in coal ovens. The heat will thus reach the contents of the bag from all sides and top and bottom. From 15 to 30 minutes should be allowed to cook any kind of vegetable, some will take even less time. When paper bags are not available, use pure white paper, butter, *i.e.*, brush over with oiled butter, one side, and wrap the vegetables, buttered side inwards, in the paper. Care must be taken to see that the ends of the paper are carefully sealed up; for this reason paper bags are more convenient, being easier to seal up.

GENERAL HINTS ON COOKING VEGETABLES.

All vegetables must undergo some kind of preparation, washing, drying, scraping, peeling, etc., before they can be cooked in the correct sense, and unless this is done well, the success of a dish is often spoiled.

Always cook the vegetables on the same day on which they are prepared and wanted for table.

Vegetables of strong flavour, which include almost every kind of green vegetable, should be cooked in a large quantity of water, sufficient to well cover the articles to be cooked.

The water in which they are cooked must be well seasoned with salt. About a teaspoonful to every quart of water is the average proportion used.

All green vegetables, and most others, should be put into fast boiling water and be cooked rather rapidly till done. Potatoes and Jerusalem artichokes are put into cold water.

Over-cooking vegetables is just as harmful as under-cooking them; they must always be done just to a nicety.

After cooking, vegetables should always be well drained, to free them of all superfluous moisture, whether they are to be served with the sauce poured over them or in a separate dish.

The strong and often offensive smell caused in boiling cabbage, cauliflowers, onions, leeks, and other greens, can be avoided by using lots of water, changing it once or twice during the cooking, and by putting a piece of toasted bread or a crust of bread along with them whilst boiling, *leaving the lid off*. This also preserves colour, which is further assisted by a pinch of soda in the water.

It is essential that all vegetables and their sauces should be served *hot*.

All root vegetables, such as potatoes, artichokes, turnips, parsnips, carrots, beetroot, etc., are infinitely superior if served with a good sauce.

Next to these come sprouts, celery, leeks, onions, marrow, cauliflowers, tomatoes, cucumber, asparagus, spinach, broad beans, haricot beans, mushrooms, scarlet beans, French beans, and seakale, all of which are made more wholesome, more tasty, and certainly more appetising, if a suitable sauce is served with them, or is incorporated in some way.

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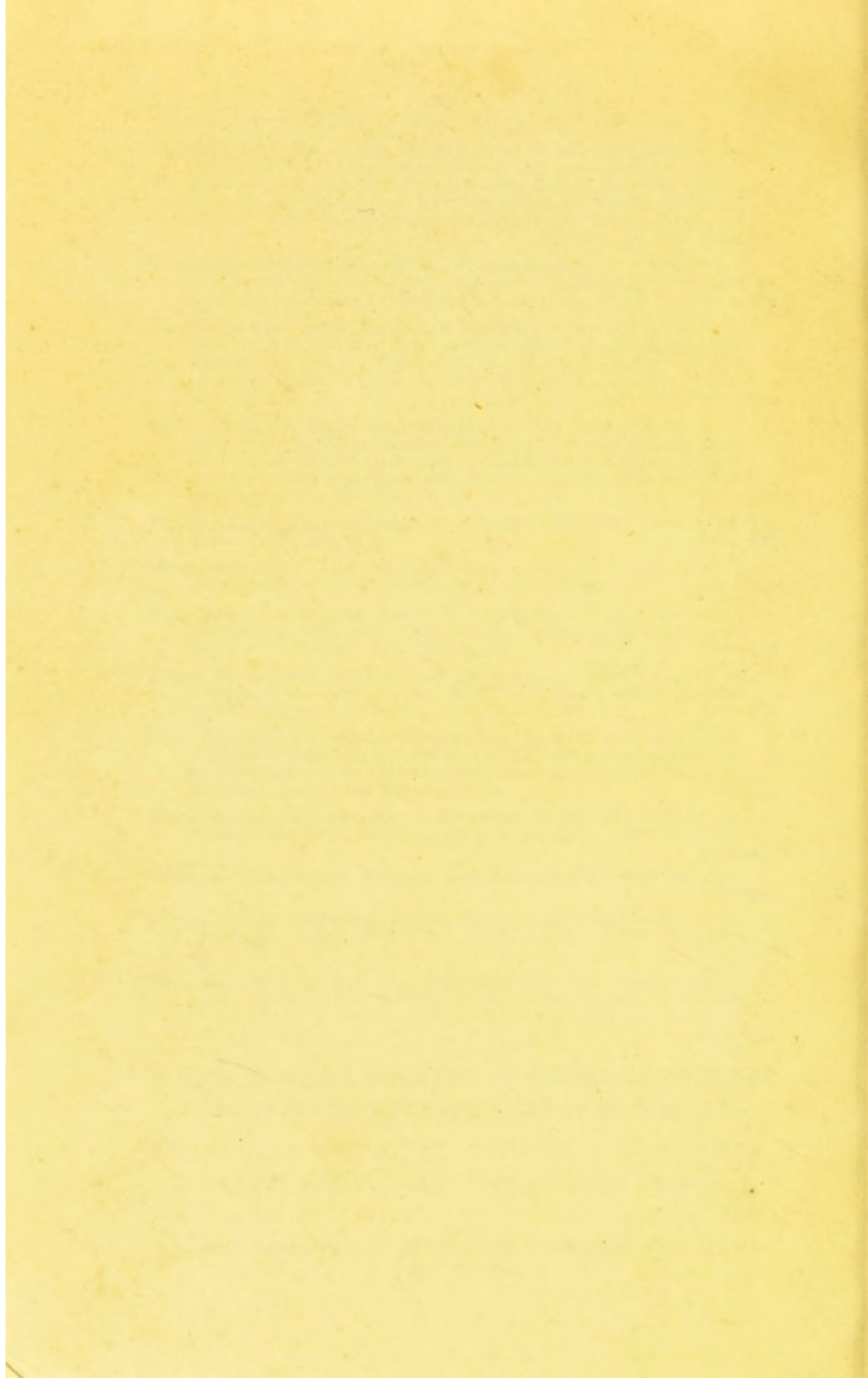
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